

YOGA SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM 09:00 AM	HATHA SUPARTA	GENTLE FLOW SUPARTA	ASHTANGA VICKY	HATHA ANDIASA	HATHA FLOW SUPARTA	MORNING FLOW SUPARTA	HATHA ANDIASA
10:00 AM 11:30 AM	POWER YOGA SUPARTA	VINYASA SUPARTA	FLY HIGH VICKY	GENTLE FLOW ANDIASA	FREE STYLE YOGA SUPARTA	ENERGETIC FLOW SUPARTA	GENTLE FLOW ANDIASA
03:00 PM 04:30 PM	OPEN SHALA	FLY HIGH AJENG	YIN AJENG	OPEN SHALA	OPEN SHALA	OPEN SHALA	OPEN SHALA
04:30 PM 06:00 PM	STRETCH & FLOW ANDIASA	STRETCH & FLOW ANDIASA	HATHA WINNIE	HATHA WINNIE	HATHA WINNIE	STRETCH & FLOW ANDIASA	VINYASA SUPARTA

PRICES

1 CLASS 120K
5 CLASSES 500K
10 CLASSES 900K
OPEN SHALA 50K/HOUR

INCLUDED

COCONUT WATER
YOGA MAT
MINERAL WATER
FACE TOWEL



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HATHA

Hatha yoga refers to a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body—especially the main channel, the spine—so that energy can flow freely.

ASHTANGA

A virgous and flowing style of yoga, it involves synchronizing breath with progressive and continuous postures, which produces internal heat while detoxifying the body. It builds strength, flexibility and stamina, while calming the mind and improving overall health.

VINYASA

Explore the mind and body through breath synchronized movement and creative sequencing of yoga poses focusing on stability and mobility. A great way to head into the day feeling rejuvenated! Vinyasa link the breath with movement. A practice flowing from pose to pose from easier to more advanced asanas utilizing mindfulness and control.

POWER YOGA

In power yoga the focus will be on physical durability, Challenge and strength pose such as warrios arm balances, and inversions will be added inginkan as the Peak pose of the day yoga.

STRETCH & FLOW

A mindful asana and meditative practice with emphasis on alignment that allows the body and mind to feel poses fully. Great for student of all levels to futher understand and connect with their practice and breathe in an open supportive environment.

FLY HIGH

A new style of serial yoga, using belt and unique tool for a gravity defying, creative and funbased style of yoga. You are able to do regular yoga poses in a supported way. The yoga focus on body alignment.

GENTLE FLOW

A calm combination of conscious movement with a smooth transition and gentle breathing rhythm.

FREE STYLE

This yoga asana provides space and time for the yoga teacher to explore the needs of the yoga participants at that time, sometimes the movements are given to increase strength, flexibility, and balance base on the observation during the class.

ENERGIC MORNING

This flow is designed for those who get ready to do any activity through the day filled energy. With a Focus on linking the breath in to movement be able to build the heat that radiates from inside that allows you to do deep stretch and detoxification

YIN

Yin Yoga is a gentle and contemplative style of yoga that focuses on longer-held, passive poses to target the deep connective tissues of the body. It aims to increase flexibility, release tension, and promote relaxation. Practiced in a meditative manner, Yin Yoga encourages mindfulness and self-awareness, making it a soothing practice for both the body and the mind.



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