

# Daily Yoga Sessions

## Kelapa Retreat & Spa - Bali



All levels Welcome!

### Morning Yoga Class

**8.00 - 9.15am**

Stretch into your day and feel your best with  
Asana (body postures) and Pranayama (breathing techniques)

### Late Afternoon Yoga Class

**4.30pm - 5.30pm**

This session includes gentle asana,  
breathing and meditation techniques to help you feel calm and  
fully relaxed

**Please book Sessions (and inquire about private classes) at the Front Desk**  
**Location - On the yoga platform by the beach**

\$US15 per person - includes 21% tax & service charge  
*Bookings & Cancellations before 8pm previous day*

Nugraha is our resident yoga instructor. He's a former Nurse, certified Traditional Hatha Yoga Teacher, Ayurveda Practitioner and Meditation facilitator. Meet him each morning and late afternoon on our yoga platform by the beach where he helps people to relieve stress, restore and strengthen their body and mind to a harmonic state. Feel free to chat with him about yoga philosophy or his other passions - music and permaculture.

