



YOGA CLASSES

SEPTEMBER – OCTOBER 2023

Yoga Drop-in Rate = 150.000 IDR

Yoga + Sauna Detox Combo = 400.000 IDR

We accept Cash IDR or Card

| | MONDAY 18 September 2023 | TUESDAY 19 September 2023 | WEDNESDAY 20 September 2023 | THURSDAY 21 September 2023 | FRIDAY 22 September 2023 | SATURDAY 23 September 2023 | SUNDAY 24 September 2023 |
|-------------------|--------------------------------|---|---|---------------------------------------|--------------------------------|---|--------------------------------|
| 7:30am- 9am | HATHA YOGA Astri | | | | | | |
| 9:30am- 11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm- 5:30pm | YIN YOGA Astri | | KUNDALINI YOGA & MEDITATION Nalya | | | | |
| 6:30pm- 7:30pm | | | | KUNDALINI GONG MEDITATION Nalya | | | |



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| | MONDAY 25 September 2023 | TUESDAY 26 September 2023 | WEDNESDAY 27 September 2023 | THURSDAY 28 September 2023 | FRIDAY 29 September 2023 | SATURDAY 30 September 2023 | SUNDAY 1 October 2023 |
|---------------|--------------------------------|---|---|---------------------------------------|--|---|-----------------------------|
| 7:30am-9am | | | | | | | |
| 9:30am-11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm-5:30pm | | | KUNDALINI YOGA & MEDITATION Nalya | GENTLE FLOW Maria | | | |
| 6:30pm-7:30pm | | | | KUNDALINI GONG MEDITATION Nalya | SPECIAL EVENT: THE ART OF SOUND HEALING* | | |

*Special events are priced separately. Check our website for details.

Instagram @lumeriyoga | Facebook @lumeriyoga | Email info@lumeriyoga.com | Website lumeriyoga.com | Location Jl. Raya Pengosekan, Ubud, Bali 80571 | Space to Shine.



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| | MONDAY 2 October 2023 | TUESDAY 3 October 2023 | WEDNESDAY 4 October 2023 | THURSDAY 5 October 2023 | FRIDAY 6 October 2023 | SATURDAY 7 October 2023 | SUNDAY 8 October 2023 |
|-------------------|-----------------------------|---|---|---------------------------------------|-----------------------------|---|-----------------------------|
| 7:30am- 9am | | | | | | | |
| 9:30am- 11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm- 5:30pm | | | KUNDALINI YOGA & MEDITATION Nalya | GENTLE FLOW Maria | | | |
| 6:30pm- 7:30pm | | | | KUNDALINI GONG MEDITATION Nalya | | | |

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| | MONDAY 9 October 2023 | TUESDAY 10 October 2023 | WEDNESDAY 11 October 2023 | THURSDAY 12 October 2023 | FRIDAY 13 October 2023 | SATURDAY 14 October 2023 | SUNDAY 15 October 2023 |
|-------------------|-----------------------------|---|---|---------------------------------------|--|---|------------------------------|
| 7:30am- 9am | | | | | | | |
| 9:30am- 11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm- 5:30pm | | | KUNDALINI YOGA & MEDITATION Nalya | GENTLE FLOW Maria | | | |
| 6:30pm- 7:30pm | | | | KUNDALINI GONG MEDITATION Nalya | SPECIAL EVENT: THE ART OF SOUND HEALING* | | |

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| | MONDAY 16 October 2023 | TUESDAY 17 October 2023 | WEDNESDAY 18 October 2023 | THURSDAY 19 October 2023 | FRIDAY 20 October 2023 | SATURDAY 21 October 2023 | SUNDAY 22 October 2023 |
|-------------------|------------------------------|---|---|---------------------------------------|--|---|------------------------------|
| 7:30am- 9am | | | | | | | |
| 9:30am- 11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm- 5:30pm | | | KUNDALINI YOGA & MEDITATION Nalya | GENTLE FLOW Maria | | | |
| 6:30pm- 7:30pm | | | | KUNDALINI GONG MEDITATION Nalya | SPECIAL EVENT: THE ART OF SOUND HEALING* | | |

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|-------------------|------------------------------|---|---|---------------------------------------|------------------------------|---|------------------------------|
| 7:30am- 9am | | | | | | | |
| 9:30am- 11am | POWER YOGA Andrei | KUNDALINI YOGA & MEDITATION Adriana | POWER YOGA Andrei | POWER YOGA Andrei | | KUNDALINI YOGA & MEDITATION Adriana | |
| 4pm- 5:30pm | | | KUNDALINI YOGA & MEDITATION Nalya | GENTLE FLOW Maria | | | |
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