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## *Karma Spa*

UNGASAN, BALI

### **OLA LIRKA, YOUR YOGA-IN-RESIDENCE**

FROM THE 18<sup>th</sup> TO THE 25<sup>th</sup> OF SEPTEMBER 2018



EXPERIENCE... A NEW LEVEL OF PRACTICE

# SEPTEMBER WELLNESS AND THAI MASSAGE

## TIMETABLE 18th - 25th September 2018

DATE	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER
DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITIES	MORNING YOGA	GENTLE FLOW	MORNING YOGA	GENTLE FLOW
TIMETABLE	9 AM - 10 AM	10 AM - 10 AM	9 AM - 10 AM	12 AM - 10 AM
INSTRUCTOR	SULENDRA	OLA LIRKA	SULENDRA	OLA LIRKA
VENUE	YOGA BALE	YOGA BALE	YOGA BALE	YOGA BALE
REFRESHING DRINKS	Infusion	Infusion	Infusion	Infusion
	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++
REFRESHING DRINKS	Coconut Water	Coconut Water	Coconut Water	Coconut Water
ACTIVITIES	SUNSET FLOW	HOT HIIT YOGA	VINYASA YOGA	HOT HIIT YOGA
TIMETABLE	4.30 PM - 6 PM	5 PM - 6.30 PM	5 PM - 6.30 PM	5 PM - 6.30 PM
INSTRUCTOR	ARI	OLA LIRKA	OLA LIRKA	OLA LIRKA
VENUE	YOGA BALE	YOGA BALE	YOGA BALE	YOGA BALE
REFRESHING DRINKS	Rosella Ice Tea	Detox juice	Detox juice	Detox juice

EXPERIENCE... A NEW LEVEL OF PRACTICE

# SEPTEMBER WELLNESS AND THAI MASSAGE

## TIMETABLE 18th - 25th September 2018

DATE	22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER
DAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
ACTIVITIES	TAICHI	SUNDAY WELLNESS	GENTLE FLOW	MORNING YOGA
TIMETABLE	13 AM - 10 AM	9 AM - 10 AM	12 AM - 10 AM	9 AM - 10 AM
INSTRUCTOR	WIRATI	ARI	OLA LIRKA	SULENDRA
VENUE	YOGA BALE	YOGA BALE	YOGA BALE	YOGA BALE
REFRESHING DRINKS	Infusion	Infusion	Infusion	Infusion
	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++	THAI MASSAGE 10.30 AM - 4 PM 3 person 60 MIN, IDR 2,850++
REFRESHING DRINKS	Coconut Water	Coconut Water	Coconut Water	Coconut Water
ACTIVITIES	SUNSET FLOW	SUNDAY WELLNESS	HOT HIIT YOGA	SUNSET FLOW
TIMETABLE	4.30 PM - 6 PM	3 AM - 4 AM	5 PM - 6.30 PM	4.30 PM - 6 PM
INSTRUCTOR	ARI	ARI	OLA LIRKA	ARI
VENUE	YOGA BALE	YOGA BALE	YOGA BALE	YOGA BALE
REFRESHING DRINKS	Rosella Ice Tea	Infusion	Detox juice	Rosella Ice Tea

EXPERIENCE... A NEW LEVEL OF PRACTICE



## **ABOUT OLA**

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Ola is a certified yoga teacher with over 575 hours of Yoga Alliance Accredited Trainings. Ola is a practitioner of many styles of yoga - from Vinyasa, Jivamukti, Ashtanga, to Bikram, HIIT and Sky Yoga.

On the mat, Ola finds inspiration in flowing movement, smooth transitions, and the knowledge that yoga unfolds differently every day.

## **ASK OLA ABOUT YOGA SESSIONS FOR**

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### VINYASA YOGA (60-90 MINS)

a physically and mentally stimulating practice for all levels of experience. The focus is on balance, breathing and connection to the earth.

### HOT HIIT YOGA FLOW (60 MINS)

a class which combines yoga and high-intensity interval training (HIIT), where the focus is on developing strength and stamina.

### GENTLE FLOW

Rise and shine! Get out of bed and roll out your yoga mat greeting the sunrise. Focus on awakening the body and mind.

**TWICE DAILY SESSIONS - ALL STYLES OF YOGA.  
TO BOOK OR FIND OUT MORE, VISIT OUR FRIENDLY SPA STAFF  
OR CONTACT RECEPTION ON +62 361 848 2200**