

YOGA SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM 09:00 AM	HATHA YULI	GENTLE FLOW SUPARTA	HATHA DIAH	HATHA ANDI	HATHA FLOW SUPARTA	MORNING FLOW ANDI	HATHA SUPARTA
10:00 AM 11:30 AM	VINYASA YULI	VINYASA SUPARTA	VINYASA DIAH	GENTLE FLOW ANDI	FREE STYLE YOGA SUPARTA	ENERGETIC FLOW ANDI	POWER YOGA SUPARTA
03:00 PM 04:30 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM	OPEN SHALA 12 PM - 4 PM
04:30 PM 06:00 PM	DEEP STRETCH & SLOW FLOW ANDI			CHANDRA NAMASKAR DESY	DEEP STRETCH & SLOW FLOW ANDI	SUNDOWN YOGA SUPARTA	SUNSET FLOW DESY

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.

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 warrior arm balances, and inversions will be added in 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 further 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.

CHANDRA NAMASKAR

Moon Salutation is a gentle, flowing yoga sequence that honors lunar energy. Benefits include calming the mind, improving flexibility, strengthening core muscles, balancing emotions, and promoting better sleep by channeling cooling.

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 based 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



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