



YOGA Daily Class Schedule

FEB 2020

Yoga Registration opens 30 minutes before class. | First come first served. | Yoga beginners? We suggest that you start with an 'Intro' class or level 1 classes.

STUDIO **K** Ketut **L** Lotus **M** Made **N** Nyoman **R** River Dome **S** Surya **CLASS LEVEL** All Level 1 Beginner 2 Intermediate 3 Advanced
COLOR **ORANGE** Community Classes by Donation | **RED** Dance & Sound Related Offerings | **GRAY** Night Events (IDR 200,000)

Wednesday, Feb 19th Galungan & Saturday, Feb 29th Kuningan - YB opens at 1pm and first class at 2pm.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
AM 07.00 - 08.30	Morning Flow Marcus N 1 2	Morning Flow Nadine N 1 2	Morning Flow Murni N 1 2	Morning Flow Madeira N 1 2	Morning Flow Murni N 1 2	Morning Flow Malika K 1 2	Morning Flow Malika K 1 2
AM 07.30 - 09.00	Qi Gong S 1 2	Kundalini Yoga Greg S 1 2	Qi Gong Adolf S 1 2	Kundalini Yoga Amit S 1 2	Qi Gong Adolf S 1 2	Kundalini Yoga Greg S 1 2	Kundalini Yoga Greg S 1 2
AM 08.00 - 09.30	Vinyasa (Slow) Nadine K 1 2	Vinyasa (Slow) Jose K 1 2	Vinyasa (Slow) Malika K 1 2	Vinyasa (Slow) Eka K 1 2	Yoga Therapy Tina K 1 2	Vinyasa (Slow) Eka N 1 2	Vinyasa (Slow) Paul N 1 2
AM 08.30 - 09.30	Mindfulness Meditation Leah R ✓	Beginners Yoga Noel R 1	Mindfulness Meditation Leah R ✓	Beginners Yoga Noel R 1	Chakra & Aura Meditation Liana R ✓	Capoeira Madeira (8:30-10am) R 1 2	Sacred Sunday Meditation Kerry R ✓
AM 09.00 - 10.30	Power Yoga Murni N 2 3	Power Yoga Murni N 2 3	Power Yoga Paul N 2 3	Power Yoga Daniela N 2 3	Power Yoga Paul N 2 3	Iyengar Yoga K 1 2	Power Yoga Madeira K 2 3
AM 09.30 - 10.30	Hatha Yoga Noel (9:30-11am) S 2 3	Yoga with Free Weights Nadine S 1 2	Hatha Yoga Noel (9:30-11am) S 2 3	Yoga with Free Weights Nadine S 1 2	Hatha Yoga Noel (9:30-11am) S 2 3	Power Hour Paul S 1 2	Pranayama Greg S 1 2
AM 10.00 - 11.30	Vinyasa Flow Daniela K 2 3	Vinyasa Flow Greg K 2 3	Vinyasa Flow Nadine K 2 3	Vinyasa Flow Murni K 2 3	Vinyasa Flow Marcus K 2 3	Vinyasa Flow Murni N 2 3	
AM 10.30 - 11.45	Intro to Fly High Yoga Wayan R 1 2	Fly High Core Yoga Wayan R 1 2	Fly High Therapeutics Yoga Jose R 1 2	Fly High Core Yoga Sheryl R 1 2	Fly High Therapeutics Yoga Jose R 1 2	Movement Meditation Amit (10:30-12pm) R ✓	
AM 10.45 - 11.45		HEAD SPACE COMMUNITY INTEGRAL GROUNDING	FREE HEALTH TALK	HEAD SPACE COMMUNITY HEART TALK			
AM PM 11.00 - 12.30	Yin Yoga Greg N 1 2	Yin Yoga Daniela N 1 2	Yin & Myofascial Release Eka N 1 2	Yin Yoga Daniela N 1 2	Yin Yoga Malika N 1 2	Yin & Myofascial Release Eka K 1 2	SUNDAY DANCE & FAMILY BUFFET N ✓
AM PM 11.30 - 12.30	Gentle Yoga Estee S 1 2	Gentle Yoga Nadine S 1 2	Gentle Yoga Amit S 1 2	Gentle Yoga Amit S 1 2	Gentle Yoga Lucy S 1 2	Gentle Yoga Lucy S 1 2	
PM 01.00 - 02.30	TIBETAN BOWLS MEDITATION Agustian (1-2pm) K ✓	Acro Yoga Sheryl K 1 2	CRYSTAL BOWLS MEDITATION Shervin (1-2pm) K ✓	Thai Yoga Massage Sheryl K 1 2	TIBETAN BOWLS MEDITATION Agustian (1-2pm) K ✓	Acro Yoga Sheryl K 1 2	Embodied Movement Madeira K 1 2
PM 02.00 - 03.00	Intro to Yoga Estee N 1	Intro to Yoga Wine N 1	Intro to Yoga Thofan N 1	Intro to Yoga Thofan N 1	Intro to Yoga Wine N 1	Intro to Yoga Estee N 1	Intro to Yoga Estee N 1
PM 03.00 - 04.00	Healing Meditation Amit K ✓	Future Self Meditation Leah K ✓	Chakra Meditation Amit K ✓	SOUND HEALING Agustian (3-4:15pm) K ✓	Healing Meditation Amit K ✓	Peaceful Meditation Greg K ✓	Thai Yoga Massage Sheryl (3-4:30pm) K 1 2
PM 03.30 - 05.00	Hatha Yoga Greg S 1 2	Hatha Yoga Greg S 1 2	Hatha Yoga Nadine S 1 2	Hatha Yoga Eka S 1 2	Hatha Yoga Eka S 1 2	Hatha Yoga Paul S 1 2	Hatha Yoga Greg S 1 2
PM 04.00 - 05.30	Vinyasa Flow Murni N 2 3	Vinyasa Flow Madeira N 2 3	Vinyasa Flow Marcus N 2 3	Vinyasa Flow Murni N 2 3	Vinyasa Flow Daniela N 2 3	Vinyasa Flow Daniela N 2 3	Vinyasa Flow Paul N 2 3
PM 04.15 - 05.15	COMMUNITY PRENATAL	COMMUNITY ACRO PLAY!		FREE YOGA DALAM BHS. INDONESIA	FREE FRIDAY YOGA		
PM 05.00 - 06.30	Yin Yoga Healing Tina K 1 2	Yin Yoga Eka K 1 2	Yin Yoga Malika K 1 2	Yin Yoga Malika K 1 2	Yin Yoga Healing Tina K 1 2	Yin Yoga Estee K 1 2	Yin Yoga Estee K 1 2
PM 05.30 - 06.30		COMMUNITY INTRO TO BALINESE DANCE Evie S	Sacred Heart Meditation Kerry S ✓	VIBRATIONAL MEDICINE Paul S ✓	Sacred Heart Meditation Kerry M ✓	SALSA DANCE! Madeira (5:30-7pm) S ✓	Healing Meditation Amit S ✓
PM 05.45 - 07.00	Fly High Flow Wayan R 1 2	Fly High Flow Sheryl R 1 2	Fly High Flow Jose R 1 2		Fly High Flow Jose R 1 2		Fly High Flow Sheryl R 1 2
PM 06.00 - 07.30		Women's Balance Yoga Tina N 1 2	Yin Yang Yoga Paul N 1 2	Women's Circle Nadine N ✓	Yin Yang Yoga Paul S 1 2	Alignment Flow Jose N 1 2	Yin Yang Yoga Noel N 1 2
PM 07.00 - 08.30		Restorative Yoga Lucy S 1 2	Restorative Yoga Tina S 1 2	Restorative Yoga Tina K 1 2		Restorative Yoga Lucy K 1 2	Restorative Yoga Lucy S 1 2
PM 07.30 - 08.30		Yoga Nidra Leah R ✓	Yoga Nidra Lucy R ✓	Yoga Nidra Lucy R ✓			Yoga Nidra Leah R ✓
PM 07.30 - 09.00	MONDAY MOVIE 6pm Buffet 7:30pm Film		SOUND MEDICINE Shervin K		ECSTATIC DANCE N ✓		KIRTAN Greg K
PM 08.00 - 09.00	Every Other Monday N	TIBETAN BOWLS SOUND MEDITATION Wakuha N		GONG BATH MEDITATION Shervin N		TIBETAN BOWLS SOUND MEDITATION Wakuha N	

