

	December	2022		"Everything has its beauty but not everyone sees it" Andy Warhol		
M	T	W	T	F	S	S
28	29	30	1	2	3	4
<p>7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 8:30am Arm Balance Mood - Workshop - Zee 10:15 Qi Gong - Lucas</p>	<p>8:30am Creative Flow - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant. 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta. 10:15 Yi Quan - Lucas 4:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA (CE)</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30am Yoga Flow - Jessica 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta. World Aids Day</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas</p>	<p>8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Yoga Flow - Jessica</p>	<p>8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)</p>
5	6	7	8	9	10	11
<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow - Carlotta 10:15 Qi Gong - Lucas</p>	<p>8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Yoga Flow - Jessica 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta 10:15 Yi Quan - Lucas 4:00pm Breathwork-Meditation - Daphna Guruwant 7:00pm Full Moon Meditation - Chanting -Taran Kaur & Singh (CE) 7:30pm 11th Step NA (CE)</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30am Yoga Flow - Jessica 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta</p>	<p>8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Yoga Flow - Jessica Human Rights Day</p>	<p>8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE) Unicef Day for Change</p>
12	13	14	15	16	17	18
<p>7:15am Sun Rise Yoga -Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas</p>	<p>8:30am Creative Flow - Carlotta. 8:30 Kundalini Yoga - Daphna Guruwant 10:15am Yoga Flow - Jessica 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta. 10:15 Yi Quan - Lucas 4:00pm Breathwork and Meditation - Daphna Guruwant 7:30pm 11th Step NA (CE)</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30 Kundalini Yoga - Daphna Guruwant 8:30am Yoga Flow - Jessica 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta</p>	<p>8:30am Kundalini Yoga - Daphna Guruwant. 8:30am Yoga Flow - Jessica</p>	<p>8:30 Vinyasa Flow - Carlotta. 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE) Hannukah.</p>
19	20	21	22	23	24	25
<p>7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas</p>	<p>8:30am Rising Flow (L2) - Carlotta. 10:15am Yoga Flow - Jessica 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta. 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE) Winter Solstice</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Yoga Flow - Jessica 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta 6:00pm Holiday Kirtan (CE) Carlotta</p>	<p>8:30am Yoga Flow - Jessica</p>	<p>8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm. Balinese Dance Class (CE). Christmas Day</p>
26	27	28	29	30	31	January 1,2023
<p>7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow - Carlotta. 10:15 Qi Gong - Lucas</p>	<p>8:30am Creative Flow - Carlotta 10:15am Yoga Flow - Jessica 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2) Carlotta 10:15 Yi Quan - Lucas 7:30pm 11th Step NA (CE)</p>	<p>7:15am Sun Rise Yoga - Carlotta 10:15am Vinyasa Flow - Zee 6:00pm Yin Yoga - Carlotta</p>	<p>7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 8:30am Qi Gong - Lucas 10:15am Vinyasa Flow - Carlotta</p>	<p>8:30am Yoga Flow - Carlotta</p>	<p>10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE). NEW YEAR</p>

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.