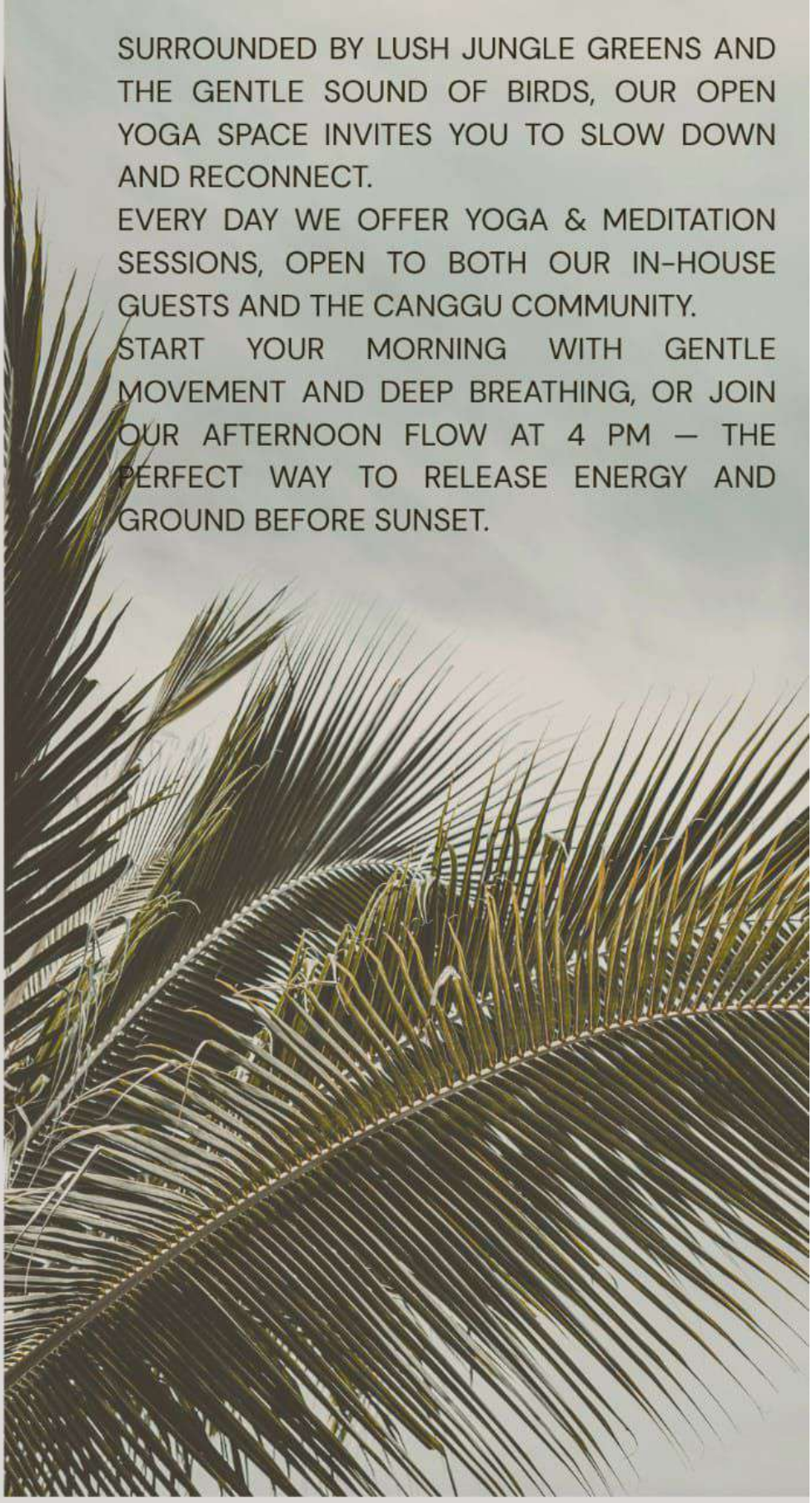
YOGA:

SURROUNDED BY LUSH JUNGLE GREENS AND THE GENTLE SOUND OF BIRDS, OUR OPEN YOGA SPACE INVITES YOU TO SLOW DOWN AND RECONNECT.

EVERY DAY WE OFFER YOGA & MEDITATION SESSIONS, OPEN TO BOTH OUR IN-HOUSE GUESTS AND THE CANGGU COMMUNITY.

START YOUR MORNING WITH GENTLE MOVEMENT AND DEEP BREATHING, OR JOIN OUR AFTERNOON FLOW AT 4 PM — THE PERFECT WAY TO RELEASE ENERGY AND GROUND BEFORE SUNSET.



Our experienced teachers guide you through classes suitable for all levels — from beginners to advanced practitioners — blending Vinyasa, Yin, and Meditation styles depending on the day.

All classes take place in our open-air shala, a peaceful space on the second floor surrounded by nature. Mats and props are provided.

SCHEDULE:

🕗 MORNING SESSION — 8:00 AM

🕓 AFTERNOON FLOW — 4:00 PM

JOIN US FOR ONE CLASS, OR STAY FOR THE FULL EXPERIENCE — BREATHE, STRETCH, AND RECONNECT WITH YOURSELF AT JUNGLEROOM.

MORNINGS AWAKENING FLOW

BEGIN YOUR DAY WITH A GENTLE VINYASA SEQUENCE THAT WAKES THE BODY AND CLEARS THE MIND.
THIS CLASS FOCUSES ON BREATH, FLOW, AND GROUNDING — THE PERFECT START TO A MINDFUL DAY IN BALI.

MEDITATION & BREATHWORK

STILLNESS IS ALSO MOVEMENT.
OUR GUIDED SESSIONS HELP YOU RECONNECT INWARD, CALM YOUR NERVOUS SYSTEM, AND CREATE MENTAL SPACE FOR CLARITY AND PEACE.

DANCE MEDITATION

MOVE BEYOND FORM AND FLOW INTO FREEDOM.
THROUGH INTUITIVE MOVEMENT, RHYTHM, AND MUSIC, YOU'LL RECONNECT WITH JOY AND THE BODY'S NATURAL WISDOM.
THIS IS YOUR SPACE TO EXPRESS, FEEL, AND SIMPLY BE.

AFTERNOON FLOW & RESTORE

AT 4 PM, AS THE LIGHT BEGINS TO SOFTEN, WE SLOW EVERYTHING DOWN.
THIS SESSION IS ALL ABOUT RELEASE — FLOWING MOVEMENT, STRETCHING, AND DEEP RELAXATION.
IDEAL FOR BALANCING YOUR ENERGY AFTER A DAY OF EXPLORATION.

RELEASE YOGA

LET IT OUT.
A POWERFUL PRACTICE BLENDING MOVEMENT, SOUND, AND EMOTIONAL RELEASE — HELPING YOU FREE BUILT-UP ENERGY AND TENSION.
RAW, HEALING, AND DEEPLY TRANSFORMATIVE.

YIN & GENTLE STRETCH

A SLOW, RESTORATIVE PRACTICE FOCUSING ON DEEP STRETCHES, LONGER HOLDS, AND MINDFUL BREATHING.
PERFECT FOR THE END OF THE DAY — TO UNWIND BOTH BODY AND SOUL.