



Find balance between body and mind

YOGA & MEDITATION

“

**Yoga is the journey of the self,
through the self, to the self.**

- The Bhagavad Gita

Fivelements

ABOUT

At Fivelements Retreat Bali we recognise that optimal wellness comes from embracing and respecting the body, mind and spirit, where health and self-realisation are reflections of the love, authenticity and harmony within.

We invite you to embark upon a Sacred Arts healing journey and explore new ways to cultivate peace, strengthen your inner power and deepen your connection with others. Life changing possibilities are presented by our dedicated professionals, who will guide you with compassion, sensitivity and love.

Location:

Ubud

**Website:**

www.fivelements.org/en/healing/yoga



Fivelements

YOGA CLASSES

Fivelements Retreat Morning Yoga

Our yoga teachers come from unique backgrounds and experiences. They are dedicated to sharing the wisdom of yoga in its fullness as a generous and evolving ancient system from their own personal and wholehearted practices. They have experienced yoga's nourishment through their own lives; during their own painful, dangerous and challenging experiences and remain somehow passionate to pass on valuable life skills; letting go of judgement and pain, accepting love, sitting still, healing from the past, gaining patience and quieting our monkey minds.

Schedule:

8am on scheduled mornings. Schedule is available at the Wellness Concierge.

Duration: 90 minutes

Rate:

IDR 200,000 (includes of playful Yoga and a Sakti Green Energy Smoothy)

Rates are exclusive of 21% tax and service charge and are subject to change without prior notice.



Fivelements

YOGA CLASSES

Yoga Synergy with Mardi Kendall, Fivelements Resident Yoga Teacher

Mardi's yoga classes restore comfort and trust in our bodies by working gently with each students' individual needs and interests. She teaches natural dynamic movements and poses that coordinate the body and breath encouraging greater blood flow (healing) and functional body alignment. Working honestly and slowly with our selves as they are at the present moment is often a relief and brings an easy breath and often a sense of humour and lightness about being a human being that is constantly going through changes. The class is always restorative and leaves students with a calm mind and a deep sense of wellbeing.

Suitable for all ages, levels of fitness, beginners and experienced yogis who wish to deepen their practice.

Duration:

90 minutes

Rate:

Private (1-2 guests) - IDR 1,250,000

Private Groups (3-6 guests) - IDR 1.550.000

Rates are exclusive of 21% tax and service charge and are subject to change without prior notice.



Fivelements

YOGA CLASSES

Integrative Kundalini Yoga with Savitri

Kundalini Yoga, known as the Yoga of Awareness, as taught by Yogi Bhajan PhD is a dynamic blend of postures and movement (asana and kriya), therapeutic stretching, mantra, breathing (pranayama), meditation and relaxation. Using yoga kriyas the teacher leads routines directed towards specific life issues; relieving stress and fosters strength, radiance, confidence and and a return to our essential selves: "happy, healthy, and holy".Savitri teaches meditative yoga that honours your body and nature. After establishing natural breathing she adds gradual movements, grounding into the earth while lengthening into stretch to create ease, space and longevity in the spine and joints. This graceful approach respects our bodies, develops self-acceptance, activates healthy breathing, clears and stills the mind and connects the student to the whole of life in the quiet spaces between breaths.

Suitable for all ages, levels of fitness, beginners and experienced yogis who wish to deepen their practice.

