

# Yoga Class Schedule

APRIL 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.30 am	Morning Aerial Yoga (75 Min)	Morning Aerial Yoga (75 Min)	Morning Aerial Yoga (75 Min)	Morning Aerial Yoga (75 Min)	Morning Aerial Yoga (75 Min)	Morning Aerial Yoga (75 Min)	<b>UDARA SUNDAY</b> <b>TICKET</b> IDR 100K / Person 09.00 - 10.30 Yoga Class 10.30 - 12.00 Ecstatic Dance 12.00 - 13.00 Sound Healing Journey 10.30 - 14.00 Wellness Brunch
09.00 am	Gentle Flow (90 Min)	Vinyasa (90 Min)	Vinyasa (90 Min)	Happy Healing Flow (90 Min)	Osho Kundalini Meditation (75 Min)	Prana Flow (90 Min)	
10.30 am		Qi Cultivation (75 Min)	Gentle Flow (90 Min)			Movement & Motion (90 Min)	
16.00 pm	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min) Happy Healing Flow (90 Min)	Aerial Yoga (75 Min) Hatha (90 Min)	Hatha (90 Min)	Yin Yoga (75 Min)	
17.30 pm	Sunset Aerial Yoga (75 Min)	Sunset Aerial Yoga (75 Min)	Special Sunset Event	Sunset Aerial Yoga (75 Min)	Special Sunset Event	Sunset Aerial Yoga (75 Min)	Sunset Aerial Yoga (75 Min)
18.00 pm	Yin Yoga (75 Min)	Special Event Night		Yin Yoga (75 Min)			

1. Osho Kundalini Meditation every Friday at 09.00 am FREE

2. Limited Access for Special Events, please book your ticket in advance via [www.megalix.co.id](http://www.megalix.co.id) or at the Front Desk of Udara. See event dates & prices on the back side of this schedule & please check our social media @udarabali for the latest updates.

3. Even though we are in Bali and you might be used to "jam karet", we start our classes and events in time. Please come early enough and take into account the time you need to come to Udara (sometimes with traffic on the road), sign-in at the front desk and setup your mat or Aerial yoga hammock before the class starts. For special events, doors close 15 minutes after start and latecomers will not be accepted. Tickets will not be refunded if you show up too late. For more details about our yoga guidelines and ticket/class card regulations, please have a look on our website or the displays at the front desk and yoga shala.

4. Private Classes, Healing & Spa Treatments are available. For further information please contact +62 361 906 7555 or +62 877 6537 7313.

\*All Yoga Classes are free for our Hotel Guests!

1 Class	130.000 IDR
6 Classes	660.000 IDR
12 Classes	1.200.000 IDR
20 Classes	1.800.000 IDR

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