

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 | OPEN SHALA | 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 | OPEN SHALA 12 PM - 4 PM | OPEN SHALA 12 PM - 4 PM | 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



@YOGASEARCHERBALI

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 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 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 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