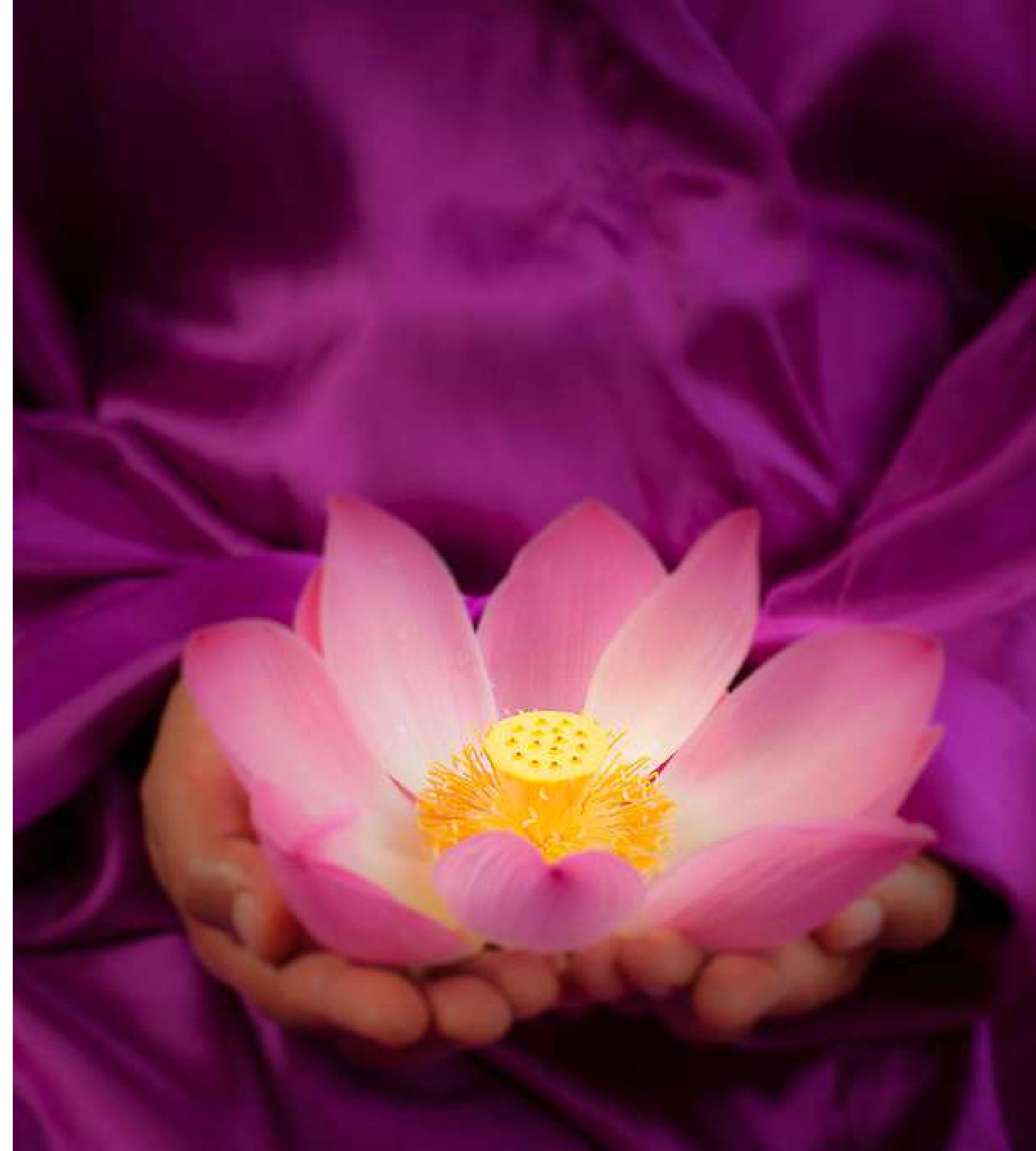
Duration: 90 minutes

Rate:

Private (1-2 guests) - IDR 1,250,000

Private Groups (3-6 guests) - IDR 1.550.000

Rates are exclusive of 21% tax and service charge and are subject to change without prior notice.





Fivelements

POLICIES

Reservation - Reservations are required at least 24 hours prior to arrival to ensure availability. All scheduled appointments must be reserved with the credit card details to secure your booking. Please note that Fivelements reserves the right to pre-authorize your credit card prior to arrival.

Arrival Time - Please arrive 20 min prior to your booking. This allows proper time to complete a short health form and guarantee the full treatment experience.

What to Wear - You may wear a comfortable outfit. Each room is appointed with a spacious shower for use.

Cancellation / Re-scheduling / Tardiness - For cancellations made later than 24-hours prior appointment, a 50% charge of your scheduled treatment will be applied. No-shows will be charged 100%.

If you need to re-schedule your appointment, please contact us no later than 24-hours prior to your appointment and we will make every attempt to accommodate your desired program.

In the event that you arrive late, please note that we may be forced to shorten the treatment if the therapist has another booking immediately afterwards as a courtesy to the next guest.



