

WORKSHOP WEDNESDAY 3 PM

2,5 hours, includes lecture, discussion and master yoga class

29/8 - ANATOMY AND BACKBENDS
Come and learn about the anatomy of your spine and your unique skeleton. Followed by a beautiful heart opening yin practice and short Yoga Nidra



5/9 - YOGA FOR BEGINNERS
Come and discover what Yoga is and why we practice it! Learnt the basic asanas (shapes) and movements, and how to create your own practice at home.

12/9 - YIN YOGA AND YOUR HIPS - CREATING BALANCE
Your hips don't lie! We ALL store tension and stress in our hips. Come and discover why this can be, and how to release any lingering tightness, letting it melt away as you relax and let go.



19/9 - MANDALA FLOW
Based on the 4 basic elements - Fire, Water, Earth and Air - Mandala Vinyasa connects each element with a specific area of the body, moving 360° around the mat.

26/9 - MYOFASCIAL RELEASE & YIN
Learn about techniques to unravel tension in your tissues and get deeper into your yoga practice. Great for surfers!



PRICES

- 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





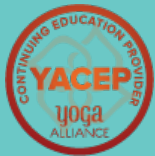
SERENITY YOGA LEMBONGAN

SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27/8	28/8	29/8	30/8	31/8	1/9	2/9
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (M) 18:00 Yin Yoga (J)	8:00 Vinyasa Flow (M) 10:00 Morning Flow (J) 16:00 Mandala Flow (M) 18:00 Myo Yin (C)	8:00 Morning Flow (J) 15:00 WORKSHOP (C) 18:00 Yin Yoga (M)	8:00 Ashtanga Vinyasa (M) 10:00 Morning Flow (J) 16:00 Aerial Restore (C)	8:00 Vinyasa Flow (C) 16:00 Sunset Flow (J) 18:00 Yin Yoga (J)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (J) 18:00 Yin Yoga (M)	8:00 Yin Yoga (C) 10:00 Morning Flow (M) 16:00 Fly High Yoga (C) 18:00 Mandala Flow (M)
3/9	4/9	5/9	6/9	7/9	8/9	9/9
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (J) 18:00 Yin Yoga (J)	8:00 Vinyasa Flow (M) 10:00 Morning Flow (J) 16:00 Mandala Flow (M) 18:00 Myo Yin (C)	8:00 Morning Flow (M) 15:00 WORKSHOP (C) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 10:00 Morning Flow (M) 16:00 Aerial Restore (C)	8:00 Vinyasa Flow (C) 16:00 Sunset Flow (J) 18:00 Yin Yoga (J)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (J) 18:00 Yin Yoga (M)	8:00 Yin Yoga (C) 10:00 Morning Flow (M) 16:00 Fly High Yoga (C) 18:00 Mandala Flow (M)
10/9	11/9	12/9	13/9	14/9	15/9	16/9
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17/9	18/9	19/9	20/9	21/9	22/9	23/9
7:20 FREE Pranayama 8:00 Power Yoga (M) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 16:00 Mandala Flow (M) 18:00 Yin Yoga (M)	8:00 Morning Flow (M) 15:00 WORKSHOP (M) 18:00 Yin Yoga (M)	8:00 Vinyasa Flow (M) 10:00 Morning Flow (M) 16:00 Yin Yoga (H)	8:00 Morning Flow (H)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (M)	8:00 Yin Yoga (C) 10:00 Morning Flow (M) 18:00 Mandala Flow (M)
24/9	25/9	26/9	27/9	28/9	29/9	30/9
7:20 FREE Pranayama 8:00 Power Yoga (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (C)	8:00 Vinyasa Flow (M) 16:00 Sunset Flow (H) 18:00 Myo Yin (C)	8:00 Morning Flow (H) 15:00 WORKSHOP (C) 18:00 Yin Yoga (H)	8:00 Ashtanga Vinyasa (M) 16:00 Sunset Flow (H) 18:00 Yin Yoga (C)	8:00 Morning Flow (H) 16:00 Sunset Flow (H) 18:00 Yin Yoga (M)	8:00 Ashtanga Vinyasa (M) 16:00 Yin Yoga (C)	8:00 Yin Yoga (M) 10:00 Morning Flow (M) 18:00 Mandala Flow (M)

We open 30 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, Fly High Yoga or Yin Yoga!

 @serenityyogalembongan

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