








Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45 am		Meditation (30 Min) FREE			Meditation (30 Min) FREE		UDARA SUNDAY FESTIVAL IDR 200K / Person 09.00 - 10.30 Ra Ma Da Sa Meditation & Yoga class 10.30 - 12.00 Ecstatic Dance 12.00 - 13.00 Sound Healing 13.00 - 13.30 Celebration of Life 10.30 - 14.30 Wellness Brunch
07.30 am	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	
09.00 am	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	
	Vinyasa (75 Min)	Vinyasa (75 Min)	Vinyasa (75 Min)	Vinyasa (75 Min)	Vinyasa Breathwok (75 Min)	Vinyasa (75 Min)	
10.30 am	Hatha (90 Min)	Qi Gong (75 Min)	Gentle Flow (90 Min)	Quantum Breathwork (90 Min)	Qi Gong (75 Min)	Pilates (60 Min)	
14.30 pm	Yoga Nidra & Meditation (60 Min)	Rebirthing Breathwork (75 Min)	Water Yoga (60 Min)		Myofascial Release & Yin (75 Min)		
16.00 pm	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Hatha (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
	Pilates (60 Min)	Water Yoga (60 Min)	Happy Healing Flow (90 Min)	Hatha (90 Min)	Water Yoga (60 Min)	Gentle Flow (75 Min)	Gentle Flow (75 Min)
17.30 pm	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)		Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
18.00 pm	Yin & Sound (90 Min)	Special Sunset Event	Special Sunset Event	Yin & Sound (90 Min)	Special Sunset Event	Yin & Sound (90 Min)	Yin & Sound (90 Min)

1. During the Aerial yoga teacher training from 21.-28. April some of the Aerial classes have to be cancelled as the shala will be blocked by the training group. Please check our social media for the latest updates.

2. FREE CLASSESS: Meditation Every Tuesday & Friday 06.45 am.

3. Previous reservation for our regular yoga classes is generally not required. For Aerial Yoga classes, we recommend to book your space in advance, as these classes tend to be busy and we only have a limited number of hammocks.

4. Limited Access for Special Events, please book your ticket in advance via www.megatix.co.id or at the Front Desk of Udara. See event dates & prices on the back side of this schedule & please check our social media @udarabali for the latest updates.

5. We start our classes and events in time. Please come early enough so you have time to sign-in at the front desk and setup your mat or Aerial yoga hammock before the class starts. For special events, doors close 15 minutes after start and latecomers will not be accepted. Tickets will not be refunded if you show up too late. Special discounts for KITAS holders and Indonesian citizens are available for single class tickets and special events tickets. Please present your valid KITAS or KTP card when you purchase your ticket and sign in at the Front Office.

6. Private Classes, Healing & Spa Treatments are available. For further information please contact Whatsapp +62 877-6537-7313.

*All Yoga Classes are free for our Hotel Guests!

1 Class	150.000 IDR
3 Classes	420.000 IDR
5 Classes	675.000 IDR
10 Classes	1.300.000 IDR
20 Classes	2.000.000 IDR

EVENTS & WORKSHOPS

CACAO & KIRTAN CEREMONY

Tuesday 2 & 16 April 2024
18.00 - 21.00

with Martina Reinbold & Udara Team
Ticket price 400K* / 350K IDR**
Pre-booking required.

RELAXING SOUND FLOAT

Wednesday 3 & 10 April 2024
18.00 - 19.15

with Udara Sound Healing Team
Pre-Sale: 250K* / 200K IDR**
On the door: 300K* / 250K IDR**

KIRTAN

Friday 5 April 2024
17.30 - 19.00

with Diana Beauty & Friends
Ticket price: 200K IDR* / 150K IDR**

INTEGRATED KUNDALINI AWAKENING

Saturday 6 April 2024
13.00 - 15.00

with Anna Sohana
Pre-Sale: 550K* / 500K IDR**
On the door: 600K* / 550K IDR**

GONG SOUND BATH

Tuesday 9 & 30 April 2024
18.00 - 19.30

with Udara Sound Healing Team
Pre-Sale: 300K* / 250K IDR**
On the door: 350K* / 300K IDR**

ECSTATIC SUNSET

THE FINEST BEACHFRONT ECSTATIC
DANCE CEREMONY IN BALI

Friday 12 April 2024
17.00 - 20.00

with Ritual Frequencies

Early Bird Price: 400K IDR *until April 7 for 20 tickets.*

Pre-Sale: 550K *until April 10 for 50 tickets.*

Regular price: 700K *April 11-12.*

KUNDALINI ACTIVATION PROCESS

Saturday 13 April 2024
13.00 - 15.00

with Marika Daya
Pre-Sale: 550K* / 500K IDR**
On the door: 600K* / 550K IDR**

SPA NIGHT DELUXE

Saturday 13 April 2024
18.00 - 21.00

with Martina Reinbold
Ticket price 500K* / 450K IDR**
Pre-booking required.

SHAMANIC BREATHWORK

CEREMONY

Wednesday 17 & 24 April 2024
18.00 - 20.00

With Christa Denz
Pre-Sale: 350K* / 300K IDR**
On the door: 400K* / 350K IDR**

MYOFASCIAL RELEASE & YIN

Friday 19 April 2024
18.00 - 20.00

with Gita Stanipar
Pre-Sale: 250K* / 200K IDR**
On the door: 300K* / 250K IDR**

BREATHWORK FOR TRAUMA RELEASE & MANIFESTATION

Saturday 20 April 2024
13.30 - 15.30

with Edwin Tan
Pre-Sale: 450K* / 400K IDR**
On the door: 550K* / 500K IDR**

GROUND(Y)IN - YIN & LIVE MUSIC

Tuesday 23 April 2024
18.00 - 20.00

with Hanna Hereandnow
Pre-Sale: 250K* / 200K IDR**
On the door: 300K* / 250K IDR**

REBIRTHING BREATHWORK

with LIVE DJ

Friday 26 April 2024
18.00 - 20.00

with Gita & Dj Fxckmewell
Pre-Sale: 300K* / 350K IDR**
On the door: 400K* / 450K IDR**

QUANTUM BREATHWORK

& SOUND HEALING

Saturday 27 April 2024
12.00 - 14.00

With Gus Wira
Pre-Sale: 300K* / 250K IDR**
On the door: 350K* / 300K IDR**

Please scan this QR code for event
descriptions & tickets.