COMO Shambhala Estate

ABOUT

Yoga has been practiced for over 5,000 years and provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure.

Personal instruction can be provided at any time for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle, or to enhance a client's existing yoga commitment. Our yoga expert works closely with each client to design a program for their specific needs. Complimentary and private sessions are available throughout the week.

Location:

Payangan

Rates:

Available upon request

Website: [www.comohotels.com/en/](http://www.comohotels.com/en/comoshambhalaestate/wellness/mind-and-body/yoga)

[comoshambhalaestate/wellness/mind-and-body/yoga](http://www.comohotels.com/en/comoshambhalaestate/wellness/mind-and-body/yoga)





CONO Shambhala Estate

YOGA CLASSES

Hatha Yoga - Take part in a slower-paced yoga class that is focused on stretching and breath work, with no flow between poses.

Introduction to Meditation - Learn guided meditation techniques to develop stillness and presence of mind.

Introduction to Pilates - For those who have never tried Pilates, discover ways to access your deep core in order to strengthen your existing movement practice.

Introduction to Pranayama 'Breath' - Use yogic breathing techniques (Pranayama) to optimise the flow of Prana (vital energy) throughout your body.

Introduction to Yogic Sleep - Yogic sleep is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

Pilates Mat - An energising Pilates class designed to improve core strength, flexibility, and coordination throughout the whole body.P



CONO Shambhala Estate

YOGA CLASSES

Power Yoga - This class is a Vinyasa- or Ashtanga-style sequence, with a focus on building strength through core work and balance

Restorative / Gentle Yoga - Join an easier, less strenuous form of Hatha yoga. The class is quiet and meditative, with a focus on slow stretches, flexibility and deep breathing.

Tai Chi and Quigong - Reconnect with yourself with using the physical methods of this grounding and calming meditation class.

Introduction to Yogic Sleep - Yogic sleep is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

Vinyasa Yoga - In this Vinyasa flow sequence, move seamlessly through a string of postures while focusing on your breath.

Yoga Flow - A Hatha-Vinyasa inspired class, which focuses on active movements to balance, strengthen and stretch the body.

COMO Shambhala Estate

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
	Vinyasa yoga ♡ Yoga Bale	Tai Chi and Qigong ◎ Ojas		Vinyasa yoga ♡ Yoga Bale	Restorative pilates ♡ Yoga Pavilion	Power yoga ♡ Yoga Bale
9.30am to 10.30am	9.30am to 10.30am	9.30am to 10.30am	9.30am to 10.30am	9.30am to 10.30am	9.30am to 10.30am	9.30am to 10.30am
Yoga Flow ♡ Yoga Bale	Restorative Pilates ♡ Yoga Pavilion	Estate walk ♡* Activity Office	Strengthen your core ♡ Yoga Pavilion	Tai Chi and Qigong ◎ Ojas		
11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
					Vinyasa yoga ♡ Yoga Bale	
3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm
		Restorative/ gentle yoga ◎ Yoga Bale				Pilates mat ♡ Yoga Pavilion
3.00pm to 3.30pm	3.00pm to 3.30pm			3.00pm to 3.30pm	3.00pm to 3.30pm	
Introduction to meditation ◎ Yoga Bale	Introduction to Pranayama 'breath' ◎ Yoga Bale			Introduction to Pilates ◎ Yoga Pavilion	Introduction to yogic sleep ◎ Yoga Bale	
4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm
Strengthen your core ♡ Yoga Pavilion		Pilates mat ♡ Yoga Pavilion	Hatha yoga ◎ Yoga Bale	ABS+ARMS ♡ Yoga Pavilion		

Schedule is subject to change without prior notice.



CONO Shambhala Estate

POLICIES

- All activities require 12 hours advance booking and are subject to availability.
- For all paid activities, cancellations must be made two hours in advance.
- A 50 percent penalty charge will be charged for late cancellations and no-shows will be charged at full activity price.
- Please arrive five minutes before the scheduled activities start time.
- As courtesy to other guests, you may not be allowed to join a class if you are more than 15 minutes late, or if the class is over-subscribed.
- Outdoor activities are subject to weather conditions.
- Please wear suitable attire, including appropriate footwear and bring sun protection for outdoor activities.
- Group classes are not suitable for pregnant women.
- All classes are delivered with a group dynamic in mind. For a more tailored wellness experience, please book a private session with one of our experts.

