



Flowers & Fire  
Seaside Yoga · Gili Air

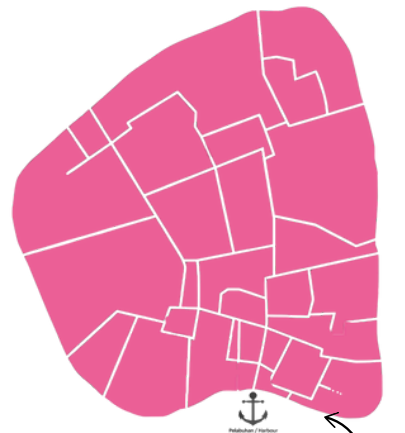
## 25th November -1st December

**1 Class** - 150,000 IDR/100,000 IDR (Kitas Holder/WNI)  
**3 Class Pass** - 410 000 IDR  
**4 Class Pass** - 530,000 IDR  
**5 Class Pass** - 640,000 IDR  
**10 Class Pass** - 1,160,000 IDR  
**Daily Double** - 280,000 IDR  
**Gili Resident 10 Class Pass** - 750,000 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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.45-7.40 am Sunrise Meditation and Pranayama New Intentions arising Level: Open	6.45-7.40 am Sunrise Hatha Drawing in ocean energy Level: Open	6.45-7.40 am Sunrise Vinyasa Awakening the Inner Fire Level: Open	6.45-7.40 am Sunrise Meditation and Pranayama Activated energy body, focused mind Level: Open	6.45 am-7.40 am Sunrise Power Vinyasa Activate and Rise Level: Open	6.45-7.40 am Sunrise Vinyasa- Awakening your light Level: Open	6.45-7.40 am Sunrise Sunday Flow Gentle energy circulation Level: Open
	5.15 - 6.15pm Sunset Yin Yang Flow Letting go and Grounding Level: Open	5.15 - 6.15pm Sunset Restorative assimilate and integrate the gifts of the day Level: Open	5.15 - 6.15pm Sunset Gentle Flow Grounding pose, cooling breath Level: Open	5.15- 6.15 pm Sunset Yin Sinking into calm Level: Open	5.15 - 6.15pm Sunset Hatha Resting into back Body Level: Open	5.15 - 6.15pm Sunset Kundalini Yin Release, rest and restore Level: Open	5.15 - 6.15pm Sunset Gentle Flow Oceanic calming breath Level: Open
WORKSHOPS & CREATIVE SESSIONS		200/*170k 6.30-7.45 pm Sound Healing Journey and Gentle Breath	200/*170k 6.30-7.45 pm Breath of Freedom: Release What Holds You Back	250k/*220k 6.30-7.45 Oceanside Immersive Sound Bath with Crystal Singing Bowls & Ancient Instruments	170k/*150k 6.30-7.30 pm Blissful Unwind- A Journey Through Yoga Nidra & Deep Relaxation		170k/*150k 6.30-7.30pm Ecstatic Dance with Silent Disco Headset

### **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.