

MYSORE STYLE ASHTANGA CLASSES

with Iain Grysak at Seeds of Life Cafe in Ubud



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mysore Style Practice	Mysore Style Practice	Mysore Style Practice	Mysore Style Practice	Mysore Style Practice	Led Primary Series	No Class
6:30 - 9:30AM	6:30 - 9:30AM	6:30 - 9:30AM	6:30 - 9:30AM	6:30 - 9:30AM	7:00 - 9:00AM	

* Latest starting time for Mysore style class is 7:15 am

** Class timings subject to change. Please email iaingrysak@gmail.com to confirm the current schedule.

No Practice on the New and Full Moon Days:

Thurs, Jan 12
Sat, Jan 28

Sat, Feb 11
Sun, Feb 26

Sun, Mar 12
Tues, Mar 28

Tues, Apr 11
Wed, Apr 26

Thurs, May 11
Fri, May 26

Note: Beginners to this system of yoga must commit to a minimum of one week.

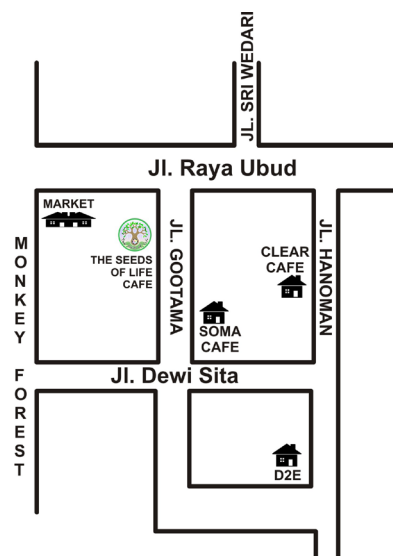
Tuition

2+ months (price per month)	Rp 2 100 000	(150 USD)
1 month	Rp 2 800 000	(200 USD)
1 week	Rp 850 000	(60 USD)
20 classes	Rp 2 800 000	(200 USD)
10 classes	Rp 1 700 000	(120 USD)
1 class	Rp 200 000	(15 USD)

*Payment can be made in cash. USD values are given for reference. To pay by credit card or bank transfer contact iaingrysak@gmail.com

Class Location

The Seeds of Life Raw Food Cafe
No. 2 Jl Goutama, Ubud



SPACIOUS YOGA

The Seeds of Life Raw Food Cafe and Tonic Bar
No. 2 Jl Goutama, Ubud, Bali 80571

CONTACT

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<http://spaciousyoga.com>



www.spaciousyoga.com