Bagus Jati

ABOUT

Yoga nourishes you on every level and it is equally important to feed the body, mind and spirit and here at Bagus Jati we concentrate on the practice of asana (yoga postures), pranayama (breath control) and dhyana (meditation). Through the use of the Hatha yoga system we invite you to start and continue your yogic journey with us and experience feelings of total well being, release feelings of happiness, love, laughter, harmony and fun and achieve life's true success, that of a peaceful mind.

Location:

Tegalalang

**Rates:**

Private lessons start at USD 20++

Website:

www.bagusjati.com/yoga.php





The Yoga Barn

ABOUT

The Yoga Barn was created by its founders for the sole purpose of bringing together community and giving back to the island of Bali. Located in the heart of Ubud, Bali's cultural hub, The Yoga Barn is Southeast Asia's full service yoga studio and holistic healing retreat center. Launched in 2007, The Yoga Barn's buildings have an indigenous Balinese feel to them. Coupled with a spiritual vibe, The Yoga Barn is at once earthy and rustic, relaxing, friendly and unpretentious.

Location:

Ubud

Class Schedule:

Available upon request

Website:

www.theyogabarn.com





Yoga Barn

CLASS CARDS

Rates:

1 class - IDR 130,000	10 classes - IDR 1,000,000
3 classes - IDR 360,000	20 classes - IDR 1,400,000
5 classes - IDR 550,000	30-day unlimited - IDR 2,600,000

Inclusions: free mats & props for your practice, free water, free showers, free wifi

Class Card Policies:

- Class cards are valid from 6months from date of purchase and are non-extendable.
- Class Cards are registered in the name of ONE individual only (the person purchasing the class card). As long as the person on the name of the card is attending a particular class he/she may share the card with any accompanying guests.
- We understand that occasionally classes may not be quite what you expect. If you leave a class within the first 15 minutes and report immediately to reception you will be refunded for that class. Any later than 15 minutes, there will be no refund.
- Yoga Barn Class Cards are non-refundable, non-extendable and non-transferrable. You cannot transfer your card to another person after leaving Bali.



Yoga Barn

PRIVATE CLASS

Individual (1 to 5 students) - 60 minutes

IDR 950,000 per student

IDR 150,000 per additional student (maximum of 9 students)

Individual (1 to 5 students) - 90 minutes

IDR 1,250,000 per student

IDR 150,000 per additional student (maximum of 9 students)

Group (10 to 15 students) - 60 minutes

IDR 2,600,000 for 10 to 15 students

IDR 100,000 per additional student (maximum of 25 students)

Group (10 to 15 students) - 90 minutes

IDR 3,500,000 for 10 to 15 students

IDR 150,000 per additional student (maximum of 25 students)

Additional IDR 250,000 applies for Sound Healing Private Session. To confirm your booking, we would require a full payment to be made. We have a 50% refund policy only for cancellations made 24 hours before your class starts.



Yoga Barn

GUIDELINES

- Class registration is on a first-come, first-serve basis and takes place in the Lower Reception. At this time, you cannot pre-pay or pre-book classes.
- Each class is 1 hour and 30 minutes duration, unless otherwise noted.
- Classes are mostly Open Level, unless labelled otherwise on the schedule (Look for notations: Level 1 (All Levels/Beginner), Level 1 and 2 (Intermediate) or Level 2 (Advanced). Classes fill up quickly, especially during the busy season. Registration opens 30 minutes before daytime classes and 1 hour before for evening classes (those starting at 7:30pm or 8pm).
- Ecstatic Dance and Sunday Dance are our most popular classes and have special registration rules.
- Yoga mats & props are provided, but feel free to bring your own.
- Each Studio/Class has a Maximum Number of participants allowed in the room, once registration hits that maximum the class is considered full.
- Classes Entrance is closed 10 minutes after the scheduled start time. Exception: Yoga Nidra class is closed for registration and entry 5 minutes after the class start.
- For daily classes, Children under the age of 12 are not permitted to join classes, there are NO EXCEPTIONS to this rule unless otherwise stated on the schedule as 'Child Friendly'. Sunday's Ecstatic Dance and Kirtan are family friendly, so come one, come all!
- With the exception of the Yoga Barn Menagerie, no pets are allowed in classes.

