



# LIFE IN AMED YOGA SHALA

1 class 100,000rp • set of 5 classes 400,000rp • Life in Amed Guests 80,000rp

## MONDAY

8:00 - 9:30am Yoga Flow

5:30 - 7:00pm Yin / Yang

## TUESDAY

8:00 - 9:30am Yoga Flow

5:30 - 7:00pm Speciality Class

Ask for details

## WEDNESDAY

8:00 - 9:30am Yoga Flow

4:00 - 5:00pm Gratis Balinese Kids Yoga

5:30 - 7:00pm Yin Restorative

## THURSDAY

8:00 - 9:30am Yoga Flow

5:30 - 7:00pm Yoga Flow

## FRIDAY

8:00-9:30am Yoga Flow

5:30 - 7:00pm Yin / Yang

## SATURDAY

8:00 - 9:30am Yoga Flow

5:30 - 7:00pm Yoga Flow

## SUNDAY

9:00 - 10:00am Yin Restorative

5:30 - 7:00pm Community Class

*Our classes are open to all levels and adapted to the needs of our participants. All mats and props provided.*

*Yoga Flow: connecting breath with movement to stretch and strengthen the entire body.*

*Yin Restorative: comprised of long-held floor based poses to penetrate deep into connective tissue, expanding flexibility and aiding healing.*

*Yin / Yang: combining yin yoga with a gentle flow practice to create balance.*

*Community Class: Pay what you can. All donations support our Balinese Kids Art & Yoga class.*

*Life in Amed Boutique Hotel in Lean Village..  
Follow the Heart signs*



0363 23152



www.lifebali.com