

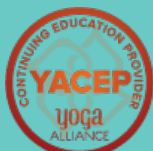


SERENITY YOGA LEMBONGAN

MAY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/5	8/5	9/5	10/5	11/5	12/5	13/5
8:00 Power Yoga (C) 16:00 Yin Yoga (C)	8:00 Morning Flow (C) 15:00 WORKSHOP - Yin Yoga and Your Hips (C)	16:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 16:00 Mandala Flow (M)	8:00 Vinyasa Flow (M) 16:00 Yin Yoga (M)	8:00 Power Vinyasa (M) 16:00 Yin Yoga (M)	8:00 Yin Yoga (M) 16:00 Sunset Flow (M)
14/5	15/5	16/5	17/5	18/5	19/5	20/5
8:00 Power Vinyasa (M) 16:00 Yin Yoga (M)	8:00 Morning Flow (M) 15:00 WORKSHOP - 4 Elements and Mandala flow (M)	CLOSED	8:00 Vinyasa Flow (P) 10:00 Yin Yang (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Sunset Flow (P)	8:00 Vinyasa Flow (P) 10:00 Gentle Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
21/5	22/5	23/5	24/5	25/5	26/5	27/5
8:00 Vinyasa Flow (P) 10:00 Gentle Flow (P) 16:00 Yin Yoga (P)	8:00 Vinyasa Flow (P) 15:00 WORKSHOP - Unlocking Upper Back, Shoulders and Neck (P)	CLOSED	8:00 Vinyasa Flow (P) 10:00 Yin Yang (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Sunset Flow (P)	8:00 Vinyasa Flow (P) 10:00 Gentle Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
28/5	29/5	30/5	31/5	1/6	2/6	3/6
8:00 Vinyasa Flow (P) 10:00 Gentle Flow (P) 16:00 Yin Yoga (P)	8:00 Vinyasa Flow (P) 15:00 WORKSHOP - Full Moon Circle, Women only (P)	CLOSED	8:00 Vinyasa Flow (P) 10:00 Yin Yang (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Sunset Flow (P)	8:00 Vinyasa Flow (P) 10:00 Gentle Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)



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, Gentle Flow, Sunset Flow or Yin
 Yoga!

 @serenityyogalembongan

 www.facebook.com/serenityyoganusalembongan