



YOGA SHALA

CLASSES | WORKSHOPS | REIKI | TAROT READING

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Welcome to the Yoga Shala at Deep Roots, where every class is guided with love, creating space for you to reconnect, restore, and find balance within. Our yoga offerings are inspired by a deep passion for holistic well-being and the transformative power of mindful movement.

Whether you're here to flow to start your day, unwind in the evening, or dive deeper into your yoga journey, we aim to make every moment meaningful.

With love,
Deep Roots Yoga Team



YOGA PRICELIST

90K	Meditation Class
160K	Single Drop-In
220K	Yoga + Meditation Bundle
450K	3 Class Pass (Valid for 1 month)
700K	5 Class Pass (Valid for 1 month)
1.3M	10 Class Pass (Valid for 1 month)
300K	Workshop
140K	Local / Kitas Rate

Pre-booking and pre-payment are required for all yoga activities.
Book your spot online or at the front desk.

DAILY YOGA SCHEDULE

MON	8AM Rise & Shine Vinyasa 9AM Awaken Meditation 5PM Wind Down Yin Restorative
TUE	8AM Morning Hatha 9AM Awaken Meditation 5PM Sunset Yoga
WED	8AM Rise & Shine Vinyasa 9AM Awaken Meditation 5PM Wind Down Yin Restorative
THU	8AM Morning Hatha 9AM Awaken Meditation 5PM Sunset Yoga
FRI	8AM Rise & Shine Vinyasa 9AM Awaken Meditation 5PM Wind Down Yin Restorative
SAT	8AM Morning Hatha 9AM Awaken Meditation 5PM Sunset Yoga
SUN	8AM Rise & Shine Vinyasa 9AM Awaken Meditation 5PM Wind Down Yin Restorative

YOGA CLASS DESCRIPTION

RISE & SHINE VINYASA

This dynamic flow class will guide you through a series of fluid movements, connecting breath with each pose. This class focuses on building strength, flexibility, and mindfulness, leaving you feeling refreshed and ready to embrace the day. Expect a combination of standing poses, core work, and gentle stretching, all set to an uplifting pace to wake up your body and spirit.

MORNING HATHA YOGA

This class offers a slower, more deliberate practice, focusing on basic postures, alignment, and breath control. Ideal for all levels, you will enjoy a blend of standing, seated, and balancing poses, along with deep stretches that promote relaxation and body awareness. You'll leave feeling grounded, calm, and ready for the day.

AWAKEN GUIDED MEDITATION

This session is designed to help you find calm, focus, and mental balance through a series of guided breathing techniques, visualisation exercises, and mindfulness practices. Whether you're new to meditation or experienced, this class provides a peaceful space to quiet your mind, reduce stress, and set positive intentions for the day ahead.

SUNSET YOGA

A hybrid of Hatha and Vinyasa yoga, this gentle class focuses on grounding postures, slow movements, and mindful breathing, allowing you to release the day's stress and reconnect with yourself. This class is the perfect way to reflect, relax, and prepare for a restful evening.

WIND DOWN YIN RESTORATIVE

This class is designed for deep relaxation and release through passive poses and long holds. Perfect for those seeking to cultivate flexibility and inner stillness, the class includes plenty of props to support your body in each pose, making it accessible and soothing for all levels. Expect to leave feeling rejuvenated and deeply rested.

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BOOK YOUR SPOT ONLINE OR AT THE FRONT DESK.



UNIQUE OFFERINGS



REIKI 1 HR

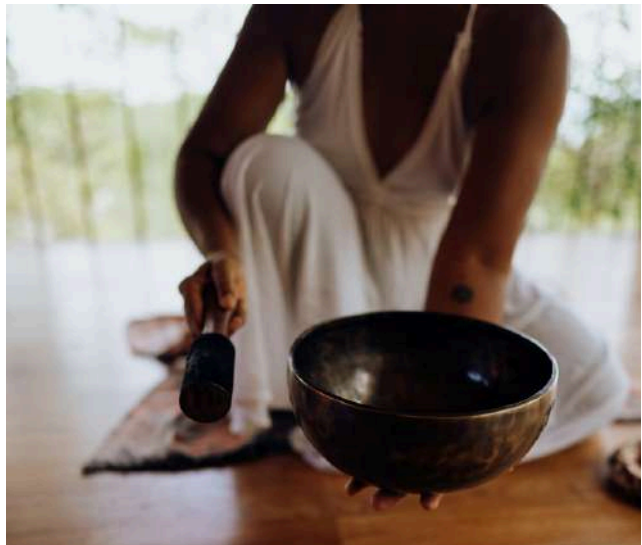
IDR 900K

REIKI 1.5 HR

IDR 1.2M

SOUND HEALING

IDR 900K



MONTHLY WORKSHOPS / CACAO CEREMONY

IDR 300K

TAROT CARD READING

IDR 800K



WORKSHOP DESCRIPTION

MYOFACIAL RELEASE

This hands-on session is designed to guide you through the gentle yet powerful techniques of self-myofascial release. Using massage balls, you'll learn how to release deep layers of connective tissue, restoring balance and promoting relaxation throughout your body.

CHAKRA

Experience both theory and practice to deepen your understanding of the chakra system. Through gentle movement, meditation, and introspective activities, you will learn to tune into each chakra's unique qualities and harness their power for personal growth and healing.

SOUND JOURNEY

This meditative experience is a deep journey with sounds. Through the soothing resonance of instruments like singing bowls and vibrational tools, you'll be guided into a state of deep relaxation and expanded awareness.

PARTNER YOGA

Nourish your connection and trust in yourself, in your partner, or another in this workshop. Support each other's growth and expansion through synchronised breath and movement. Feel the joy of shared presence in this playful and heart-centred experience.

YOGA NIDRA

Enter deep relaxation and profound healing. Like a gentle lullaby for the soul, this experience transports you to the threshold between wakefulness and sleep. Experience the blissful surrender of body and mind as you release tension, unravel stress, and awaken to your innate wisdom.

TAROT FOR YOGIS

Cultivate intuition in this unique workshop. Designed to blend the wisdom of the tarot with the mindfulness and embodiment of yoga, this workshop offers a powerful journey of self-discovery. Through guided meditations, reflective tarot readings, and gentle yoga sequences, you'll explore the symbolic messages of the tarot and how they can support your yoga practice.

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**Breath is the
love language
of the soul.**

YOGA SHALA AT DEEP ROOTS DIVE & YOGA RESORT