Radiantly Alive

ABOUT

Radiantly Alive serves as a light - offering yoga as a guide to bring you in touch with your own, true self again. We know that deep within you, the map is there and the path is laid out, it just needs to be illuminated.

Offering yoga in an environment where you can truly be yourself, be vulnerable, learn, stumble and get up again. All supported by a family surrounding you - to lift you through all those ups and downs. Throughout all our offerings - teacher trainings, yoga classes, workshops, and healing therapies - we provide a safe, nurturing and loving space that will allow you to undertake your own personal journey of discovery.

Location:

Ubud



Class Schedule:

Available upon request

Website:

www.radiantlyalive.com



Radiantly Alive

CLASSES

- Arm Balances
- Ashtanga Inspired
- Ashtanga Vinyasa (Guided)
- Bhakti Flow
- Breath of Awakening
- Biodynamic Breath Trauma Release
- Breathwork
- Embodied Flow
- FluidUs
- Gentle Flow
- Gemstone Energy Medicine
- Handstands
- Hatha Yoga
- Hatha Intermediate
- Kirtan
- Kundalini Yoga
- Meditation and Pranayama
- Mobility Beyond
- Movement Improvement
- Mystic Healing
- Qigong
- RA Vinyasa
- Restorative
- Roll & Release
- Sky Yoga Core
- Sky Yoga Flow
- Sky Yoga Therapeutics
- Soft Evening Flow
- Strong Flow
- Thai Yoga Massage
- Yin Yang
- Yin Yoga
- Yoga Foundations
- Yoga Nidra
- Yoga Trauma Release Exercise
- Yagalates



Radiantly Alive

RATES

Class Passes

Join the Radiantly Alive Yoga community and make yoga and radiance a part of your life. An investment in your health and wellbeing at Radiantly Alive will stay with you for a lifetime. Packages include unlimited access to yoga with world-class teachers

1 class - USD 10	1 week (unlimited) - USD 73
3 classes - USD 28	2 weeks (unlimited) - USD 123
5 classes - USD 45	1 month (unlimited) - USD 175
10 classes - USD 85	2 months (unlimited) - USD 300
20 classes - USD 20	

Private Classes

Private yoga classes in Ubud can be arranged for one-on-one, couples or small groups. Whether you're brand new to yoga and needing some individualized direction, an advanced practitioner looking to enhance your practice or a small group wanting a fun personalized experience. *Duration: 60 minutes*

IDR 1,300,000 for 1 student

IDR 400,000 per additional student, up to a total of 5 students

IDR 200,000 per additional student, from the 6th student onwards



Radiantly Alive

TERMS AND CONDITIONS

- For classes, workshops or short trainings with less than 3 people in attendance, it's at the teacher's discretion as to whether the workshop or class will still be held. Should a class or a workshop be cancelled, you will receive a full refund.
- Our refund policy for short trainings:
 - Deposit is non refundable
 - 90 days prior (3 months): full refund excluding deposit
 - 60 days prior (2 months): half refund excluding deposit
 - Less than 60 days prior: no refund
- If you cancel a workshop up to 2 weeks prior to the start date, a 10% administration fee applies, so you get 90% refund. If you cancel within 2 weeks prior to the offering, it is non-refundable.
- Class passes are valid for 1 year and do not apply for workshops. They are non-refundable, though you do have the option to transfer your class pass to another person. This option is limited to just one transfer one time.
- For private classes, make sure to book at least 48 hours in advance in order to confirm teachers' availability.





Seminyak Yoga Shala

ABOUT

The Seminyak Yoga Shala offers a daily schedule of Ashtanga Yoga and Hatha Vinyasa Yoga classes, with an adjoining retail store and cafe space. Our Ashtanga Yoga Mysore program is taught by Authorized KPJAYI Ashtanga Yoga teacher, in the tradition of Shri K Patabi Jois. Hatha Vinyasa Yoga classes are also given daily by our small roster of certified Yoga instructors.

