

# YOGA Schedule

Monday	6:30-7:30 SUNRISE SLOW FLOW	8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>WORKSHOP</b> ART OF SEQUENCING		17:00-18:00 WIND DOWN YIN RESTORATIVE
Tuesday		8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>OPEN WORKSHOP</b>	15:00-16:00 <b>WORKSHOP</b> CHAKRA	17:00-18:00 SUNSET VINYASA
Wednesday	6:30-7:30 SUNRISE SLOW FLOW	8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>WORKSHOP</b> BEND & TWISTS		17:00-18:00 WIND DOWN YIN RESTORATIVE
Thursday		8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>OPEN WORKSHOP</b>	15:00-16:00 <b>WORKSHOP</b> ASANA LAB	17:00-18:00 SUNSET VINYASA
Friday	6:30-7:30 SUNRISE SLOW FLOW	8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>WORKSHOP</b> PARTNER YOGA		17:00-18:00 WIND DOWN YIN RESTORATIVE
Saturday		8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION		15:00-16:00 <b>WORKSHOP</b> PRANAYAMA YOGA NIDRA	17:00-18:00 SUNSET VINYASA
Sunday		8:00-9:00 RISE & SHINE VINYASA	9:00-9:30 AWAKEN GUIDED MEDITATION	11:00-12:00 <b>WORKSHOP</b> MOVING INWARDS		17:00-18:00 WIND DOWN YIN RESTORATIVE

**ADVANCE BOOKING AND PAYMENT ARE REQUIRED FOR  
SUNRISE SLOW FLOW CLASS AND WORKSHOPS**

DEEP ROOTS DIVE & YOGA RESORT



DEEP ROOTS DIVE & YOGA RESORT

# Yoga Pricelist

90K

AWAKEN GUIDED  
MEDITATION

160K

SINGLE DROP IN

220K

MORNING YOGA +  
GUIDED MEDITATION  
BUNDLE

450K

3-CLASS PASS  
(1 MONTH VALIDITY)

700K

5-CLASS PASS  
(1 MONTH VALIDITY)

1.3M

10-CLASS PASS  
(3 MONTHS VALIDITY)

300K

WORKSHOP

140K

KITAS HOLDER RATE  
SINGLE DROP IN