



Desa Seni, A Village Resort

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

