

MoonDays!

Monday 3rd- No Mysore
Monday 17th- No Mysore

Samadi Bali Yoga June



	<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, please register by sending an email to mysore@samadibali.com	7:00-9:00 MYSORE Damien NO BEGINNERS	7:00-9:00 MYSORE Damien	7:00-9:00 MYSORE Damien	7:00-9:00 MYSORE Damien	7:00-9:00 MYSORE Damien	7:30-8:45 ASHTANGA Melissa All Levels	7:30-9:30 MYSORE Damien NO BEGINNERS
	REGISTRATION MYSORE@SAMADIBALI.COM						
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 Damien 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 Jacqueline All Levels	ASHTANGA Jacqueline All Levels	VINYASA FLOW Todjon All Levels	HATHA YOGA Abdi All Levels	11:00 - 12:15 YIN Sasya/Jacqueline All Levels	10:00 - 11:30 VINYASA FLOW Melissa All Levels
14:00 - 15:15		MOVEMENT & PLAY Lola Malaika All Levels	FLY HIGH Sasya/Wayan All Levels	12:30-13:30 SATSANG YOGA TALKS FREE	FLY HIGH Sasya/Wayan All Levels		
16:00 - 17:15	VINYASA FLOW Jacqueline All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Todjon All Levels	VINYASA FLOW Sasya/Damien All Levels	VINYASA FLOW Melissa All Levels	VINYASA FLOW Sasya/Agathe All Levels
17:30 - 19:00	YIN Todjon All Levels	TANTRIC YOGA Jacqueline All Levels	YIN Todjon All Levels	17:30 - 19:30 ECSTATIC DANCE & SOUND CIRCLE Dancing Songbird	YIN Todjon All Levels	YIN Agathe All Levels	YIN Jacqueline All Levels
		19:15-20:15 MEDITATION Agathe	June 5 & 19 Starts 19:30 MOVIE NIGHT & DINNER				

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 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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