



Desa Seni, A Village Resort

August 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 July 26 | Tuesday July 27 | Wednesday July 28 | Thursday July 29 | Friday July 30 | Saturday July 31 | Sunday Aug 1 |
|---|---|---|--|---|--|---|
| 8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao | 8:30am Kundalini Yoga - Daphna 8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Zee | 8:30am Vinyasa Flow (Lv1/2) - Carlotta 10:15am Embodied Movement - Izzy 4:00pm Yin & Myofascia - Tao 7:30pm 11th Step NA Meeting (CE) | 8:30am Kundalini Yoga - Daphna 10:15am Vinyasa Flow Open Level - Carlotta | 8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) | 8:30am Kundalini Yoga - Daphna 10:15am Creative Flow - Angela | 8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) |
| Aug 2 | Aug 3 | Aug 4 | Aug 5 | Aug 6 | Aug 7 | Aug 8 |
| 8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao | 8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Zee | 8:30am Vinyasa Flow (Lv1/2) - Carlotta 10:15am Embodied Movement - Izzy 4:00pm Yin & Myofascia - Tao 7:30pm 11th Step NA Meeting (CE) | 10:15am Vinyasa Flow Open Level - Carlotta | 8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) | 10:15am Creative Flow - Angela | 8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) |
| Aug 9 | Aug 10 | Aug 11 | Aug 12 | Aug 13 | Aug 14 | Aug 15 |
| 8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao | 8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Zee 10:15am Rising Flow - Carlotta Special Class | 8:30am Vinyasa Flow (Lv1/2) - Carlotta 10:15am Embodied Movement - Izzy 4:00pm Yin & Myofascia - Tao 7:30pm 11th Step NA Meeting (CE) | 10:15am Vinyasa Flow Open Level - Carlotta | 8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) | 10:15am Creative Flow - Angela | 8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) |
| Aug 16 | Aug 17 | Aug 18 | Aug 19 | Aug 20 | Aug 21 | Aug 22 |
| 8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao | 8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Zee | 8:30am Vinyasa Flow (Lv1/2) - Carlotta 10:15am Embodied Movement - Izzy 4:00pm Yin & Myofascia - Tao 7:30pm 11th Step NA Meeting (CE) | 10:15am Vinyasa Flow Open Level - Carlotta | 8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) | 10:15am Creative Flow - Angela | 8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) |
| Aug 23 | Aug 24 | Aug 25 | Aug 26 | Aug 27 | Aug 28 | Aug 29 |
| 8:30am Vinyasa Flow (Open Level) - Carlotta | 8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Zee | 8:30am Vinyasa Flow (Lv1/2) - Carlotta 10:15am Embodied Movement - Izzy 7:30pm 11th Step NA Meeting (CE) | 10:15am Vinyasa Flow Open Level - Carlotta | 8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) | 10:15am Creative Flow - Angela | 8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia) |

- facebook.com/desaseni
- instagram.com/desaseni_avillageresort
- 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
 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 yogo 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

