Flowers & Fire
Seaside Yoga. Gili Air

9th - 15th November 2026

1 Class - 160,000 IDR/110,000 IDR (Kitas Holder/WNI)
3 Class Pass - 425,000 IDR
4 Class Pass - 550,000 IDR
5 Class Pass - 670,000 IDR
10 Class Pass - 1,210,000 IDR
Daily Double - 300,000 IDR
Gili Resident 10 Class Pass - 800,000 IDR

*Workshop Special Pricing for Kitas Holder/WNI/Gili Residents

Levels and Styles

Level 1: Mixed level - simpler sequences, beginner options, strong at times.
Open: Open to all levels - dynamic strong with intermediate and advanced options
Relax: Open to all levels - longer passive holds, slow, relaxing

Seaside Yoga Yoga Garden

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 - 8.00	Sunrise Flow Energy circulation Level: Open Location: Seaside Yoga	Sunrise Power Flow Activate and energize Level: Open Location: Seaside Yoga	Sunrise Vinyasa Awakening your light Level: Open Location: Seaside Yoga	Sunrise Flow Drawing in ocean energy Level: Open Location: Seaside Yoga	Sunrise Power Vinyasa Activated energy body, focused mind Level: Open Location: Seaside Yoga	Sunrise Flow Awakening your light Level: Open Location: Seaside Yoga	Sunday Flow Gentle energy circulation Level: Open Location: Seaside Yoga
8.30 - 9.45	Vinyasa - Earth Base Foundation Level: Open Location: Yoga Garden	Vinyasa - Water Hips Creativity Level: Open Location: Yoga Garden	Vinyasa - Fire Core Determination Level: Open Location: Yoga Garden	Vinyasa - Air Heart Expansion Level: Open Location: Yoga Garden	Vinyasa - Ether Throat Expression Level: Open Location: Yoga Garden	Vinyasa - Light Third Eye Insight Level: Open Location: Yoga Garden	Vinyasa Crown Embodiment Intergration Level: Open Location: Yoga Garden
11.00 - 11.45							
17.00 - 18.00	Sunset Vinyasa Resting into Back Body Level: Relax Location: Seaside Yoga	Sunset Yin Tension Melting Level: Relax Location: Seaside Yoga	Sunset Yin Sinking into calm Level: Relax Location: Seaside Yoga	Sunset Yin Yang Flow Reset, recharge, re-energize Level: Open Location: Seaside Yoga	Sunset Yin Release, rest and restore Level: Relax Location: Seaside Yoga	Sunset Yin Integrating the gifts of the week Level: Relax Location: Seaside Yoga	Sunset Yin Yang Flow Illuminate the Soma Level: Relax Location: Seaside Yoga
WORKSHOPS & CREATIVE SESSIONS			200k/*170k Location: Seaside Yoga		200k/*170k 3.00-4.00 pm Nervous System Reset Location: Seaside Yoga	200k/*170k 6.15-7.45 pm Ecstatic Dance Location: Seaside Yoga	200k/*170k 3.30-4.30 pm Somatic Sound Location: Seaside Yoga

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 and body part. These classes can be done on their own or as a progressive series to clear blockages, increase mindfulness and energize and strengthen your physical and energetic systems.

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

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

Manipura-Fire-Core - Focusing on our core and the element of fire- in this class we will activate our fire body to support, energize and lighten our physical body as we move through strong, core centered asana. Great for creating deep strength, determination and 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 and heart. When we move with an open heart, kind internal dialogue and a receptive relationship to the breath- we experience increasing lightness, ease and 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 and use movement to explore where and how our physical and subtle bodies receive, experience and 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 and mantra and 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 and our clear sighted vision, we use our asana practice as a tool for focusing and clarifying our mind and our mind as a tool for enhancing our practice. Our mind can be a tool for extraordinary illumination or the cause of great confusion and suffering. By working with the qualities of the third eye, by cultivating the observer mind and inviting in clear perception and insight we are able toexplore how powerfully our physical practice is impacted by the mind.

Sahaswara-Crown-Embodied Integration - Our crown chakra has no associated element as it is the chakra that integrates all others and brings us into union with the greater whole. Tying it all together this class explores the concept of using the body as a vehicle for enlightenment. By cultivating deep awareness of shifting somatic sensation as we move through space we notice how each new posture activates a different zone of physical intensity. We continue to cultivate our observer mind and 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 and breath together- integrating our different platforms of awareness to experience the deeper meaning of yoga which is union.

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 and 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 and strengthen your physical and energetic systems, and find a centre of calm within intensity.- A great way to start the day.

Yin Yang Flow- Like warming up clay so it becomes more malleable, we start with an active and dynamic sequence to melt muscular contractions and build heat in the body then end with a passive extended floor series giving our bodies space to open through gentle, sustained poses. Great for reducing tension in the muscles, transforming stress, balancing the nervous system and falling into states of deep blissful relaxation.

Ashtanga -a dynamic and flowing method of yoga that synchronizes the breath with a progressive series of postures to produce an internal heat designed to purify the body.

Lower Chakra Kriya and Meditation- With an emphasis on the base Chakra, this class explores a series of dynamic movements, breathwork practices, mantra & meditation focuses to cleanse & open the energetic centers of the body. A powerful activation of the energy body which will leave you feeling more grounded, empowered, aligned & purified.

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 and the mind to drop into a space of deep calm. Excellent for stress reduction, balancing and calming the nervous system, and gently opening the muscles and deeper connective tissues of the body.

