

# MoonDays!

Monday 6th- No Mysore  
Monday 20th- No Mysore

# Samadi Bali Yoga May



	<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> Andrea NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Andrea NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Andrea NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Andrea NO BEGINNERS	7:00-9:15 <b>MYSORE</b> Andrea NO BEGINNERS	7:30-8:45 <b>ASHTANGA</b> Melissa <b>Level II</b>	8:00-9:30 <b>ASHTANGA EXPLORATION</b> Andrea All Levels
9:15 - 10:15 Intro to Ashtanga is a preparation class to later join Ashtanga Mysore	<b>INTRO TO ASHTANGA</b> Jacqueline All Levels	<b>INTRO TO ASHTANGA</b> Andrea All Levels	<b>HATHA YOGA</b> Abdi All Levels	<b>INTRO TO ASHTANGA</b> Melissa All Levels	<b>INTRO TO ASHTANGA</b> Todjon 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> Todjon All Levels	<b>HATHA YOGA</b> Abdi All Levels	11:00 - 12:15 <b>YIN</b> Sasya All Levels	10:00 - 11:30 <b>VINYASA FLOW</b> Melissa All Levels
14:00 - 15:15			<b>FLY HIGH</b> Sasya All Levels	12:00-13:00 <b>SATSANG</b> YOGA TALKS FREE	<b>FLY HIGH</b> Sasya All Levels		
16:00 - 17:15	<b>VINYASA FLOW</b> Jacqueline All Levels	<b>VINYASA FLOW</b> Melissa <b>Level II</b>	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Todjon <b>Level II</b>	<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	17:30-19:00 <b>YIN</b> Todjon All Levels	<b>TANTRIC YOGA</b> Jacqueline All Levels	<b>YIN</b> Todjon All Levels	17:30 - 19:30 <b>ECSTATIC DANCE &amp; SOUND CIRCLE</b> Dancing Songbird	<b>YIN</b> Todjon All Levels	<b>YIN</b> Chris All Levels	<b>YIN</b> Jacqueline All Levels
		19:00-20:00 <b>MEDITATION</b> Agathe <b>New class!!!</b>					

**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

\*Yoga cards do not include Ecstatic Dance  
\*Indonesian and KITAS check @ Reception  
\*Classes and packages are non-refundable

**CLASS KEY**

**Suitable for Beginners:**  
Intro to Ashtanga, Fly High, Yin, Tantric Yoga, Vinyasa Flow All levels, Meditation

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

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

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

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