

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

Special Classes

Sangha Sharing Circle-FREE, our gift to you

TIMES	MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
7.15 AM		Pranayama & Meditation 90 min *1*	Vinyasa Manipura 75 min *2*	Forrest Yoga 90 min *1/2*	Hatha Flow 75 min *1/2*	Vinyasa Ajna 90 min *2*	Forrest Yoga 90 min *1/2*
9.30 AM	Vinyasa Muladhara 90 min *1/2*	Vinyasa Svadhithana 90 min *2*	Introduction to Slow Flow Foundations for Beginners 75 min *1*	Vinyasa Anahata 90 min *2*	Vinyasa Vishuddha 90 min *2*	Introduction to Slow Flow Foundations for Beginners 75 min *1*	Vinyasa Sahaswara 90 min *2*
4.30 PM	Restorative 75 min *1*	Yin 75 min *1*	Hatha 75 min *1/2*	Slow Flow 75 min *1/2*	Restorative 75 min *1*	Yin 75 min *1*	Hatha 75 min *1/2*
EVENING SESSIONS	Sangha Sharing Circle 5:45pm 60-75 min *1*						

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.

SAHASRARA-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 & 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 - union.

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!

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.

HATHA FLOW- With longer holds in each shape and slower transitions between the postures, this class gives you the time to connect with the breath and start opening your internal energetic channels,. Great for building strength and cultivating internal heat/taps, while bringing you into a calm, grounded and present state of awareness.

HATHA with longer holds in each shape this class gives you the time to quiet the mind, and use the breath to; facilitate alignment, open up space in areas of tension and purify your energetic channels,. Great for building strength and cultivating internal heat/taps, while bringing you into a calm, grounded and present state of awareness.

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 & gently open the muscles & deeper connective tissues of the body.

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.

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. Starting with a talk outlining the conceptual framework for the practice, we then explore different pranayama practices & meditative focuses to move energy through the body, calm & focus the mind & discover new internal landscapes of wellbeing & bliss.

FORREST YOGA-Forrest Yoga is a style of yoga, created by and named for Ana T. Forrest in 1982. With longer holding of positions and emphasis on abdominal core work, Forrest Yoga is renowned as a powerfully physical, internally focused practice that allows you to explore how to create space in discomfort, using the breath and awareness to transform unhealthy mental, emotional and physical patterns.

SANGHA SHARING CIRCLE-Gather together in safe community space to connect with other travelers, share intentions, ideas & create community. Everyone is welcome to this free session. Led by one of our wonderful teachers, we will share with each other from our hearts & listen deeply to others in the Sangha (community). The teacher will introduce a theme- so you will be guided in this process! If this sounds a little scary & new before please rest easy that it is a non-intimidating space. We just provide a little supportive structure around the normal process of speaking & listening, that we do when we meet new humans!