



SERENITY YOGA LEMBONGAN

FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/2	6/2	7/2	8/2	9/2	10/2	11/2
8:00 Power Yoga* 16:00 Yin Nidra*	8:00 Vinyasa Flow* 15:00 WORKSHOP - YIN YOGA: Cre- ating Balance*	CLOSED	8:00 Morning Flow* 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Sunset Flow*	8:00 Vinyasa Flow* 16:00 Yin Yoga*	8:00 Morning Flow* 16:00 Yin Yoga*
12/2	13/2	14/2	15/2	16/2	17/2	18/2
8:00 Power Yoga* 16:00 Yin Nidra*	8:00 Vinyasa Flow* 15:00 WORKSHOP - Arm Balances*	8:00 Morning 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
19/2	20/2	21/2	22/2	23/2	24/2	25/2
8:00 Power Yoga* 17:00 Yin Yoga*	8:00 Morning Flow 15:00 WORKSHOP - Anatomy: Back- Bends*	8:00 Vinyasa Flow* 17:00 Yin Yoga	8:00 BLINDFOLDED Vinyasa Flow* 17:00 Yin Yoga	8:00 Morning Flow* 17:00 Sunset Flow	8:00 Vinyasa Flow 17:00 Yin Yoga	8:00 Vinyasa Flow* 17:00 Yin Yoga
26/2	27/2	28/2	1/3	2/3	3/3	4/3
8:00 Power Yoga* 17:00 Yin Yoga*	8:00 Vinyasa Flow 15:00 WORKSHOP - Anatomy: Hips opening*	8:00 Vinyasa Flow* 17:00 Yin Yoga	8:00 Vinyasa Flow* 17:00 Yin Yoga	8:00 Morning Flow* 17:00 Sunset Flow	8:00 Vinyasa Flow* 17:00 Yin Yoga	8:00 Morning Flow 17:00 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: 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