

*MoonDays!*

Tuesday 5th- No Mysore  
Tuesday 19th- No Mysore

# Samadi Bali Yoga February



	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<b>To join Mysore Class, you need to be familiar and autonomous with at least the standing sequence of Ashtanga Primary series</b>	7:00-9:15 <b>MYSORE</b> Damien NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Damien NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Damien NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Damien NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Damien NO BEGINNERS	7:30-8:45 <b>ASHTANGA</b> Melissa All Levels	8:00 am - 9:30 am <b>ASHTANGA EXPLORATION</b> Damien All Levels
9:15 - 10:15 Intro to Ashtanga is a preparation class to later join Ashtanga Mysore	<b>INTRO TO ASHTANGA</b> Melissa All Levels	<b>INTRO TO ASHTANGA</b> Jacqueline All Levels	<b>HATHA YOGA</b> Abdi All Levels	<b>INTRO TO ASHTANGA</b> Melissa All Levels	<b>INTRO TO ASHTANGA</b> Damien All Levels	9:00 - 10:30 <b>VINYASA FLOW</b> Melissa All Levels	
10:30 - 12:00	<b>HATHA YOGA</b> Abdi All Levels	<b>VINYASA FLOW</b> Jacqueline All Levels	<b>ASHTANGA</b> Jacqueline All Levels	<b>VINYASA FLOW</b> Jacqueline All Levels	<b>HATHA YOGA</b> Abdi All Levels	11:00 - 12:15 <b>YIN</b> Jacqueline/Sasya All Levels	10:00 - 11:30 <b>VINYASA FLOW</b> Jacqueline All Levels
 Review us on ... get the truth. then go.™			14:00 - 15:15 <b>FLY HIGH</b> Sasya All Levels		14:00 - 15:15 <b>FLY HIGH</b> Sasya All Levels		
16:00 - 17:15	<b>VINYASA FLOW</b> Jacqueline All Levels	<b>VINYASA FLOW</b> Sasya All Levels	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Sasya All Levels	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Sasya All Levels
17:30 - 18:45	<b>YIN</b> Melissa All Levels	<b>NEW CLASS!!! TANTRA YOGA</b> Jacqueline All Levels	<b>YIN</b> Sasya All Levels	<b>YIN</b> « Faculty » All Levels	<b>RESTORATIVE</b> Sasya All Levels	<b>YIN</b> « Faculty » All Levels	<b>YIN</b> Sasya/Jacqueline All Levels
				19:00 - 20:30 <b>ECSTATIC DANCE JOURNEY</b> 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

**CLASS KEY**

**Suitable for Beginners:**  
Intro to Ashtanga, Fly High, Yin , Tantra Yoga, Restorative, Vinyasa Flow

**Gentle and Stretchy:**  
Hatha Yoga, Yin, Fly High, Restorative, Tantric Yoga.

**Strong and Sweaty:**  
Mysore, Ashtanga, Vinyasa Flow, Ashtanga Exploration

**Mixed Style:** Tantra Yoga, Fly High(Spaces limited for Fly High please book in advance to ensure your spot)

Jalan Padang Linjong 39, Echo Beach, Canggu, Bali  
WhatsApp +62 812 38 312 505 [www.samadibali.com](http://www.samadibali.com)