"Don't make friends who are comfortable to be with. Make friends who will force you to lever yourself up." Thomas J. Watson

8:30am Vinyasa Flow - Carlotta.
8:30am 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) - Carlotta.

7:15am Sun Rise Yoga - Carlotta.
8:30am Kundalini Yoga - Ningrum Ambarsari (Shanti Viriam Kaur)
10:15am Vinyasa Flow - Carlotta.
6:00pm Yin Yoga - Carlotta

8:30am Kundalini Yoga - Daphna Guruwant
8:30 Vinyasa Flow - Carlotta.
2:00pm Balinese Dance Class (CE)

3:00pm Self Love Workshop - 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) - Carlotta.

7:15am Sun Rise Yoga - Carlotta.
8:30am Vinyasa Flow (LV2) - Carlotta.
7:30pm 11th Step NA Meeting (CE) - Carlotta.

TBA Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant
10:15am Vinyasa Flow - Zee
6:00pm Yin Yoga - Carlotta

8:30am Kundalini Yoga, The path of SHAKTI / BHAKTI - Daphna Guruwant
10:15am Vinyasa Flow - Carlotta
8:30 Vinyasa Flow - Carlotta.
10:15 Rocket Ashtanga - Zee.
2:00pm Balinese Dance Class (CE)

8:30am Vinyasa Flow - Carlotta.
8:30 Backbend Workshop Volume 1 - Zee.

8:30am Rising Flow (LV2) - 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) - Carlotta.

7:15am Sun Rise Yoga - Carlotta.
8:30am Vinyasa Flow (LV2) - Carlotta.
7:30pm 11th Step NA Meeting (CE) - Carlotta.

8:30am Kundalini Yoga - Daphna Guruwant
8:30 Backbend Workshop Volume 2 - Zee
6:00pm Kirtan Magic - Carlotta (CE)

8:30am Vinyasa Flow - Carlotta.
8:30 Vinyasa Flow - Carlotta.
2:00pm Balinese Dance Class (CE)

8:30am Vinyasa Flow - Carlotta.
8:30 Backbend Workshop Volume 1 - Zee.

8:30am Vinyasa 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) - Carlotta.

7:15am Sun Rise Yoga - Carlotta.
8:30am Vinyasa Flow (LV2) - Carlotta.
7:30pm 11th Step NA Meeting (CE) - Carlotta.