

### 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-60 000 IDR  
 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

### Charity Donation

All proceeds from our Anahata classes will go  
 To Endri Foundation (for Lombok children)  
**Handstand & Backbend Workshops**  
 300 000 IDR for one, 800 000 IDR for three

| TIMES                     | MONDAY 16   | TUESDAY 17  | WEDNESDAY 18  | THURSDAY 19   | FRIDAY 20   | SATURDAY 21   | SUNDAY 22   |
|---------------------------|---|---|---|---|---|---|---|
| <b>7.15 AM</b>            |   |   |   |   |   | <b>Pranayama,<br/>Meditation &amp;<br/>Mantra</b><br><br>90 min *1*                             |   |
| <b>9.30 AM</b>            | <b>Vinyasa</b><br><br>Muladhara<br><br>90 min *1/2* | <b>Vinyasa</b><br><br>Svadhithana<br><br>90 min *2*   | <b>Vinyasa</b><br><br>Manipura<br><br>90 min *2*  | <b>Vinyasa</b><br><br>Anahata <br><br>90 min *2* | <b>Vinyasa</b><br><br>Vishuddha<br><br>90 min *2*       | <b>Vinyasa</b><br><br>Ajna<br><br>90 min *2*  | <b>Vinyasa</b><br><br>Sahaswara<br><br>90 min *2* |
| <b>4.30 PM</b>            | <b>Slow Flow</b><br><br>75 min *1/2*                | <b>Yin</b><br><br>75 min *1*  | <b>Hip Hop Yoga</b><br><br>75 min *1/2*   | <b>Yin</b><br><br>75 min *1*  | <b>One Breath,<br/>One Movement</b><br><br>75 min *1/2* | <b>Restorative</b><br><br>75 min *1*  | <b>Hatha</b><br><br>75 min *1/2*                  |
| <b>SPECIAL<br/>EVENTS</b> |   | <b>Handstand<br/>Workshop</b><br>11:30am-1:30pm<br><i>Donation to<br/>Soraya<br/>Foundation</i> | <b>Handstand<br/>Workshop</b><br>11:30am-1:30pm<br><i>Donation to<br/>Soraya<br/>Foundation</i> | <b>Backbend<br/>Workshop</b><br>11:30am-1:30pm<br><i>Donation to<br/>Soraya<br/>Foundation</i>                                      |   | <b>Handstand<br/>Workshop</b><br>11:30am-1:30pm<br><i>Donation to<br/>Soraya<br/>Foundation</i> |   |

**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.

**ONE BREATH, ONE MOVEMENT** - A simple, yet dynamic vinyasa class suitable for both beginner and advanced practitioners. After moving through a broken down basic flow, students are invited to move on their own. Moving through simple flows with the focus on connecting breath with movement will help students go deeper into their individual practice, as well as remove some of the seriousness that we often can bring into our yoga practices. In this class be prepared to sweat and to have fun!

**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.

**HIP HOP YOGA** - A fast-paced power flow moving to beats of old school hip hop and RNB. These classes are strong and fluid, vinyasa style - moving breath to movement with options to modify. This is an energising practice that will elevate the heart rate and work with the internal heat while taking the 'seriousness' out of yoga with a whole lotta fun.

**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 & MANTRA** - Pranayama, one of the 8 limbs of the yogic philosophical tree, uses the breath to activate and create effects in the energetic body. By clearing the energetic and 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, mantra chants and meditative focuses to move energy through the body, calm and focus the mind, and discover new internal landscapes of wellbeing and bliss.