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Workshops

Feb 4 10:00am-6:00pm	Tue	Higher Self Sound Healing: A Day to Connect with Your Soul as You Never Have Before
Feb 8 1:00pm-4:00pm	Sat	Aerial Silks Basics
Feb 11 9:00am-5:00pm	Tue	Cosmic Consciousness, Meditation & Chakra Alignment
Feb 12, 26 10:00am-1:00pm	Wed	Mala Making Workshop & Japa Meditation
Feb 14 1:00pm-4:00pm	Fri	Self-Love is a Practice
Feb 15 1:00pm-4:00pm	Sat	Adventures in Intimacy
Feb 17 12:30pm-4:00pm	Mon	Myofascial Release & Yin Yoga Workshop for Hips and Lower Back
Feb 18 12:30pm-2:30pm	Tue	5Rhythms® Moving Meditation
Feb 18 2:00pm-5:00pm	Tue	Spring Clean Your Life
Feb 20-21 12:00pm-5:00pm	Thu-Fri	Upside Down & Inside Out: Arm Balances and Inversions 2-Day Immersion
Feb 22 1:00pm-3:00pm	Sat	Be Still and Become: A Series of Spiritual Teachings
Feb 24 12:30pm-4:00pm	Mon	Myofascial Release & Yin Yoga Workshop for Neck, Shoulders, & Upper Back
Feb 25 9:30am-4:30pm	Tue	Intro to Ayurveda (The Science of Life): Theory and Lifestyle Application

Night Events

Feb 3 7:30pm	Mon	Monday Movie Night: American Yogi
Feb 10 7:30pm-9.30pm	Mon	Sacred Cacao Ceremony
Feb 17 7:30pm	Mon	Monday Movie Night: Daughters of Dolma
Feb 24 7:30pm-9.30pm	Mon	Spirit Night: Dreamtime Sacred World Music and Sound Healing Ceremony