

Prices/Yoga

1 class- 120 000 IDR
 3 class pass-330 000 IDR
 4 class pass-420 000 IDR
 5 class pass-500 000 IDR
 10 class pass-900 000 IDR
 Daily double-200 000 IDR
 Kitas holder-60 000IDR
 Local- 25 000 IDR



Levels & styles

Level *1*-beginners/simple sequences/gentle
 Level *1/2*-mixed level/dynamic/strong
 simpler sequences
 Level *2*-mixed level with intermediate
 options/faster pace/ dynamic/strong

TIMES	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
7.15 AM		Power Yoga with Weights 75 min *1/2*	Vinyasa Manipura Core/Fire 90 min *2*		Pranayama & Meditation 90 min *1*	Slow Flow 75 min *1/2*	Vinyasa Sahaswara Crown/ Embodied Integration 90 min *2*
9.30 AM	Vinyasa Muladhara Base Foundations/ Earth 90 min *1/2*	Vinyasa Svadhsthana Hips/Water 90 min *2*	Introduction to Slow Flow Foundations 90 min *1*	Vinyasa Anahata Heart Opening/Air 90 min *2*	Vinyasa Vishuddha Throat/Ether 90 min *2*	Vinyasa Ajna Third Eye/ Light 90 min *2*	Introduction to Slow Flow Foundations 90 min *1*
4.30 PM	Acro 75 min *1/2*	Yin 75 min *1*	Restorative 75 min *1*	Slow Flow 75 min *1/2*	Yin 75 min *1*	Restorative 75 min *1*	Slow Flow 75 min *1/5*

Please try to turn up for class 15 minutes early to allow time for check in

VINYASA FLOW –Vinyasa is a form of dynamic yoga where we follow the breath through different sequences of yoga postures. These classes are strong, challenging & fast paced - transitioning fluidly between shapes. Emphasizing the movement between poses as much as the poses themselves- Vinyasa is a great way to clear internal blockages, increase mindfulness, energize & strengthen your physical & energetic systems, & find a centre of calm within intensity. A great way to start the day.

MORNING PROGRESSIVE VINYASA SERIES—Our weekly series takes you on a journey through the chakras (energy centres in the body) with each day focusing on a different chakra, its corresponding element & body part. These classes can be done on their own or as a progressive series to clear blockages, increase mindfulness & energize & strengthen your physical & energetic systems.

MULADHARA-EARTH-FOUNDATIONS—Earth focuses on strengthening our base—our root chakra & foundations. With an emphasis on alignment & bandha activations (muscular activations around a joint complex) we create strength, stability & grounding in our foundations to support a safe & easeful practice.

SVADHISTHANA-WATER-HIPS—Focusing on the potent life force energy stored in our hips & the element of water, we play with creative, smooth, graceful & fluid movements to release contractions & blockages in our energetic pathways & re-circulate our Prana through our physical & subtle body systems. Wonderful for releasing & reclaiming the energy of stored emotions & stresses.

MANIPURA-FIRE-CORE—Focusing on our core & the element of fire - in this class we will activate our fire body to support, energize & lighten our physical body as we move through strong, core centered asanas. Great for creating deep strength, determination & an ability to move from centre.

ANAHATA-AIR-HEART—Focusing on the element of air we become conscious of the animating force of the breath as it expands through our chest cavity, the seat of our lungs & heart. When we move with an open heart, kind internal dialogue & a receptive relationship to the breath - we experience increasing lightness, ease & joy in our practice.

VISHUDDHA-ETHER-THROAT—Focusing on the element of ether we become aware of the energetic centre of sound vibration, our throat & use movement to explore where & how our physical & subtle bodies receive, experience & attune to the vibration of sound. It is also an opportunity to reflect on how intention can be manifested through the vibration of sound in speech & mantra & to explore the weaving of these intention seeds through our body in our physical practice.

AJNA-LIGHT- THIRD EYE—Focusing on the element of light & our clear sighted vision, we use our asana practice as a tool for focusing & clarifying our mind & our mind as a tool for enhancing our practice. Our mind can be a tool for extraordinary illumination or the cause of great confusion & suffering. By working with the qualities of the third eye, by cultivating the observer mind & inviting in clear perception & insight we are able to explore how powerfully our physical practice is impacted by the mind.

SWARA-CROWN-EMBODIED INTEGRATION—Our crown chakra has no associated element as it is the chakra that integrates all others & brings us into union with the greater whole. Tying it all together this class explores the concept of shifting energy up the central channel and moving with awareness of the spinal column. We continue to cultivate our observer mind & use each new physical activation as an opportunity to anchor our awareness more deeply into our bodies. In this way we yoke our mind, body & breath together—integrating our different platforms of awareness to experience the deeper meaning of yoga which is union.

RESTORATIVE—Restorative yoga is a passive, cooling style of yoga where props are used within the poses. This allows for longer holds to be comfortably sustained, supporting the body to open & the mind to drop into a space of deep calm. Excellent for stress reduction, balancing & calming the nervous system & gently opening the muscles & deeper connective tissues of the body.

SLOW FLOW—In this pared down class—movements are simplified & slowed down offering space to connect with quiet presence & move with grace & intention. While still strong, this class is great for beginners, with time in each posture to focus on alignment & refinement of the shape. Helps to balance the nervous system & mind, circulate energy & create a calm yet energized feeling state.

INTRODUCTION TO SLOW FLOW FOUNDATIONS—Based on our slow flow class but specially suitable for beginners. Sequences and shapes are slowed down even more so they can be carefully work-shopped to support the creation of positive alignment patterns & safe practice. A wonderful way to start your yoga journey!

YIN—Yin yoga targets the deepest tissues of the body, our connective tissues; ligaments, joints, bones, & the deep fascial networks. It also targets our meridian system moving energy along our networks of energetic pathways. Using a series of long-held, passive floor poses (up to 7 minutes), this deeply relaxing class helps to calm & balance the mind & body, reduce stress & anxiety & improve flexibility & joint mobility.

POWER YOGA WITH WEIGHTS—This class incorporates light hand weights with simplified & slower sequences to build strength. With longer holds in each shape there is space to incorporate weight reps while also building integrity in your postures. Wonderful for improving core strength, creating long & lean muscles & promoting safe & stable alignment patterns.

ACROYOGA—Bring a partner or come on your own and we will pair you up—AcroYoga is a fun, playful form of yoga combining acrobatics and traditional yoga forms. Working in partners with a base & flyer- you can play at defying gravity, while improving your balance, strength & focus. Open to beginner & advanced AcroYogis alike!

MEDITATION & PRANAYAMA—Pranayama one of the 8 limbs of the yogic philosophical tree, uses the breath to activate & create effects in the energetic body. By clearing the energetic & pranic pathways, it becomes easier to access deep meditative states. In this class we explore different pranayama practices & meditative focuses to move energy through the body, calm & focus the mind & discover new internal landscapes of wellbeing & bliss. muscles to allow for an increasingly easeful experience of movement and life.