The Seminyak Yoga Shala provides a quiet, enclosed, and serene setting for our practitioners. We believe that our Shala reflects the integrity of the yoga practice, respectfully, and provides students with a simple and comfortable atmosphere to practice the yogic arts. Our dedicated teachers welcome both beginner and experienced students to the Yoga practice.

Location:
Seminyak

Website:
www.seminyakyogashala.com





Seminyak Yoga Shala

DETAILS

Classes:

Hatha Flow

Liberating mix of Ashtanga, Power and Hatha Flow that incorporates pranayama and chanting

Vinyasa Flow

Exciting mix of asana, breathing and heart opening practice.

Yin Yoga

Relaxing and rejuvenating gentle yoga practice. Designed to open your heart and body and leave you feeling refreshed and relaxed.

Rates:

Casual Class - IDR 400,000

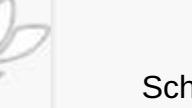
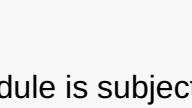
5 Class Passes - IDR 600,000

11 Class Passes - IDR 1,200,000

Local Class - IDR 70,000

Seminyak Yoga Shala

CLASS SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 am							
9:30 am							
4:00 pm		Yin		Yin	Yin	Yin	
5.30 pm							

 **Hatha Flow**
 **Vinyasa flow**

Schedule is subject to change without prior notice.

The Practice Bali

ABOUT

Born from our passion for traditional lineage-based practices and an understanding of the importance of having a community of support when living a purpose-driven life, our center is for you – passionate and dedicated yogis, ready to do the work.

Nestled in the beach-side town of Canggu, Bali in our beautiful open air studio, explore the science and art of traditional practice under the guidance of experienced teachers whose dedication to the practice is palpable. We offer daily asana and meditation classes, master classes, workshops, free weekly presentations, community events and teacher training programs for both new and experienced practitioners.

Location:

Canggu

**Class Schedule:**

Available upon request

Website:

www.thepracticebali.com



The Practice Bali

PRACTICES

- Moon (Stage 1 of Hatha Yoga Practice)
- Sun (Stage 2 of Hatha Yoga Practice)
- Fire (Final Stage of Hatha Yoga Practice)
- Hatha Masterclass
- Yoga Nidra
- Restorative Hatha
- Complete Practice'Kirtan
- Pranayama & Meditation

Rates:

Unlimited Pass - IDR 2,400,000 (valid for 30 days)

Drop-in Class - IDR 150,000

5 Passes - IDR 650,000

10 Passes - IDR 1,200,000

Yoga, Nidra, Kriya, and Meditation - IDR 100,000

Inclusions: At The Practice we will provide you everything you may need (bolsters, mats, blocks, straps, hand towels, and even eye pillow to have a fantastic class.

Duration: A typical class is around 90 minutes.

Ratres are subject to change without prior notice



The Practice Bali

PRIVATES

Rates for Private Yoga Classes:

1 to 2 people - Rp 1,200,000

3 to 6 people - Rp 1,500,000

7 to 10 people - Rp 1,800,000

11 to 15 people - Rp 2,400,000

Private Mantra and Singing with Ellen Arthur

Ellen is honoured to be able to share the gift that is mantra, chanting, singing with one on one private lessons. Each lesson will guide you through techniques, theory, practices, mythology, harmonium, how to play/chordal knowledge etc.

