



Desa Seni

July

2024

It is only when the mind is free from the old that it meets everything anew, and in that there is joy"
- Jiddu Krishnamurti -

M	T	W	T	F	S	S
1	2	3	4	5	6	7
7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao	8:30 Energizing Yoga Flow - Trang 10:15 Ashtanga Guided Class - Dwi	7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Made 8:30 Energizing Yoga Flow - Trang 10:15am Ashtanga Guided Class - Dwi	7:15 Sun Rise Yoga - Trang. 8:30 Meditation & Breath - Indah 10:15 Yin Yoga - Aisyah	8:30am Hatha Yoga - Made 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Dwi 10:15 Meditation & Breath - Indah 2:00pm Balinese Dance Class (CE)
8	9	10	11	12	13	14
7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao	8:30 Energizing Yoga Flow - Trang 10:15 Ashtanga Guided Class - Dwi	7:15am Sun Rise Yoga - Trang 10:15am Yin Yoga - Tao 7:30pm 11th Step NA (CE)	7:15am Sun Rise Yoga - Made 8:30 Energizing Yoga Flow - Trang 10:15am Ashtanga Guided Class - Dwi	7:15 Sun Rise Yoga - Trang. 8:30 Meditation & Breath - Indah 10:15 Yin Yoga - Aisyah	8:30am Hatha Yoga - Made 10:15 Myofascia Release - Tao	8:30 Vinyasa Flow - Dwi 10:15 Meditation & Breath - Indah 2:00pm Balinese Dance Class (CE)
15	16	17	18	19	20	21
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29	30	31	1-Aug-24	2	3	4
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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.