

MoonDays!

Tuesday 9th - No Mysore
Friday 26th - No Mysore

Samadi Bali Yoga October



	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
To join Mysore Class, you need to be familiar and autonomous with at least the standing sequence of Ashtanga Primary series	7:00-9:15 MYSORE Andrea NO BEGINNERS	7:00-9:15 MYSORE Andrea NO BEGINNERS	7:00-9:15 MYSORE Andrea NO BEGINNERS	7:00-9:15 MYSORE Andrea NO BEGINNERS	7:00-9:15 MYSORE Andrea NO BEGINNERS	7:30-8:45 ASHTANGA Melissa All Levels	8:00 am - 9:30 am Traditional LED ASHTANGA Andrea Advanced Level
9:15 - 10:15 Intro to Ashtanga is a preparation class to later join Ashtanga Mysore	INTRO TO ASHTANGA Jacqueline/Melissa All Levels	INTRO TO ASHTANGA Melissa All Levels	HATHA YOGA Abdi All Levels	INTRO TO ASHTANGA Melissa All Levels	INTRO TO ASHTANGA Todjon All Levels	9:00 - 10:30 BODYMIND FLOW Celine/Sasya All Levels	
10:30 - 12:00	HATHA YOGA Abdi All Levels	BODYMIND FLOW Celine/Sasya All Levels	ASHTANGA Jacqueline/Melissa All Levels	BODYMIND FLOW Celine/Sasya All Levels	YIN Celine/Todjon All Levels (class ends 11:45)	11:00 - 12:15 YIN Celine/Sasya All Levels	10:00 - 11:30 VINYASA FLOW Jacqueline/Melissa All Levels
 Review us on ... tripadvisor® get the truth. then go.™	12:15-13:15 YOGA NIDRA Jacqueline/Melissa		14:00 - 15:15 FLY HIGH Sasya All Levels		14:00 - 15:15 FLY HIGH Sasya All Levels		
16:00 - 17:15	VINYASA FLOW Jacqueline/Sasya All Levels	VINYASA FLOW Todjon All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Melissa All Levels	ASHTANGA Jacqueline/Todjon All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Sasya All Levels
17:30 - 18:45   	YIN Celine/Sasya All Levels	RESTORATIVE Jacqueline/Melissa All Levels	YIN Todjon All Levels	YIN Todjon All Levels	RESTORATIVE Sasya All Levels	YIN Sasya All Levels	YIN Melissa All Levels
				19:00 - 20:30 ECSTATIC DANCE JOURNEY Dancing Songbird/ Tara Li			

Prices

Drop In Single Class	140,000
6 Class Pass	700,000
12 Class Pass	1,300,000
Monthly Unlimited	2,200,000
Ecstatic Dance (20% off 6 pack)	140,000

Indonesian and KITAS check @ Reception

Jalan Padang Linjong 39, Echo Beach, Canggu, Bali
WhatsApp +62 812 38 312 505 www.samadibali.com

CLASS KEY

Suitable for Beginners:

Intro to Ashtanga, Fly High, Yin, Yoga Nidra, Restorative

Gentle and Stretchy:

Hatha Yoga, Yin, Fly High, Restorative

Strong and Sweaty:

Mysore, Ashtanga, Vinyasa

Mixed Style:

BodyMind Flow, Fly High