



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 Specialty 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

8:00 - 9:30am 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

