

MoonDays!

Wednesday 2nd- No Mysore
 Thursday 17th- No Mysore
 Thursday 31st No Mysore

Samadi Bali Yoga January



	<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 Damien NO BEGINNERS	7:00-9:15 MYSORE Damien NO BEGINNERS	7:00-9:15 MYSORE Damien NO BEGINNERS	7:00-9:15 MYSORE Damien NO BEGINNERS	7:00-9:15 MYSORE Damien NO BEGINNERS	7:30-8:45 ASHTANGA Melissa All Levels	8:00 am - 9:30 am ASHTANGA EXPLORATION Damien All Levels
9:15 - 10:15 Intro to Ashtanga is a preparation class to later join Ashtanga Mysore	INTRO TO ASHTANGA Jacqueline 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 VINYASA FLOW Melissa All Levels	
10:30 - 12:00	HATHA YOGA Abdi All Levels	VINYASA FLOW Sasya All Levels	ASHTANGA Jacqueline All Levels	VINYASA FLOW Todjon All Levels	HATHA YOGA Abdi All Levels	11:00 - 12:15 YIN Jacqueline/Sasya All Levels	10:00 - 11:30 VINYASA FLOW Jacqueline All Levels
 Review us on ... 12:15-13:15 YOGA NIDRA (guided meditation) Jacqueline All Levels			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 All Levels	VINYASA FLOW Todjon All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Melissa All Levels	ASHTANGA Jacqueline All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Sasya All Levels
17:30 - 18:45   	YIN Todjon All Levels	RESTORATIVE Jacqueline All Levels	17:30 - 19:00 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			

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
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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 Flow, Ashtanga Exploration

Mixed Style: Fly High