

# PRICES

one class: 120,000 Rp

3 class card: 300,000 Rp  
save 60,000 Rp

5 class card: 450,000 Rp  
save 150,000 Rp

10 class card: 750,000 Rp  
save 450,000 Rp

week card: 800,000 Rp

month card: 1,800,000 Rp

SUP yoga: 250,000 Rp

WORKSHOP: 200,000 Rp

# WEDNESDAY WORKSHOP



## INVERSION IMMERSION

7/8 at 6pm

Explore the dynamics of yoga inversions: headstand, forearm stand, and shoulder stand. Strength building exercises and short yoga sequences will prepare the body & mind to balance upside down! You will go home with a deeper understanding of how you can safely integrate inversions into your own practice.



## ACRO YOGA for beginners :)

14/8 at 6pm

21/8 at 6pm



## YIN, NIDRA & ESSENTIAL OILS

28/8 at 6pm

Start with a Yin practice focused around the kidney and urinary bladder meridian lines, to calm your mind and recharge your energy. Then enjoy a Yogic sleep or Nidra, an immensely powerful meditation technique, combined with the soothing properties of essential oils.



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[www.serenityyogalembongan.com](http://www.serenityyogalembongan.com)



# SERENITY YOGA LEMBONGAN

## AUGUST 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29/7	30/7	31/7	1/8	2/8	3/8	4/8
7:20 FREE Pranayama 8:00 Power Yoga (C) 16:00 Sunset Flow (S) 18:00 Yin Yoga (P)	8:00 Morning Flow (S) 10:00 Fly High Yoga (P) 16:00 Yin Yoga (P) 18:00 Zumba (H)	8:00 Morning Flow (S) 10:00 Vinyasa Flow (He) 16:00 Yin Yoga (P) 18:00 WORKSHOP (He)	8:00 Vinyasa Flow (He) 10:00 Ashtanga Vinyasa (P) 16:00 Sunset Flow (S) 18:00 Restorative (C)	8:00 Vinyasa Flow (He) 16:00 Sunset Flow (S) 18:00 New Moon Yin (He)	8:00 Ashtanga Vinyasa (P) 10:00 Gentle Flow (He) 16:00 Sunset Flow (He) 18:00 Yin Yoga (P)	8:00 Yin Yoga (C) 16:00 Fly High Yoga (P) 18:00 Sunset Flow (S)
5/8	6/8	7/8	8/8	9/8	10/8	11/8
7:20 FREE Pranayama 8:00 Power Yoga (S) 16:00 Sunset Flow (He) 18:00 Yin Yoga (He)	8:00 Morning Flow (S) 10:00 Vinyasa Flow (He) 16:00 Yin Yoga (P) 18:00 Zumba (H)	8:00 Vinyasa Flow (He) 10:00 Gentle Flow (S) 16:00 Yin Yoga (P) 18:00 WORKSHOP (He)	8:00 Vinyasa Flow (S) 10:00 SUP Yoga (P) 16:00 Fly High Yoga (P) 18:00 Yin Yoga (He)	7:00 Fitness (C) 8:30 Vinyasa Flow (C) 16:00 Yin Yoga (He) 18:00 Sunset Flow (He)	8:00 Ashtanga Vinyasa (P) 16:00 Yin Yoga (P) 18:00 Restorative (C)	9:30 Vinyasa Flow (C) 16:00 Fly High Yoga (P) 18:00 Yin Yoga (P)
12/8	13/8	14/8	15/8	16/8	17/8	18/8
7:20 FREE Pranayama 8:00 Power Yoga (C) 16:00 Sunset Flow (Ha) 18:00 Yin Yoga (Ha)	8:00 Morning Flow (Ha) 10:00 Vinyasa Flow (Ha) 16:00 Myo Yin (C) 18:00 Zumba (H)	8:00 Vinyasa Flow (Ha) 10:00 Gentle Flow (Ha) 16:00 Yin Yoga (P) 18:00 WORKSHOP (P)	8:00 Vinyasa Flow (Ha) 10:00 Gentle Flow (Ha) 16:00 Fly High Yoga (P) 18:00 Yin Yoga (P)	7:00 Fitness (C) 8:30 Vinyasa Flow (C) 16:00 Sunset Flow (He) 18:00 Full Moon Yin (He)	8:00 Ashtanga Vinyasa (P) 10:00 Gentle Flow (He) 16:00 Sunset Flow (He) 18:00 Restorative (C)	9:30 Yin Yoga (P) 16:00 Fly High Yoga (P) 18:00 Sunset Flow (He)
19/8	20/8	21/8	22/8	23/8	24/8	25/8
7:20 FREE Pranayama 8:00 Power Yoga (He) 16:00 Sunset Flow (Ha) 18:00 Yin Yoga (Ha)	8:00 Morning Flow (Ha) 10:00 Vinyasa Flow (Ha) 16:00 Yin Yoga (He) 18:00 Zumba (H)	8:00 Vinyasa Flow (Ha) 10:00 Gentle Flow (Ha) 16:00 Yin Yoga (P) 18:00 WORKSHOP (P)	8:00 Vinyasa Flow (Ha) 10:00 SUP Yoga (P) 16:00 Fly High Yoga (P) 18:00 Yin Yoga (Ha)	7:00 Fitness (C) 8:30 Vinyasa Flow (C) 16:00 Sunset Flow (M) 18:00 Yin Yoga (P)	8:00 Ashtanga Vinyasa (P) 10:00 Gentle Flow (M) 16:00 Sunset Flow (M) 18:00 Restorative (C)	8:00 Yin Yoga (M) 10:00 Gentle Flow (M) 16:00 Myo Yin (C) 18:00 Fly High Yoga (P)
26/8	27/8	28/8	29/8	30/8	31/8	1/9
7:20 FREE Pranayama 8:00 Power Yoga (B) 16:00 Sunset Flow (B) 18:00 Yin Yoga (P)	8:00 Morning Flow (B) 10:00 Vinyasa Flow (B) 16:00 Yin Yoga (P) 18:00 Zumba (H)	8:00 Vinyasa Flow (B) 16:00 Yin Yoga (C) 18:00 WORKSHOP (C)	8:00 Vinyasa Flow (B) 16:00 Fly High Yoga (P) 18:00 Yin Yoga (C)	8:00 Vinyasa Flow (B) 16:00 Sunset Flow (B) 18:00 New Moon Yin (C)	8:00 Ashtanga Vinyasa (P) 10:00 Gentle Flow (B) 16:00 Sunset Flow (B) 18:00 Yin Yoga (P)	9:30 Yin Yoga (C) 16:00 Fly High Yoga (P) 18:00 Sunset Flow (B)

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, Gentle Flow, Slow Flow, Restorative or Yin Yoga!  
 Workshops, Masterclasses and SUP Yoga classes are not included in our class cards



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