



YOGA





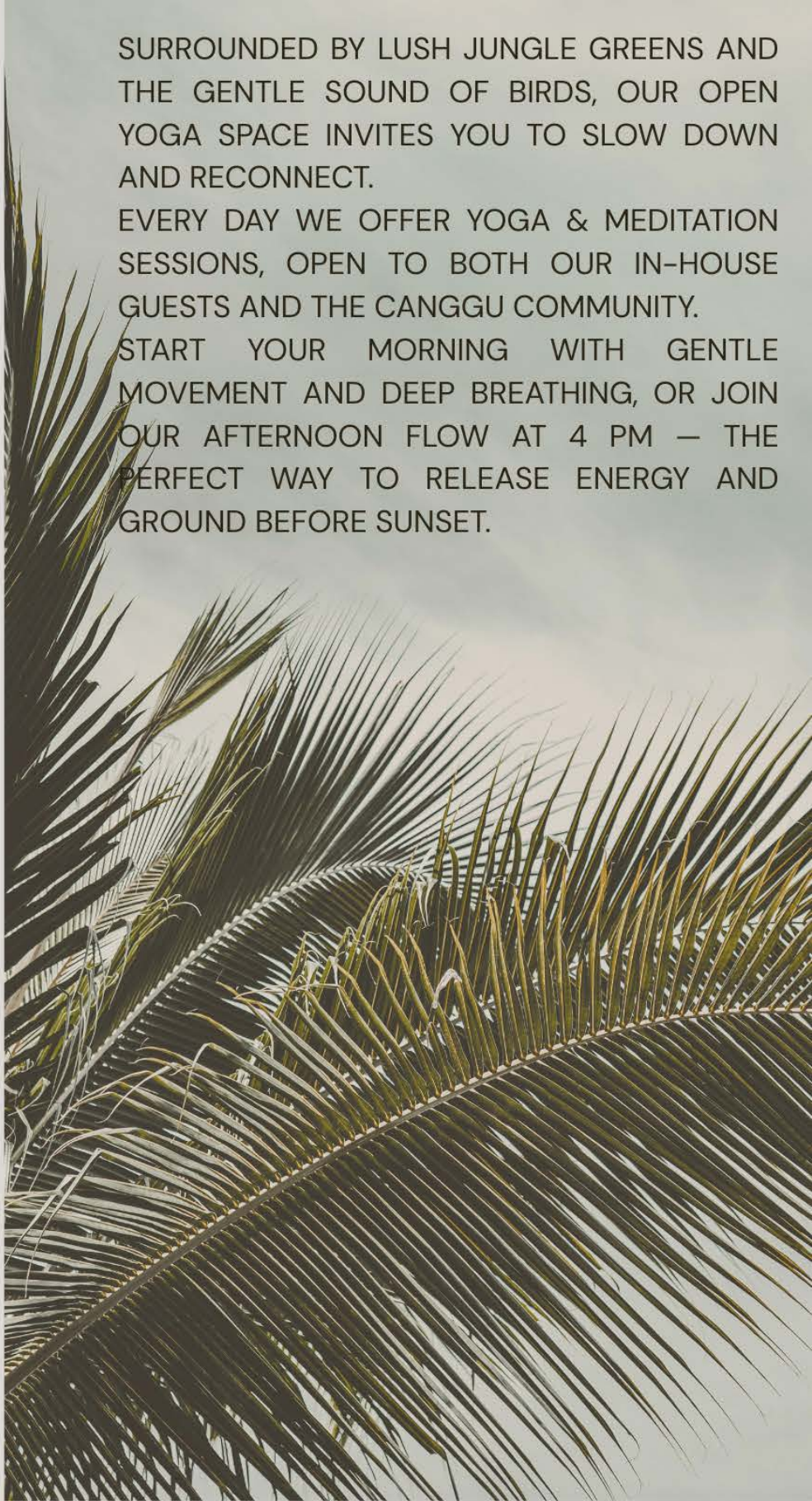
## YOGA:

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.

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.



### 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.



