

	September	2022		"The truth will set you free. But not until it is finished with you". David Foster Wallace		
M	T	W	T	F	S	S
29	30	31	1	2	3	4
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 - Carlotta 8:30am Vinyasa Flow (L2) Carlotta. 4:00pm 7:30pm 11th Step NA Meeting (CE)	7:15am Sunrise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Vinyasa Flow - Carlotta Coconut Day	Coming Soon	8:30 Vinyasa Flow - Carlotta. 2:00pm Balinese Dance Class (CE)
5	6	7	8	9	10	11
8:30am Vinyasa Flow - Carlotta Day of Charity Teachers Day	8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow (L2) Carlotta. 6:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant. 6:00 pm Full Moon Yin Yoga - Carlotta (CE)	Coming Soon	8:30 Vinyasa Flow - Carlotta. 2:00pm Balinese Dance Class (CE)
12	13	14	15	16	17	18
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 - Carlotta 8:30am Vinyasa Flow (L2) Carlotta. 6:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Vinyasa Flow - Eka 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Eka 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Vinyasa Flow - Carlotta	8:30am Vinyasa Flow - Eka	8:30 Vinyasa Flow - Carlotta. 10:15 Vinyasa Yoga - Eka. 2:00pm Balinese Dance Class (CE).
19	20	21	22	23	24	25
8:30am Vinyasa Flow - Carlotta.	8:30am Rising Flow (L2) - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Eka 8:30am Vinyasa Flow (L2) Carlotta. 6:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA Meeting (CE) Day of Peace	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Eka. 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Eka 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Vinyasa Flow - Eka	8:30 Vinyasa Flow - Carlotta. 10:15 Vinyasa Yoga - Eka. 2:00pm Balinese Dance Class (CE)
26	27	28	29	30	1	2
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 - Eka 8:30am Vinyasa Flow (L2) Carlotta. 6:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA Meeting (CE)	7:15am Sun Rise Yoga - Carlotta 8:30am Kundalini Yoga - Daphna Guruwant. 10:15am Vinyasa Flow - Eka 6:00pm Yin Yoga - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa Flow - Eka 10:15am Vinyasa Flow - Carlotta	8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Vinyasa Flow - Eka	8:30 Vinyasa Flow - Carlotta. 10:15 Vinyasa Yoga - Eka. 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. (AL) All levels of practice (L2) 1.5 years of practice (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.