

### Prices/Yoga

1 class- 130 000 IDR  
 3 class- 360 000 IDR  
 4 class pass-460 000 IDR  
 5 class pass-550 000 IDR  
 10 class pass-1 000 000 IDR  
 Daily double-240 000 IDR  
 Kitas holder/Indonesian-70 000IDR  
 Gili resident 10 class 600 000 IDR

### Prices/Workshops

150 000 IDR  
 100 000 IDR -Kitas holders and Gili residents



# Flowers & Fire

Yoga Garden . Gili Air

23<sup>rd</sup> January-29<sup>th</sup> January

### Levels and styles

**Level 1** -Mixed level, simpler sequences, beginners options, strong at times.

**Open** - Open to all levels, dynamic, strong with intermediate and advanced options.

**Relax**-longer passive holds, slow, relaxing, all levels.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Pranayama and meditation  60 min *Relax*	Led Ashtanga  Modified 1st Series  75 min Open	Pranayama and meditation  60 min*Relax*	Led Ashtanga  Modified 1st Series  75 min Open		
8.30AM	Power Yoga Muladhara Base Foundation Earth  75 min *1*	Vinyasa Svadhithana  Hips/Water  75min Open	Vinyasa Manipura  Core-Fire  75 min Open	Vinyasa Anahata  Heart opening Air  75 min Open	Vinyasa Vishuddha  Throat-Ether  75 min Open		
4.30PM	Slow Flow  60 min *1*	Yin  60 min Relax	Vinyasa Groove  60 min *1*	Hatha  60 min *1*			
WORK-SHOPS			Kirtan 6pm-7.pm ish!				

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 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.

**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 to explore 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 GROOVE**- An experimental class. Warm up using structured shapes within more traditional style Vinyasa sequences. We will then start to free ourselves to explore our range of motion within each shape. This will allow a more fluid style of movement to emerge- releasing stagnant energy and exploring movement from a more organic and creative space.

**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.

**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.

**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 & purify your energetic channels. Great for building strength & cultivating internal heat/tapas, while bringing you into a calm, grounded & present state of awareness.

**POWER YOGA** -This is a strong, challenging and physical class that emphasizes building strength and heat in the body and determination in the mind. This empowering class will support your journey towards cultivating the yogic virtue of Tapas, and is great for fitness, energy and muscular activation

**MEDITATION AND PRANAYAMA**– 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. In this class we explore different pranayama practices and meditative focuses to move energy through the body, calm and focus the mind and discover new internal landscapes of wellbeing and bliss.

**SLOW FLOW**- In this class, movements are strong but simplified & slowed down offering space to connect with quiet presence & move with grace & intention. Great for beginners, with more time in each posture to focus on alignment & refinement of the shape. .Helps to build strength, balance the nervous system & mind, circulate energy & create a calm yet energized feeling state.