



**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

\* 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

● Workshop ● Create

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8.00-9.15 am</b> Vinyasa - Earth Base Foundation <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa - Water Hips Creativity <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa - Fire Core Determination <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa - Air Heart Expansion <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa - Ether Throat Expression <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa - Light Third Eye Insight <b>Level:</b> Open	<b>8.00-9.15 am</b> Vinyasa Crown Embodiment Intergration <b>Level:</b> Open
<b>9.30-10.30 am</b> Meditation & Pranayama New Intentions <b>Level:</b> Relax			<b>10.00-11.00 am</b> Pilates <b>Level:</b> Open			
<b>4.30 - 5.30pm</b> Kundallini Yin <b>Level:</b> 1	<b>4.30 - 5.30pm</b> Yin yang Flow <b>Level:</b> 1	<b>4.30 - 5.30pm</b> Yin-Solar plexuses resetting anxiety <b>Level:</b> Relax	<b>4.30 - 5.30pm</b> Restorative- Softening the Heart <b>Level:</b> 1	<b>4.30 - 5.30pm</b> Yin-Space-nervous system reset <b>Level:</b> Relax	<b>4.30 - 5.30pm</b> Yin Yang Flow <b>Level:</b> 1	<b>4.30 - 5.30pm</b> Yin- Embodiment- coming back to into our being <b>Level:</b> Relax
<b>1.30-2.30</b> 170k/*150k Sound Healing Experience	<b>1.30-3.00 pm</b> 200k/*170k Yin and Massage	<b>6.30-7.30 pm</b> 170k/*150k New Moon Ceremony		<b>1.30-2.30 pm</b> 170k/*150k Learning to Fly. Arm Balances for Beginners	<b>6.30-7.30 pm</b> 250k/*220k Cacao Heart Ceremony	

WORKSHOPS & CREATIVE SESSIONS

**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.

**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.

**Hatha–Sivananda** – Sequenced based on the Sivanada lineage 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/tapas, while bringing you into a calm, grounded and present state of awareness.

**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.

**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 systems 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!