

	March	2024		" Flowers and colours everywhere, I am so glad that March is here." Anamika Mishra		
M	T	W	T	F	S	S
26	27	28	29	March 01,2024	2	3
7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Tao 4:00 Gentle Flow - Todjon 6:00 Sunset Flow - Wolf	8:30am Vinyasa Flow - Carlotta 10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE) Galungan	7:15am Sun Rise Yoga - Carlotta 8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta 10:15am Hatha Yoga - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Yin Yoga - Wolf	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
4	5	6	7	8	9	10
8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf	10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Wolf 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	10:15am Women's Day - Parvati Hatha - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Myofascia Release - Tao Kuningan	8:30 Vinyasa Flow - Wolf 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE) Ogoh Ogoh
11	12	13	14	15	16	17
Silent Day - Nyepi First Night of Ramadan	10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Wolf 10:15am Yin Yoga - Tao 4:00 Community Meditation - Wolf (CE) 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	10:15am Hatha Yoga - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Wolf 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
18	19	20	21	22	23	24
7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow -Wolf 10:15am Yin Yoga - Tao 6:00Sunset Flow - Wolf	8:30am Vinyasa Flow - Carlotta 10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta 10:15am Hatha Yoga - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
25	26	27	28	29	30	31
7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf	8:30am Vinyasa Flow - Carlotta 10:15 Ashtanga Inspired Flow - Dwi 7:00pm Yoga Nidra Special Class (CE) - Carlotta	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta 10:15am Hatha Yoga - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE) Easter
April 01,2024	2	3	4	5	6	7
7:15am Sun Rise Yoga - Carlotta 8:30am Vinyasa Flow - Wolf 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf	8:30am Vinyasa Flow - Carlotta 10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Wolf 8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 6:00 Sunset Flow - Wolf 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 8:30 Vinyasa Flow - Wolf 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta 10:15am Hatha Yoga - Wolf	8:30 Vinyasa Flow - Wolf 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 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 - Class are 1 hour, all others 1.5 hours. Laughter Yoga is free and a 30 minute class. (AL) All levels of practice (L2) 1.5 years of practice (CG) Community Gathering - Free. All classes Rp.160,000 per class, Kids Rp.60,000 (10 to 17) Rp. 115,000 for Indonesian Citizens 6 Class pass Rp. 545,000 Indonesian Citizens - Rp.1,365,000 for 12 class pass or Rp. 800,000 for 6 class pass. No expiration, Transferable. All yoga props provided. Enjoy some lemon grass-ginger tea after class.