

Time	Shala	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45	Shiva		Meditation (30 Min) <b>FREE</b>			Meditation (30 Min) <b>FREE</b>		<b>UDARA SUNDAY</b> <b>FESTIVAL</b> 09.00 - 10.30 Gong & Ra Ma Da Sa Meditation
07.30	Baruna	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	
07.45	Om Dome	Vocal Sound Healing (60 Min)	Vocal Sound Healing (60 Min)	Vocal Sound Healing (60 Min)	Vocal Sound Healing (60 Min)	Vocal Sound Healing (60 Min)	Vocal Sound Healing (60 Min)	
08.00	Vayu	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	09.15 - 10.30 Breathwork Class at Shiva Shala
09.00	Baruna	Power Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Power Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	
	Shiva	Vinyasa Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Breathwork (75 Min)	Vinyasa Yoga (75 Min)	09.15 - 10.30 Yoga Class at Baruna Shala
09.30	Vayu		Aerial Pilates (60 Min)		Aerial Pilates (60 Min)	Aerial Pilates (60 Min)		
10.00	Quantum Dome	Prana Harmony (90 Min)	Prana Harmony (90 Min)	Svarga Sound Journey (90 Min)	Prana Harmony (90 Min)	Prana Harmony (90 Min)	Svarga Sound Journey (90 Min)	10.30 - 12.00 Ecstatic Dance at Baruna Shala
10.30	Shiva	Hatha Yoga (90 Min)	Qi Gong (75 Min)	Gentle Flow (90 Min)	Quantum Breathwork (90 Min)	Qi Gong (75 Min)	Pilates (60 Min)	
11.00	Om Dome	Dream Dome (90 Min)	Dream Dome (90 Min)	Dream Dome (90 Min)	Dream Dome (90 Min)	Dream Dome (90 Min)	10.30/13.00 <b>SPECIAL EVENT</b>	12.00 - 13.00 Sound Healing
12.00	Quantum Dome	Sacred Sounds of Surya (120 Min)	Sacred Sounds of Surya (120 Min)	Sacred Sounds of Surya (120 Min)	Sacred Sounds of Surya (120 Min)	Sacred Sounds of Surya (120 Min)	Sacred Sounds of Surya (120 Min)	13.00 - 13.30 Celebration of Life
13.00	Devi	Aerial Relaxation (75 Min)	Aerial Relaxation (75 Min)	Aerial Relaxation (75 Min)	Aerial Relaxation (75 Min)	Aerial Relaxation (75 Min)	Aerial Relaxation (75 Min)	 10.30 - 14.30
	Om Dome						Dream Dome (90 Min)	
14.30	Shiva	Quantum Breathwork (75 Min)	Myofascial Release & Yin (75 Min)	Water Yoga (60 Min)	<b>SPECIAL EVENT</b> 15.00-17.00 Breath of Ascension	Myofascial Release & Yin (75 Min)	Myofascial Release & Yin (75 Min)	
	Devi							
	Pool							
15.00	Quantum Dome	Svarga Sound Journey (90 Min)	Svarga Sound Journey (90 Min)		Svarga Sound Journey (90 Min)	Svarga Sound Journey (90 Min)		Svarga Sound Journey (90 Min)
16.00	Baruna	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Power Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
	Shiva	Pilates (60 Min)	Water Yoga (60 Min)	Happy Healing Flow (90 Min)	Hatha Yoga (90 Min)	Hatha Yoga (75 Min)		Meditative Yoga (75 Min)
	Pool					Water Yoga (60 Min)		
17.00	Vayu	Aerial Yoga (75 Min)		Aerial Yoga (75 Min)	Aerial Yoga (75 Min)		4.30 pm Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
17.30	Baruna	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)		Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
	Quantum Dome							Svarga Sound Journey (90 Min)
18.00	Lotus Temple	Yin & Sound (90 Min)	<b>SPECIAL EVENT</b>	Yin & Sound (90 Min)	Yin & Sound (90 Min)	<b>SPECIAL EVENT</b>	Yin & Sound (90 Min)	Yin & Sound (90 Min)
	Shiva							
	Quantum Dome			Celestial Sound Healing Concert (120 Min)	<b>SPECIAL EVENT</b>		Celestial Sound Healing Concert (120 Min)	

# Quantum Sound Domes

## **Sacred Sounds of Surya**

Illuminating the radiant self with healing frequencies in a magical sphere

**Monday – Saturday 12.00-14.00**

## **Dream Dome**

A Psychedelic Light & Sound Journey

**Monday – Friday 11.00-12.30 & Saturday 13.00-14.30**

## **Celestial Sound Healing Concert**

A mystical journey of world rhythms and sacred sounds

**Wednesday & Saturday 18.00-20.00**

## **Svarga Sound Journey**

The Healing Power of Gongs and Cosmic Vibrations

**Mon & Tue 15.00-16.30, Wed 10.00-11.30, Thu & Fri 15.00-16.30,**

**Sat 10.00-11.30, Sun 15.00-16.30 & 17.30-19.00**

## **Prana Harmony**

Nourish Your Spirit with Uplifting Sound Healing

**Monday & Tuesday 10.00-11.30, Thursday & Friday 10.00-11.30**



Please scan this QR code  
for event descriptions & tickets.

## Events & Workshops

We host a variety of Special Events, such as **Cacao & Kirtan Ceremonies, Breathwork Sessions, Kundalini Activations, Hypnotherapy Workshops** and much more!

## Udara Sunday Festival

Join our vibrant community each Sunday to open our hearts and minds with **Yoga, Breathwork, Ecstatic Dance, Sound Healing and the Celebration of Life.**

1. Please book your space in advance for Aerial Yoga classes, as spaces are limited.
2. Special Events and Sound Healings need to be pre-booked at the Front Desk or via megatix (scan code above).
3. Please check our social media @udarabali for the latest schedule updates.
4. We start our classes and events in time. Please calculate enough time for traffic, registration and setup of your yoga mat or hammock. For Special Events, doors close 15 min after start, latecomers will not be accepted and tickets will not be refunded.
5. Special discounts are available for Indonesian citizens upon presentation of their KTP at purchase and registration.

\* Please note that sound healings, special events, and the Udara Sunday Festival have different pricing than regular yoga classes.

\* For more information about bookings, private classes, spa & healing treatments please contact WhatsApp +62 877-6537-7313.

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

\* All Yoga Classes are free for our Hotel Guests!