



# Desa Seni, A Village Resort

## March 2021 YOGA & HAPPENINGS

Desa Seni, A Village Resort  
 Jl. Subak Sari #13 Pantai Berawa, Canggu  
 Tel. +62 81 139 9536 / +62 361 844 6393 / 844 6394  
 info@desaseni.com - www.desaseni.com

Monday Mar 1	Tuesday Mar 2	Wednesday Mar 3	Thursday Mar 4	Friday Mar 5	Saturday Mar 6	Sunday Mar 7
8:30am Vinyasa Flow ( Open Level ) - Carlotta 4:00pm Yin Yoga - Dian	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela 10:15am Yi Quan Qi Gong - Lucas	8:30am Vinyasa Flow ( Lv1/2 ) - Carlotta 10:15am Tantra Yoga - Angela Special Class 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Yin Yang Yoga - Dian 8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta	8:30am Vinyasa Flow - Carlotta 10:15am Yi Quan Qi Gong - Lucas	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)
Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
8:30am Vinyasa Flow ( Open Level ) - Carlotta 4:00pm Yin Yoga - Dian	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela 10:15am Rising Flow - Carlotta Special Class 10:15am Yi Quan Qi Gong - Lucas	8:30am Vinyasa Flow ( Lv1/2 ) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Yin Yang Yoga - Dian 8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta	8:30am Vinyasa Flow - Carlotta 10:15am Yi Quan Qi Gong - Lucas	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela Pool Club & Restaurant Thursday to Sunday 10am to 5pm	<h1>Nyepi Saka 1943</h1>
Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	
8:30am Vinyasa Flow ( Open Level ) - Carlotta 4:00pm Yin Yoga - Dian 6:00pm Deep Soul - A Yoga Nidra & Meditation - Carlotta (CE)	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela 10:15am Yi Quan Qi Gong - Lucas	8:30am Vinyasa Flow ( Lv1/2 ) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Yin Yang Yoga - Dian 8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta	8:30am Vinyasa Flow - Carlotta 10:15am Yi Quan Qi Gong - Lucas	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)
Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
8:30am Vinyasa Flow ( Open Level ) - Carlotta 4:00pm Yin Yoga - Dian	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela 10:15am Yi Quan Qi Gong - Lucas	8:30am Vinyasa Flow ( Lv1/2 ) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Yin Yang Yoga - Dian 8:30am Kundalini Yoga - Daphna 10:15am Gentle Flow - Carlotta	8:30am Vinyasa Flow - Carlotta 10:15am Yi Quan Qi Gong - Lucas	8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) 6:00pm Full Moon - Carlotta
Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4
8:30am Vinyasa Flow ( Open Level ) - Carlotta 4:00pm Yin Yoga - Dian	8:30am Kundalini Yoga - Tom 8:30am Creative Flow - Angela 10:15am Yi Quan Qi Gong - Lucas	8:30am Vinyasa Flow ( Lv1/2 ) - Carlotta 4:00pm Yin Yoga - Dian 7:30pm 11th Step NA Meeting (CE)	8:30am Yin Yang Yoga - Dian 8:30am Kundalini Yoga - Tom 10:15am Gentle Flow - Carlotta	8:30am Vinyasa Flow - Carlotta 10:15am Yi Quan Qi Gong - Lucas	8:30am Kundalini Yoga - Tom 8:30am Creative Flow - Angela Pool Club & Restaurant Thursday to Sunday 10am to 5pm	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)

- facebook.com/desaseni
- instagram.com/desaseni\_avillageresort
- twitter.com/DesaSeni
- pinterest.com/DesaSeni
- youtube.com/user/desaseni1

For up to date information on events, times, dates and details, go to: [www.desaseni.com/events-3](http://www.desaseni.com/events-3)  
 Our classes are open to the public, no need to pre book, come and bring a smile! For workshops and specialty offerings, please pre book! We provide all the yoga props.  
 Classes without level specification are open to all. Our experienced teachers will offer variations for all levels of practice, including people beginning their yoga journey  
 Sunrise Flow - Sunset Flow & Meditation: 60 Minutes & All other classes - 90 Minutes  
 Level 2: A dynamic class suited for intermediate practitioners  
 Level 2-3: A dynamic class suited for experienced practitioners  
 (CE) Community Event: Donation basis, Everyone Welcome!  
 All classes Rp. 140.000 per class, Kids Rp. 60.000 (10-17 years old) per class. Rp. 100.000 for Indonesian Citizens - 6 class pass Rp.480,000 (Citizens Only)  
 Rp. 1.200.000 for 12 class pass, Rp. 700.000 for 6 class pass.

**If you are interested in a Private Yoga Class, Meditation or Pranayama please call: +62 81 139 9536 +62 361 - 8446392 / 8446393 / 8446394 Write to info@desaseni.com**

