

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45		Meditation (30 Min) <b>FREE</b>			Meditation (30 Min) <b>FREE</b>		<b>UDARA SUNDAY FESTIVAL</b>  09.00 - 09.15 Gong & Ra Ma Da Sa Meditation
07.30	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	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)	09.15 - 10.30 Breathwork Class at Shiva & Baruna Shala
08.00						Aerial Yoga (75 Min)	09.15 - 10.30 Yoga Class at Vayu Shala
09.00	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 Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Yoga (75 Min)	Vinyasa Breathwork (75 Min)	Vinyasa Yoga (75 Min)	09.30 - 10.30 Movement Class at Lotus Temple
09.30		Aerial Pilates (60 Min)				Aerial Pilates (60 Min)	
	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	10.30 - 12.00 Udara Sunday Dance at Baruna Shala
10.30	Hatha Yoga (90 Min)	Qi Gong (75 Min)	Gentle Flow (90 Min)	Quantum Breathwork (90 Min)	Qi Gong (75 Min)	Hatha Yoga (90 Min)	
	Dream Dome (120 Min)	Dream Dome (120 Min)	Dream Dome (120 Min)	Dream Dome (120 Min)	Dream Dome (120 Min)		12.00 - 13.00 Sound Healing
12.00	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	13.00 - 14.00 Celebration of Life
12.30						Dream Dome (120 Min)	
13.00	Aerial Yin (75 Min)	Aerial Yin (75 Min)	Aerial Yin (75 Min)	Aerial Yin (75 Min)	Aerial Yin (75 Min)	Aerial Yin (75 Min)	 <b>ALL YOU CAN EAT BRUNCH</b> 10.30 - 14.30
14.30	Quantum Breathwork (75 Min)	Myofascial Release & Yin (75 Min)	Water Yoga (60 Min)	<b>SPECIAL EVENT 15.00-17.00</b>	Myofascial Release & Yin (75 Min)	Myofascial Release & Yin (75 Min)	
	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Svarga Sound Journey (120 Min)	Sacred Sounds of Surya (150 Min)	Sacred Sounds of Surya (150 Min)	Svarga Sound Journey (120 Min)	Sacred Sounds of Surya (150 Min)
16.00	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)
		Water Yoga (60 Min)	Happy Healing Flow (90 Min)	Hatha Yoga (90 Min)	Hatha Yoga (90 Min)		Meditative Yoga (75 Min)
					Water Yoga (60 Min)		
17.00						4.30 pm Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
17.30	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)	Aerial Yoga (75 Min)
							Sacred Sounds of Surya (150 Min)
18.00	Yin & Sound	<b>SPECIAL EVENT</b>	Celestial Sunset or Celestial Kirtan (120 Min)	Yin & Sound (90 Min)	<b>SPECIAL EVENT</b>	Celestial Sunset (120 Min)	Yin & Sound (90 Min)
	Relaxing Sound Float or Shamanic Sound Journey			<b>SPECIAL EVENT</b>			

## Quantum Sound Domes

### Sacred Sounds of Surya

Illuminating the radiant self with healing frequencies in a magical sphere

**Monday & Tuesday 09.30-12.00 & 12.00-14.30 & 14.30-17.00, Wednesday 09.30-12.00 & 12.00-14.30,**

**Thursday & Friday 09.30-12.00 & 12.00-14.30 & 14.30-17.00, Saturday 09.30-12.00 & 12.00-14.30,**

**Sunday 14.30-17.00 & 17.30-20.00**

### Svarga Sound Journey

The Healing Power of Gongs and Cosmic Vibrations

**Wednesday & Saturday 14.30-16.30**

### Celestial Sunset

A Musical Journey of World Rhythms and Sacred Sounds

**Wednesday & Saturday 18.00-20.00**

### Celestial Kirtan

Meditative Mantras in the Quantum Sound Dome

**Wednesday 18.00-20.00 (bi-weekly)**

### Dream Dome

A Psychedelic Light & Sound Journey

**Monday – Friday 10.30-12.30 & Saturday 12.30-14.30**

### Relaxing Sound Float

A Blissful Sound Immersion in the Cocoon of Aerial Hammocks

**Monday 18.00-19.30 (bi-weekly)**

### Shamanic Sound Journey

**Monday 18.00-19.30 (bi-weekly)**



Please scan this QR code to see the full schedule for events and classes on our website and book your tickets in advance.

## 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, Movement Class, Udara Sunday 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 mومence (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
170.000 IDR	475.000 IDR	765.000 IDR	1.475.000 IDR	2.265.000 IDR

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