



Desa Seni, A Village Resort

October 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sep 27	Sep 28	Sep 29	Sep 30	Oct 1	Oct 2	Oct 3
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao	8:30am Kundalini Yoga - Manuela 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 - Manuela 10:15am Vinyasa Flow Open Level - Carlotta 4:00pm Creative Vinyasa - Angela	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 - Tao (Bahasa Indonesia)
Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10
8:30am Vinyasa Flow (Open Level) - Carlotta 4:00pm Yin & Myofascia - Tao	8:30am Creative Flow - Angela 10:15am Vinyasa Flow - Carlotta	8:30am Vinyasa Flow (Lv1/2) - Carlotta 4:00pm Yin Class - Tao 7:30pm 11th Step NA Meeting (CE)	10:15am Vinyasa Flow Open Level - Carlotta 4:00pm Creative Vinyasa - Angela	8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Angela (Bahasa Indonesia)	10:15am Creative Flow - Angela	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
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 10:15am Rising Flow - Carlotta Special Class	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 - Carlotta 4:00pm Creative Vinyasa - Angela	8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia) 10:30am Tantra Yoga - Angela	8:30am Kundalini Yoga 10:15am Creative Flow - Angela	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
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 - Carlotta 4:00pm Creative Vinyasa - Angela	8:30am Vinyasa Flow (Lv2) - Carlotta 8:30am Explore Power Vinyasa - Zee (Bahasa Indonesia)	8:30am Kundalini Yoga 8:30am Fit To Fly - Carlotta Special Workshop 10:15am Creative Flow - Angela	8:30am Vinyasa Flow - Carlotta 9:30am Rocket Ashtanga - Zee (Bahasa Indonesia)
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	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 - Carlotta 4:00pm Creative Vinyasa - Angela 6:00pm Yoga Nidra & Meditation - Carlotta Special Class (CE)	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)

- 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

