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Karma Spa

UNGASAN, BALI

OLA LIRKA IS IN THE HOUSE **16th - 28th April 2019**

Karma's Yoga Ambassador, Ola Lirka will be running twice-daily classes and private retreat sessions at Karma Kandara.

COMPLIMENTARY YOGA DAILY FOR IN-HOUSE GUESTS

Additional Themed Classes IDR 150,000++
Private Tuition IDR 750,000++ per person or
IDR 1,200,000++ per couple

YOGA + SPA DAY PASS

Enjoy a blissful day of pure wellness and restoration at Karma's seaside yoga bale and ocean cliff spa - with yoga, massage, wellness-cuisine and more

Your daily day pass example

8-9am Karma Yoga Flow | Young Coconut Water
45-minute Infrared Sauna

75-minute Karma customized massage

3-course wellness lunch at di Mare

Complimentary access to Karma Beach club - *all day!*
IDR 1,400,000 per person

Prices are subject to 10% service charge and 11% government tax

WE CREATE... WELLNESS

Classes are held at karma's seaside yoga bale at karma beach club
(advanced bookings recommended)

<p>TUESDAY 16 5-6pm - Intro to Yoga - complimentary</p>	<p>WEDNESDAY 17 8-9am - HIT (high-intensity) YOGA IDR 200,000++ 5-6pm - Karma Flow - complimentary</p>	<p>THURSDAY 18 8-9am - Rise & Shine Flow - complimentary 5-6pm - HIT YOGA (High intensity) 200,000++</p>
<p>FRIDAY 19 8-9am - Intro to Yoga - 200,000++ 5-6pm - Yin Yoga - complimentary</p>	<p>SATURDAY 20 8-9am - Rise & Shine Flow - complimentary 5-6pm - Mother & Daughter Yoga 200,000++ (2 pax)</p>	<p>SUNDAY 21 8-9am Rise & Shine Flow - 200,000++ 5-6pm - Couples Partner Yoga - complimentary</p>
<p>MONDAY 22 8-9am - HIT (high-intensity) yoga - complimentary 5-6pm - Karma Yoga Flow - 200,000++</p>	<p>TUESDAY 23 8-9am - Rise & Shine Flow 200,000++ 5-6pm Mother & Daughter- complimentary</p>	<p>WEDNESDAY 24 8-9am - Rise & Shine Flow - complimentary 5-6pm - Yin Yoga - 200,000++</p>
<p>THURSDAY 25 8-9am - HIT (high-intensity) Yoga 200,000++ 5-6pm - Karma Surrender Flow - complimentary</p>	<p>FRIDAY 26 8-9am - Rise & Shine Karma Flow 5-6pm - Intro to Yoga 200,000++</p>	<p>SATURDAY 27 8-9am - Rise & Shine Karma Flow 200,000++ 5-6pm - Yin Yoga - complimentary</p>
<p>SUNDAY 28 8-9am - Rise and Shine Flow - complimentary</p>		

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