Rates: 1 session - Rp 1,200,000; 5 sessions - Rp 5,000,000

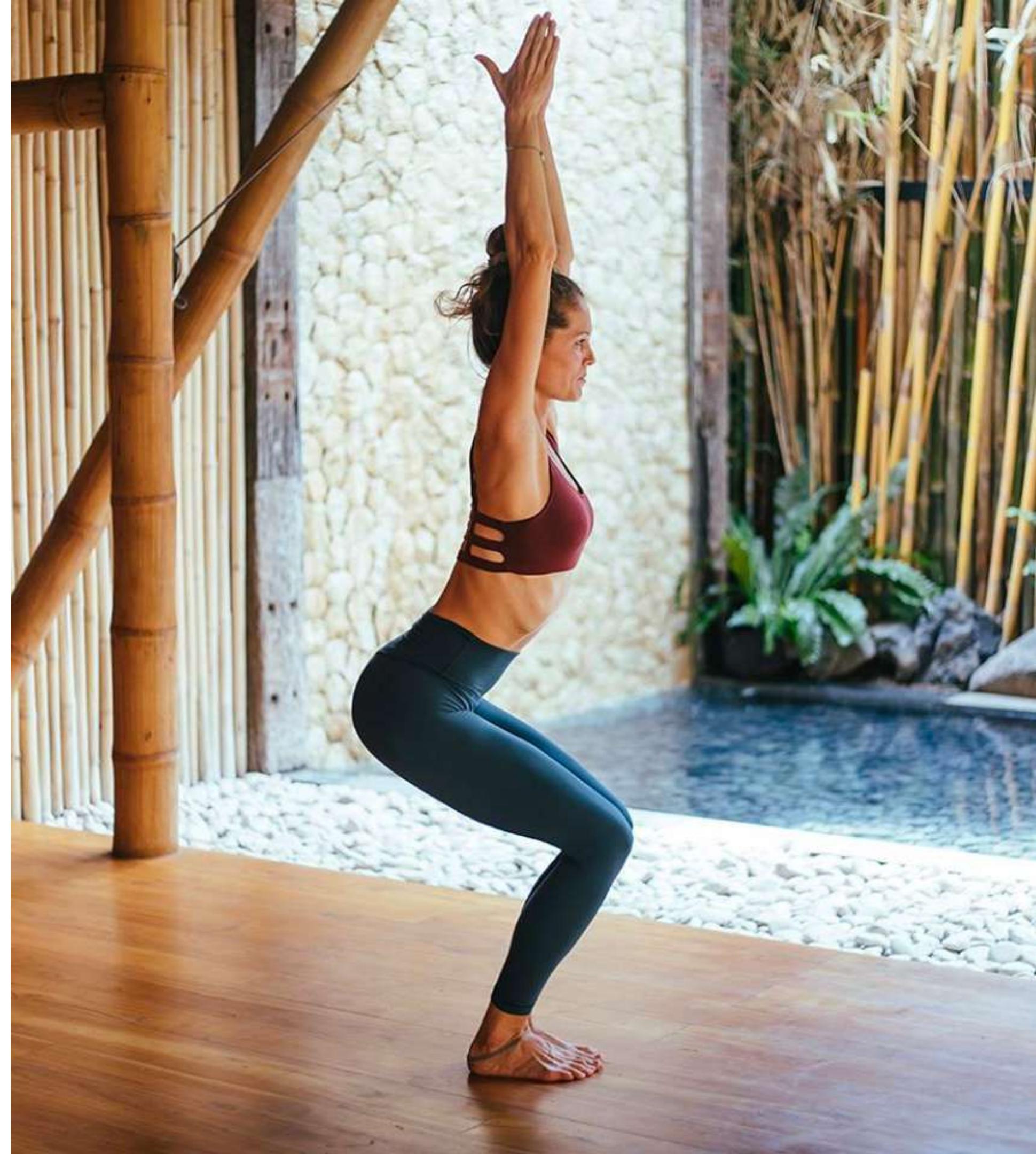
Up to 20% surcharge applies for all privates that are not on site at The Practice , plus an additional transportation fee for mats & props.

Private Pre & Post Natal Yoga Classes

Pre and Postnatal Hatha / Restorative Yoga and Meditation. Class is for a maximum of two people only.

Rates: Onsite - Rp 1,200,000; Offsite - Rp 1,500,000

Privates are offered in the general area of Pantai Berawa to Pantai Pererenan, additional areas and service considered, subject to management approval. Rates include 10% tax and are subject to change without prior notice.



The Practice Bali

POLICIES

- You can just drop in on a normal class. If it is a masterclass, you do not need to book, but you are recommended to arrive at least 15 mins early, as the classes have a limit. If it is a workshop or course, you will always be encouraged to book in advance to secure a limited spot.
- As a sign of respect for the other students and managing the flow of the class for the teacher, strictly no late entry.
- Please bring your own towel
- Age Limit for Restorative & Beginners classes are 10 years old and above, Moon, Sun & Fire are 15 years old and older. Please let your teacher know before class if you are practicing while pregnant.
- The Unlimited Pass would be honored for up to 2 years. It is not transferable, and we cannot 'freeze' it for you.
- To respect the sacredness of everyone's practice, you are not allowed to take pictures or video inside the studio during a class. However selfies with the staff and teachers before or after the class is strongly encouraged
- For private classes:
 - All bookings must be finalized 48 hours to the practice time.
 - A non-refundable 10% deposit is required and will be deducted from full payment.
 - Booking time and day can be changed with 48hrs notice (1) time only, subject to management approval and teacher availability.





