

# MoonDays!

Friday 13th - No Mysore  
Sunday 29th - No Mysore

# Samadi Bali Yoga September

Address: Jl. Padang Linjong 39  
Ganggu, Bali  
Tel/WA +62 812 38 312 505  
www.samadibali.com



Mysore Prices	
Drop-In	250K
3 Days	500K
1 week	700K
2 weeks	1300K
Month	2000K

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS	7:30 - 9:00 <b>ASHTANGA</b> TRADITIONAL LED PRIMARY Melissa LEVEL III All yoga packages valid	7:00 - 9:00 <b>MYSORE</b> Andrea NO BEGINNERS
9:15 - 10:15 Intro to Ashtanga is a preparation class to later join Ashtanga Mysore	<b>INTRO TO ASHTANGA</b> Deva All Levels	<b>INTRO TO ASHTANGA</b> Melissa All Levels	<b>INTRO TO ASHTANGA</b> Melissa All Levels	<b>INTRO TO ASHTANGA</b> Todjon All Levels	<b>INTRO TO ASHTANGA</b> Todjon All Levels	9:30 - 10:45 <b>VINYASA FLOW</b> Melissa All Levels	9:30 - 10:45 <b>VINYASA FLOW</b> Melissa All Levels
10:30 - 12:00	<b>HATHA YOGA</b> Abdi All Levels	<b>VINYASA FLOW</b> Deva All Levels	<b>HATHA YOGA</b> Abdi All Levels	<b>VINYASA FLOW</b> Deva All Levels	<b>HATHA YOGA</b> Abdi All Levels	11:00 - 12:15 <b>YIN</b> Sasya All Levels	11:00-12:15 <b>YIN</b> Charlotte All Levels
12:30-	13:30 - 15:00 Abdi <b>GONG BATH</b>		12:30 - 13:45 Melissa <b>HANDSTAND JAM</b>	12:30 - 13:30 <b>SATSANG YOGA TALKS FREE</b>	12:30 - 13:45 Charlotte <b>Vinyasa Flow</b>		12:30 - 13:45 Charlotte <b>Chakra Flow</b>
14:00-		<b>INTUITIVE MOVEMENT</b> Lola Malaika All Levels 14:00 - 15:30	<b>FLY HIGH STRENGTH</b> Sasya All Levels 14:00 - 15:15	<b>INTUITIVE CONTACT</b> Lola Malaika All Levels 14:00 - 15:30	<b>FLY HIGH RESTORATIVE</b> Sasya All Levels 14:00 - 15:15		9:00 - 14:00 <b>Sunday Organic Market</b> Fruit, Veggies, Crafts
16:00 - 17:15	<b>ECSTATIC FLOW YOGA</b> Deva All Levels	<b>VINYASA FLOW</b> Melissa All Levels	<b>VINYASA FLOW</b> Sasya All Levels	<b>VINYASA FLOW</b> Todjon All Levels	<b>VINYASA FLOW</b> Charlotte All Levels	<b>VINYASA FLOW</b> Charlotte All Levels	<b>VINYASA FLOW</b> Sasya All Levels
17:30 - 19:00	<b>YIN</b> Todjon All Levels	<b>TANTRIC YOGA</b> Deva 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> Deva All Levels
		19:15-20:15 <b>MEDITATION</b> Agathe	September 4th Starts 19:30 <b>MOVIE NIGHT &amp; DINNER</b>		19:15-20:45 <b>MEN'S CIRCLE FREE</b>		19:15-20:15 <b>MEDITATION</b> Agathe

Prices	
Drop-In Single Class	140K
6 Class Pass	700K
12 Class Pass	1300K
1week unlimited	1000K
2 week unlimited	1800K
Monthly Unlimited	2400K
Ecstatic Dance	140K/6 Sessions 670K

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

**Suitable for Beginners:**  
Intro to Ashtanga, Fly High, Yin, Tantric Yoga, Vinyasa Flow, Meditation, Intuitive M & C  
**Gentle and Stretchy:**  
Hatha Yoga, Yin, Fly High Restorative

**Strong and Sweaty**  
Mysore, Ashtanga, Vinyasa Flow, Handstand Jam, Fly High Strength  
**Mixed Style:** Tantric Yoga, Chakra Flow (Spaces limited for Fly High please book in advance to ensure your spot)