



November

2023

"We have what we need, if we use what we have" Edgar Cahn

M	T	W	T	F	S	S
23	24	25	26	27	28	29
7:15am Sun Rise Yoga - Zee. 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 4:00 Jai Hanuman - Magical Kiratn Flow - Carlotta 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta. 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf 7:00 Hunters Full Moon - Zee	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
30	31	1	2	3	4	5
7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow - Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE)
6	7	8	9	10	11	12
7:15am Sun Rise Yoga -Zee. 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Rocket Ashtanga - Zee 2:00pm Balinese Dance Class (CE).
13	14	15	16	17	18	19
7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow -Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00 New Moon Chandra Namaskar - Community Gathering - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Zee 8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 10:15am Vinyasa Flow - Zee 6:00pm Sunset Flow - Carlotta.	7:15am Sun Rise Yoga - Carlotta 8:30am Explore Power Vinyasa - Zee 10:15am Yin Yoga - Carlotta 10:15 Vinyasa Flow - Wolf	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Wolf 2:00pm. Balinese Dance Class (CE)
20	21	22	23	24	25	26
8:30am Vinyasa Flow - Carlotta (L2) 10:15 Vinyasa Yoga - Wolf 6:00Sunset Flow - Wolf	8:30am Creative Flow - Carlotta 10:15 Vinyasa Flow - Wolf 4:00 Your Spine : Your Yoga Workshop - Carlotta 6:00pm Sunset Flow - Carlotta	8:30am Vinyasa Flow (L2-3) Carlotta 10:15 Yin Yoga - Wolf 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Morning Flow - Wolf 6:00pm Sunset Flow - Carlotta	7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Carlotta.	8:30 Morning Flow - Wolf 10:15 Vinyasa Flow - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Wolf 2:00pm Balinese Dance Class (CE)

Classes open to the public. Classes without a level specified are open level for all. Sun Rise flow - Sun Set - Yin & Restorative class are 1 hour, all others 1.5 hours. (AL) All levels of practice (L2) 1.5 years of practice (CG) Community Gathering - 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. Enjoy some lemon grass-ginger tea after class.