



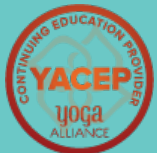
SERENITY YOGA LEMBONGAN

JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31/12	1/1	2/1	3/1	4/1	5/1	6/1
7:20 FREE Pranayama 8:00 Power Yoga (A) 16:00 Yin Yoga (A)	8:30 SPECIAL 16:00 Aerial Restore (C)	8:00 Morning Flow (L) 15:00 WORKSHOP for Surfers (A) 18:00 Yin Yoga (L)	8:00 Vinyasa Flow (M) 16:00 Yin Yoga (M) 18:00 Sunset Flow (L)	8:00 Morning Flow (L) 16:00 Sunset Flow (L) 18:00 Yin Yoga (A)	8:00 Vinyasa Flow (A) 16:00 Yin Yoga (A)	8:00 Morning Flow (A) 18:00 Yin- New Moon (C)
7/1	8/1	9/1	10/1	11/1	12/1	13/1
7:20 FREE Pranayama 8:00 Power Yoga (A) 18:00 Yin Yoga (C)	8:00 Vinyasa Flow (A) 15:00 WORKSHOP- Yoga Nidra (C) 18:00 Sunset Flow (A)	8:00 Morning Flow (M) 18:00 Yin & Yang (M)	8:00 Vinyasa Flow (M) 18:00 Yin Yoga (C)	8:00 Morning Flow (A) 18:00 Myo Yin (C)	8:00 Yin Yoga (C) 16:00 Sunset Flow (A)	8:00 Morning Flow (A) 16:00 Yin Yoga (A)
14/1	15/1	16/1	17/1	18/1	19/1	20/1
7:20 FREE Pranayama 8:00 Power Yoga (A) 18:00 Sunset Flow (L)	8:00 Vinyasa Flow (A) 18:00 Yin Yoga (A)	8:00 Morning Flow (A) 16:00 Fly High Yoga (L) 18:00 Yin Yoga (L)	8:00 Vinyasa Flow (L) 18:00 Yin Yoga (L)	8:00 Morning Flow (L) 18:00 Sunset Flow (L)	8:00 Vinyasa Flow (A) 16:00 Yin Yoga (A)	8:00 Yin Yoga (A) 16:00 Yin & Yang (P) 18:00 Sunset Flow (A)
21/1	22/1	23/1	24/1	25/1	26/1	27/1
7:20 FREE Pranayama 8:00 Power Yoga (A) 16:00 Sunset Flow (P) 18:00 Yin- Full Moon (L)	8:00 Vinyasa Flow (A) 16:00 Yin Yoga (P) 18:00 Sunset Flow (L)	8:00 Morning Flow (A) 16:00 Fly High Yoga (L) 18:00 Yin Yoga (L)	8:00 Vinyasa Flow (L) 16:00 Sunset Flow (P) 18:00 Yin Yoga (L)	8:00 Morning Flow (P) 16:00 Sunset Flow (L) 18:00 Yin & Yang (P)	8:00 Vinyasa Flow (P) 16:00 Yin Yoga (P)	8:00 Yin Yoga (P) 16:00 Sunset Flow (P)
28/1	29/1	30/1	31/1	1/2	2/2	3/2
7:20 FREE Pranayama 8:00 Vinyasa Flow (P) 16:00 Sunset Flow (P)	8:00 Vinyasa Flow (P) 16:00 Yin Yoga (P)	8:00 Morning Flow (P) 16:00 Yin & Yang (P)	8:00 Vinyasa Flow (L) 16:00 Yin Yoga (L)	8:00 Morning Flow (L) 16:00 Sunset Flow (L) 18:00 Restorative (C)	8:00 Vinyasa Flow (P) 16:00 Yin Yoga (P)	8:00 Yin & Yang (P) 16:00 Sunset Flow (L) 18:00 Yin Yoga (L)

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, Yin & Yang or Yin Yoga!

@serenityyogalembongan

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