



1 Class - 140,000 IDR/90,000 IDR (KITAS Holder/WNI)
3 Class Pass - 390,000 IDR
4 Class Pass - 500,000 IDR
5 Class Pass - 600,000 IDR
10 Class Pass - 1,100,000 IDR
Daily Double - 260,000 IDR
Gili Resident 10 Class Pass - 700,000 IDR

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

● Workshop ● Create

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.00-9.15 am Vinyasa - Earth Base Foundation Level: Open	8.00-9.15 am Vinyasa - Water Hips Creativity Level: Open	8.00-9.15 am Vinyasa - Fire Core Determination Level: Open	8.00-9.15 am Vinyasa - Air Heart Expansion Level: Open	8.00-9.15 am Vinyasa - Ether Throat Expression Level: Open	8.00-9.15 am Vinyasa - Light Third Eye Insight Level: Open	8.00-9.15 am Vinyasa Crown Embodiment Intergration Level: Open
	9.30-10.30 am Meditation & Pranayama New Intentions Level: Relax		9.30-10.30 am Yoga With weights Level: Open		9.30-10.30 am Yogalates Level: Open	10.00-10.50am Kids Yoga Level: Fun	
	4.30 - 5.30pm Yin Yang Flow Level: 1	4.30 - 5.30pm Kundalini Yin Level: 1	4.30 - 5.30pm Yin Level: Relax	4.30 - 5.30pm Yin Yang Flow Level: 1	4.30 - 5.30pm Kundalini Yin Level: 1	4.30 - 5.30pm Restorative Level: Relax	4.30 - 5.30pm Yoga With Weights Level: 1
WORKSHOPS & CREATIVE SESSIONS	1.30 - 3.00pm Shamanic Journey and the 5 Elements 200k/170k (KITAS Holder/Gili Resident/WNI)	1.30 - 2.30pm Sound Healing Experience 170k/150k (KITAS Holder/Gili Resident/WNI)	12.00 - 1 ish pm Macrame- make a Drink Bottle Bag Price By Donation	1.30 - 3.00pm Tension & Trauma Release 170k/150k (KITAS Holder/Gili Resident/WNI)	11.30 - 1 pm Love is in the Hair- how to cultivate great hair Price By Donation	12.00 - 1 ish pm Macrame- make a Yoga Mat Strap Price By Donation	1.30 - 2.30pm Chakra Balancing meditation 170k/150k (KITAS Holder/Gili Resident/WNI)
					6.30- 7.30 pm Cacao Ceremony & Moon Magic 250k/220kk (KITAS Holder/Gili Resident/WNI)	1.30 - 2.30pm Sound Healing 6.30- 7.30pm Osho Dynamic Meditation 170k/150k (KITAS Holder/Gili Resident/WNI) per workshop	

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.

Svadhithana-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.

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 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. 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.

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

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.

Parent's and Kid's Yoga - A more relaxed yoga session where parents or carers can attend with their children. Chaos is acceptable and the intention is to have fun as we move together through some poses and mindfulness activities. Suitable for all ages, this is a chance to bond and connect with your child in an inclusive and playful environment.

Shakti Flow - Awaken and restore your life force essence as we connect to the body through breath, mindfulness, and embodied movement. Discover your unique self-expression as we honour the needs of the body by connecting to the wisdom of our pelvic base and desires of the heart. Combining fluid movements with traditional yoga postures, we celebrate the Divine within as we work with the natural rhythm of the body to cultivate grace while honouring our true nature as generative and creative beings.

Lunar Flow - a flow class inspired by & themed according to the current phase of the moon & its energetic qualities.

Yogalates - Yogalates is a combination of yoga, with its asanas and mindfulness ,and the core-building strength and postural awareness of Pilates. Together they make the perfect East meets West fitness class harnessing the physical and mental benefits of both practices. You will leave feeling energised, calm, strong and stretched in all the right places!