

# YOGA SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM 09:00 AM	<b>TRADITIONAL ASHTANGA MYSORE</b> RANI	<b>GENTLE FLOW</b> SUPARTA	<b>OPEN SHALA</b> 7.30 AM- 9.30 AM	<b>HATHA</b> ANDI	<b>HATHA FLOW</b> SUPARTA	<b>MORNING FLOW</b> ANDI	<b>HATHA</b> SUPARTA
10:00 AM 11:30 AM	<b>TRADITIONAL ASHTANGA LED</b> RANI	<b>VINYASA</b> SUPARTA	<b>FLY HIGH</b> AJENG	<b>GENTLE FLOW</b> ANDI	<b>FREE STYLE YOGA</b> SUPARTA	<b>ENERGETIC FLOW</b> ANDI	<b>POWER YOGA</b> SUPARTA
03:00 PM 04:30 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM	<b>OPEN SHALA</b> 12 PM - 4 PM
04:30 PM 06:00 PM	<b>DEEP STRETCH &amp; SLOW FLOW</b> ANDI		<b>TRADITIONAL ASHTANGA LED</b> RANI		<b>DEEP STRETCH &amp; SLOW FLOW</b> ANDI	<b>SUNDOWN YOGA</b> SUPARTA	<b>SUNSET FLOW</b> RANI

## PRICES

1 CLASS KITAS/LOCAL 100K  
1 CLASS 150K  
5 CLASSES 650K  
10 CLASSES 1200K  
OPEN SHALA 75K/HOUR

## INCLUDED

COCONUT WATER  
YOGA MAT  
MINERAL WATER  
FACE TOWEL

1 TO 1 LESSON AVAILABLE ON REQUEST



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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.

## DEEP STRETCH & SLOW 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.

## SUNSET FLOW

A grounding Vinyasa Flow-style class for all levels. Let the beautiful sunset inspire you as we move with intention from posture to posture. Class begins with an energetic vinyasa and ends in a calm and gentle flow.

## GENTLE FLOW-SUNDOWN

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

## 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.

## 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 FLOW

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

## ASTHANGA MYSORE

The Ashtanga Mysore class is a traditional method of practicing yoga that originates from Mysore, India. In this self-paced style, students move through a set sequence of Ashtanga Yoga postures at their own rhythm, according to their level and ability. Unlike led yoga classes, a Mysore class is not guided in unison. Instead, the teacher offers individualized instruction and hands-on adjustments as needed. Students memorize the sequence over time, developing a personal and disciplined practice with the support of the teacher.

## ASTHANGA LED

Guided class in the Ashtanga Yoga tradition, where the teacher verbally instructs students through the set sequence of poses (either the Primary Series, Intermediate Series, or Advanced Series) in a synchronized manner, counting the breaths for each movement.



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