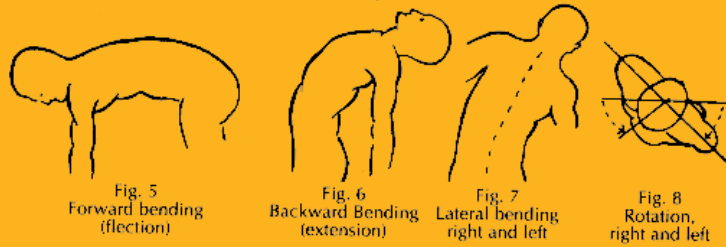


WORKSHOP ON ANATOMY:

YOUR SPINE

Tuesday 23rd, 3 PM

The Spine



YIN YOGA WORKSHOP

30th Jan 3 PM



Our next teacher trainings in 2018:

50 HR YIN YTT

January 12th to 18th

April 29th to May 5th

May 19th to 27th in SICILY, ITALY

300 HR ADVANCED VINYASA AND YIN

February 18th to April 7th

August 18th to October 7th

100 HR ADVANCED SEQUENCING & ANATOMY

February 18th to March 3rd

August 18th to 31st

100 HR TAKING THE SEAT OF TEACHER

March 4th to 17th

September 2nd to 15th

100 HR YIN YOGA

March 25th to April 7th

September 23rd to October 7th

200 HR VINYASA

October 21st to November 20th



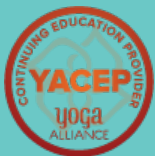


SERENITY YOGA LEMBONGAN

JANUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/1	9/1	10/1	11/1	12/1	13/1	14/1
8:00 Power Yoga	8:00 Vinyasa Flow* 16:00 Yin Yoga*	8:00 Vinyasa Flow* 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Yin Yoga	8:00 Morning Flow 16:00 Yin Yoga	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Yin Yoga
15/1	16/1	17/1	18/1	19/1	20/1	21/1
8:00 Power Yoga 16:00 Yin Nidra	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Yin Yoga	8:00 Vinyasa Flow 15:00 WORKSHOP - Intro to Mindfulness	CLOSED	16:00 Yin Yoga	8:00 Morning Flow 16:00 Fly High Yoga
22/1	23/1	24/1	25/1	26/1	27/1	28/1
8:00 Power Yoga 16:00 Yin Yoga	8:00 Vinyasa Flow 15:00 WORKSHOP - Anatomy: Your spine	CLOSED	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Yin Nidra	8:00 BLINDFOLDED Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Fly High Yoga
29/1	30/1	31/1	1/2	2/2	3/2	4/2
8:00 Power Yoga 16:00 Yin Nidra	8:00 Vinyasa Flow 15:00 WORKSHOP - Yin Yoga & Your Hips	CLOSED	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Yin Nidra	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Fly High Yoga



one class: 120,000 Rp
 3 class card: 300,000 Rp
 5 class card: 450,000 Rp
 10 class card: 750,000 Rp
 week card: 800,000 Rp
 month card: 1,800,000 Rp



WORKSHOP: 150,000 Rp
 2 and 1/2 hours, all workshops
 include lecture, discussion and
 master yoga class

We open 15 minutes before class starts and have everything you need.
 Just bring yourself, a towel and good energy :)

New to Yoga? Join us for Morning Flow, Sunset Flow or Yin Yoga!

@serenityyogalembongan

www.facebook.com/serenityyoganusalembongan