Desa Seni

ABOUT

Desa Seni's School of Yoga is internationally accredited by The Yoga Alliance offer a variety of Yoga Teacher Trainings. Bringing together a team of highly experienced teachers who provide daily yoga classes, personal yoga retreats, continuing education yoga courses and yoga teacher trainings in a supportive and nurturing environment.

The Collective, Desa Seni School of Yoga offers a selection of distinctive private yoga retreats where your exclusive yoga teacher will lead you on a personal journey through deeper exploration, based on your individual needs, goals, and objectives. With programs designed for any type of yoga practice and available to all levels of practitioner, there is a private retreat to suit everyone.

Location:

Canggu

Class Schedule:

Available upon request

Website:

www.desaseni.com/yoga





Desa Seni

YOGA CLASSES

Desa Seni's daily Yoga program caters to all levels and offers a variety of yoga styles, open to the community and led by a qualified, dedicated, and passionate team of teachers. All props and a delicious complimentary lemongrass tea are provided.

- Hatha Yoga
- Sunset Flow
- Vinyasa Flow Yoga
- Yin Restorative
- Ashtanga Creative Flow
- Mindful Vinyasa
- Master Class
- Yin Yang
- Pranayama Practices
- Meditation
- Balinese Dance for Children
- Sad Angga Yoga

Rates:

- IDR 140,000 per class
- IDR 100,000 for Indonesian citizens
- IDR 700.000 for 6 class pass
- IDR 1,200,000 for 12 class pass
- IDR 60,000 per class for Kids (10-17 years old)

Rates are subject to change without prior notice,



Desa Seni

PRIVATE YOGA

Private yoga sessions are the ideal way to address all aspects of your health and well being. Our teaching staff can cater to all levels of yoga experience specializing in personal programs designed specifically for injuries, illnesses, overall health and well being. This personal one on one session pays particular attention to your individual requirements and individual goals. Private Yoga or Meditation sessions are available on or off site, by appointment only.

Rates:

Private Yoga (60 minutes) - IDR 850,000++

Private Restorative Yoga (90 minutes) - IDR 1,000,000++

Private Meditation (60 minutes) - IDR 850,000++

Private Pranayama (60 minutes) - IDR 850,000++

Private yoga and meditation sessions on site are subject to 21% government tax.

Rates are subject to change without prior notice,

Honeymoon Guesthouse Yoga Studios

ABOUT

At Honeymoon Guesthouse our Yoga teachers offer relaxed, personalized classes that focus on the wisdom to be gained in this spiritual, health-giving practice.

Location: Ubud

Business Hours:

Open daily, 7:30am to 9am

Rates:

Drop-in Class - IDR 115,000

3 Class Pass - IDR 285,000

5 Class Pass - IDR 465,000

10 Class Pass - IDR 790,000

20 Class Pass - IDR 1,390,000

Rates are subject to change without prior notice,



Website: www.honeymoonguesthouse.com/yoga



Honeymoon Guesthouse Yoga Studios

HIRE RATES

Yoga Studio Hire (Daily Rates)

IDR 500,000 (S)
IDR 750,000 (M)
IDR 1,000,000 (L)

Yoga Props Hire (For 7 Days)

Bolsters : IDR 20,000 per day per piece
Blankets : IDR 25,000 per day per piece
Blocks: IDR 5,000 per day per piece
Straps : IDR 5,000 per day per piece

Yoga Props Hire (For 21 Days and up)

Bolsters : IDR 10,000 per day per pcs
Blankets: IDR 10,000 per day per pcs
Blocks : IDR 1,000 per day per pcs
Straps : IDR 1,000 per day per pcs

Rates are subject to change without prior notice,





THE PRIVATE WORLD
VILLAS & HOMES