



Dasa Seni

	May	2024		"What you get by achieving your goals is not as important as what you become by achieving your goals." - Zig Ziglar		
M	T	W	T	F	S	S
29	30	1-May-24	2	3	4	5
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	8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta	10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
6	7	8	9	10	11	12
7:15am Sun Rise Yoga - Carlotta 10:15am Yin Yoga - Tao	8:30am Vinyasa Flow - Carlotta 10:15 Ashtanga Inspired Flow - Dwi	8:30am Vinyasa Flow (L2) Carlotta 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Carlotta 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30am Creative Flow - Carlotta	10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Carlotta 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
7:15am Sun Rise Yoga - Carlotta 10:15am Yin Yoga - Tao	8:30 Yoga Flow - Trang 10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	8:30 Yoga Flow - Trang 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30 Yoga Flow - Trang	10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Dwi 10:15 Gentle Flow - Todjon 2:00pm Balinese Dance Class (CE)
27	28	29	30	31	1-Jun-24	2
7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao	8:30 Yoga Flow - Trang 10:15 Ashtanga Inspired Flow - Dwi	7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	8:30 Yoga Flow - Trang 10:15am Ashtanga Inspired Flow - Dwi 4:00 Gentle Flow - Todjon	8:30 Yoga Flow - Trang	10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Dwi 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.