



WORKSHOP
THE CHAKRAS
Tuesday 6/3, 3 PM



WORKSHOP
FLY HIGH YOGA
HEART OPENING

Tuesday 13/3,
3 PM



WORKSHOP
YIN YOGA
THE FIVE
ELEMENTS

Tuesday
27/3
3 PM

Our next teacher trainings in 2018:

50 HR YIN YTT
April 29th to May 5th
May 19th to 27th in SICILY, ITALY

300 HR ADVANCED VINYASA AND YIN
August 18th to October 7th

100 HR ADVANCED SEQUENCING & ANATOMY
August 18th to 31st

100 HR TAKING THE SEAT OF TEACHER
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



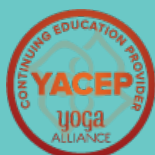


SERENITY YOGA LEMBONGAN

MARCH 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/3	6/3	7/3	8/3	9/3	10/3	11/3
8:00 Morning Flow 16:00 Yin Yoga	8:00 Morning Flow* 15:00 WORKSHOP - The Chakras*	CLOSED	8:00 Vinyasa Flow* 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Sunset Flow*	8:00 BLINFOLDED Vinyasa Flow* 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Fly High Yoga*
12/3	13/3	14/3	15/3	16/3	17/3	18/3
8:00 Power Yoga* 16:00 Yin Nidra*	8:00 Morning Flow* 15:00 WORKSHOP ON FLY HIGH YOGA - Heart Opening*	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Vinyasa Flow 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Sunset Flow	NYEPI Enjoy the silence!	8:00 Morning Flow 16:00 Yin Yoga
19/3	20/3	21/3	22/3	23/3	24/3	25/3
8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 15:00 WORKSHOP: SURPRISE THEME!!	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Morning Flow 16:00 Sunset Flow	8:00 Vinyasa Flow 16:00 Yin Yoga	8:00 Vinyasa Flow 17:00 Yin Yoga*
26/3	27/3	28/3	29/3	30/3	31/3	1/4
8:00 Morning Flow* 17:00 Yin Yoga*	8:00 Vinyasa Flow 15:00 WORKSHOP ON YIN YOGA - The 5 elements *	8:00 Vinyasa Flow 17:00 Yin Yoga*	8:00 Vinyasa Flow 17:00 Yin Yoga*	8:00 Morning Flow 17:00 Yin Nidra*	8:00 Vinyasa Flow 17:00 Sunset Flow	8:00 Morning Flow 17:00 Yin Yoga*
2/4	3/4	4/4	5/4	6/4	7/4	8/4
8:00 Morning Flow* 17:00 Yin Yoga*	8:00 Vinyasa Flow 15:00 WORKSHOP - Yoga Nidra *	8:00 Vinyasa Flow 17:00 Yin Yoga*	8:00 Vinyasa Flow 17:00 Yin Yoga*	8:00 Morning Flow 17:00 Yin Nidra*	8:00 Vinyasa Flow 17:00 Yin Yoga	8:00 Morning Flow 16:00 Yin 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: 200,000 Rp
 3 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