

	August	2022		"Don't make friends who are comfortable to be with. Make friends who will force you to level yourself up." Thomas J. Watson		
M	T	W	T	F	S	S
25	26	27	28	29	30	31
8:30am Vinyasa Flow Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur) 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Yoga - Carlotta 8:30am Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur) 10:15am Vinyasa Flow - Carlotta 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur)	8:30 Vinyasa Flow - Carlotta. 2:00pm Balinese Dance Class (CE)
1	2	3	4	5	6	7
8:30am Vinyasa Flow Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30 Kundalini Yoga - Daphna Guruwant	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE) Forgiveness Day
8	9	10	11	12	13	14
8:30am Vinyasa Flow Carlotta. 3:00pm Self Love Workshop - Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 8:30 Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant 10:15am Vinyasa Flow - Carlotta	8:30 Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE).
15	16	17	18	19	20	21
8:30am Vinyasa Flow Carlotta. 8:30 Backbend Workshop Volume 1 - Zee	8:30am Rising Flow (LV2) - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE) Indonesia Independence Day	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Zee 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. 8:30 Backbend Workshop Volume 2 - Zee 6:00pm Kirtan Magic - Carlotta (CE)	8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee. 2:00pm Balinese Dance Class (CE)
22	23	24	25	26	27	28
8:30am Vinyasa Flow Carlotta	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant. 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow (LV2) Carlotta. 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Carlotta 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant.	8:30 Vinyasa Flow - Carlotta. 2:00pm Balinese Dance Class (CE)

Classes open to the public. Classes without a level specified are open level for all. Sun Rise flow class are 1 hour, all others 1.5 hours. (CE) Community Event - Free. All classes Rp.140,000 per class, Kids Rp.60,000 (10 to 17) Rp. 100,000 for Indonesian Citizens 6 Class pass Rp. 480,000 Indonesian Citizens - Rp.1,200,000 for 12 class pass or Rp. 700,000 for 6 class pass. No expiration, Transferable. All yoga props provided.