Mandala Flow - In this Mandala Flow class we embody the earth element. This element allows you to connect with your physical body, to surrender, ground, find stability and a sense of belonging. We will move in a circle around the mat with specific Earth Mandala Namaskars (created by Prana Flow founder, Shiva Rea), a circular sequence of specific movement flows and asanas to embody the earth element. This circular way of moving increases a feeling of balance, flow and wholeness.

Yin-yin yoga targets the deepest tissues of the body, our connective tissues — ligaments, joints, bones, and 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 and balance the mind and body, reduce stress and anxiety and improve flexibility and joint mobility.

Kundalini Yin A combination of two powerful yoga practices. We start with kundalini yoga which uses repetitive poses, chanting and the breath to activate our kundalini energy & open our pranic channels. We then expand this new internal spaciousness with some long hold, passive yin stretches, allowing our awakened shakti energy to steep through all layers of our subtle & physical bodies. An energizing and grounding practice which helps to shift stuck energy, increase flexibility and calm the mind.

Hatha -3 Limbs An integrated 1 hour journey synthesizing 3 different limbs from the tree of yogic philosophy. When we use asana- the yoga postures, to prepare and open up the physical body and pranayama-breathing techniques, to activate the energetic/pranic sytems it is easier to access deep and blissful spaces in our extended meditation practice. Come experience an integration of 3 of the yogic limbs to learn about, grow and expand your practice.

Pilates - A dynamic workout that focuses on building core strength, enhancing flexibility, and improving posture. This class combines movements with mindful breathing techniques to create a powerful exercise regimen that tones the body and sharpens the mind. Perfect for all fitness levels, this class ensures you feel strengthened and stretched in all the right places!

Sunrise Meditation and Pranayama
Our sunrise Meditation and Pranayama Classes, starts off with energizing breathwork practices to wake and renew our bodies, activating the circulation and harvesting of fresh energy. These breathwork supports are followed by meditation practices to focus and strengthen the mind, setting intentions for the rising day.

Sunrise Vinyasa
Vinyasa is a dynamic and strong form of yoga where fluid movements are aligned with the breath. Our morning vinyasa classes focus on drawing in different elemental energies such as the sea and the light of the sun to support and expand our practice, clearing blockages, increasing mindfulness and energizing and strengthening our physical and energetic systems.

Sunrise Flow
Our Sunrise Flow Classes are medium strength level classes where dynamic movements build from gentle to stronger flow sequences. These classes focus on drawing energy from the elements and prana (vital energy) channels within your body system, circulating and directing this energy to promote a calm, refreshed, and empowered physical and mental state.

Sunrise Hatha
Our Sunrise Hatha Classes synthesize 3 different limbs from the tree of yogic philosophy; yoga postures-to prepare and open the physical body, pranayama-breathing techniques to activate the energetic/pranic systems, and meditation to fall into blissful inner spaces. While the sun rises and the day begins these classes focus on warming, solar practices to activate the nervous system and cultivate energy for the day ahead.

Sunset Kundalini Yin
A combination of two powerful yoga practices. We start with kundalini yoga which uses repetitive poses, chanting and the breath to activate our kundalini energy & open our pranic channels. We then expand this new internal spaciousness with some long hold, passive yin stretches, allowing our awakened shakti energy to steep through all layers of our subtle & physical bodies. A grounding practice which helps to shift and release stuck energy, calm the mind and prepare the body for deep restorative rest.

Sunset Yin Yang Flow
Like warming clay so it becomes more malleable, we start with an active and dynamic sequence to melt muscular contractions and build heat in the body then end with a passive extended floor series giving our bodies space to open through gentle, sustained poses. Great for reducing tension in the muscles, transforming stress, balancing the nervous system and falling into states of deep blissful relaxation. These classes focus on releasing the energy and tension that has built up from the day, letting it fall away with the setting sun, grounding and preparing for evening.

Sunset Restorative
Restorative yoga is a passive, cooling style of yoga where props are used to support the poses. This allows for longer holds to be comfortably sustained, supporting the body to open and the mind to drop into a space of deep calm. Accessing this space during the portal of day's end offers a potent opportunity to integrate the gifts of the day, assimilating the experiences we hope to sustain in our reality and releasing those we are ready to leave behind. Excellent for stress reduction, balancing and calming the nervous system, and gently opening the muscles and deeper connective tissues of the body.

Sunset Yin
The moment when the sun starts to sink down into the horizon is a potent time to sink deeply into our body. These deeply relaxing classes allow us to do this using a series of long-held, passive floor poses (up to 7 minutes), helping to calm and balance the mind and body, reduce stress and anxiety and improve flexibility and joint mobility.

Sunset Hatha
Our Sunset Hatha Classes synthesize 3 different limbs from the tree of yogic philosophy; yoga postures-to prepare and open the physical body, pranayama-breathing techniques to activate the energetic/pranic systems, and meditation to fall into blissful inner spaces. While the sun draws down and the day ends these classes focus on cooling, lunar practices, like forward bends and gentle twists, to help us access and lean back into the supports available within our nervous system to ground, strengthen and calm our body and mind.

Sunset Gentle Flow
Our Sunset Flow Classes are gentle to medium strength level classes where dynamic movements build from gentle to stronger flow sequences and back to gentle again. These classes focus on releasing the energy and tension that has built up from the day, letting it fall away with the setting sun, grounding and preparing for evening.