

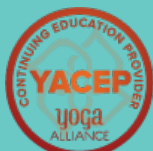


SERENITY YOGA LEMBONGAN

APRIL 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/4	10/4	11/4	12/4	13/4	14/4	15/4
16:00 Yin Yoga (S)	CLOSED	8:00 Vinyasa Flow (C) 16:00 Yin Nidra (C)	8:00 Morning Flow (C) 16:00 Yin Yoga (C)	8:00 Yin Yang (C) 16:00 Sunset Flow (C)	8:00 Morning Flow (C) 16:00 Yin Yoga (C)	8:00 Yin Yoga (C) 16:00 Fly High Yoga (C)
16/4	17/4	18/4	19/4	20/4	21/4	22/4
8:00 Morning Flow (C) 16:00 Yin Yoga (C)	8:00 Vinyasa Flow (C) 10:00 Yin Yoga (C)	16:00 Sunset Flow (C)	8:00 Vinyasa Flow (C) 16:00 Yin Yoga (C)	8:00 Yin Yang (C) 16:00 Sunset Flow (M)	8:00 Vinyasa Flow (M) 16:00 Yin Yoga (M)	8:00 Yin Yoga (M) 16:00 Fly High Yoga (C)
23/4	24/4	25/4	26/4	27/4	28/4	29/4
8:00 Power Vinyasa (M) 16:00 Yin Yoga (M)	8:00 Morning Flow (M) 15:00 WORKSHOP - Intro to Yin Yoga (C) 18:00 Sunset Flow (M)	8:00 Vinyasa Flow (M) 16:00 Mandala Flow (M)	8:00 BLINDFOLDED Vinyasa Flow (C) 16:00 Yin Yoga (C)	8:00 Yin Yang (M) 16:00 Sunset Flow (M)	8:00 Ashtanga (M) 16:00 Yin Yoga (M)	8:00 Yin Yoga (C) 17:00 Sunset Flow (M) 18:30 Yin Yoga (M)
30/4	1/5	2/5	3/5	4/5	5/5	6/5
8:00 Power Vinyasa (M) 17:00 Yin Yoga (C)	8:00 Morning Flow (M) 15:00 WORKSHOP - Yoga Nidra (C) 18:00 Yin Yoga (M)	8:00 Yin Yang (C) 17:00 Mandala Flow (M) 18:30 Yin Yoga (M)	8:00 Vinyasa Flow (M) 17:00 Yin Yoga (M)	17:00 Yin Yoga (C)	8:00 Ashtanga (M) 17:00 Yin Yoga (M)	8:00 Yin Yoga (M) 16:00 Sunset Flow (M)



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

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