

heart
SPACE

Classes & Events

	SUN	MON	TUE	WED	THU	FRI	SAT
8 AM	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN	8:00 - 9:15 AM MORNING FLOW: YANG TO YIN
9 AM							
10 AM	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA	9:45 - 11:00 AM HEALING YIN YOGA
11 AM							
12 NN	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY	11:30 - 1:00 PM RESTORATIVE YIN SOUND JOURNEY
1 PM	<p>Our Private Sessions: BALINESE HEALERS or PRIVATE YOGA CLASSES</p> <p>Explore a personalized healing journey for your body, mind, & soul. Choose from Pranah Healing, Acupuncture, Therapeutic Massage, or a Private Yoga or Sound Healing session.</p> <p>Book at the studio reception or at heartspacebali.com</p>						
2 PM							
3 PM							
4 PM							
5 PM							
6 PM	6:00 - 7:15 PM BREATHWORK MEETS ANCIENT MEDICINE WITH MARC	6:00 - 7:15 PM CACAO CEREMONY YIN & SOUND HEALING				6:00 - 7:15 PM CACAO & MERIDIAN RESTORATION SOUND JOURNEY	
7 PM							

PRICELIST

MORNING CLASSES

- *Morning Flow: Yang to Yin (75 Min) - 150k
- *Healing Yin Yoga (75 Min) - 150k
- Restorative Yin Sound Journey (90 Min) - 200k

EVENING EVENTS

- Breathwork Meets Ancient Medicine with Marc - 300k
- Cacao Ceremony: Yin & Sound Healing - 250k
- Cacao & Meridian Restoration Sound Journey - 250k

*These classes are valid with our class pass
(5x Sessions: 650k | 10x Sessions: 1.2M)



BOOK HERE