

YOGA



CLASSES | WORKSHOPS | REIKI | TAROT READING

WWW.DEEPROOTS-PENIDA.COM



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)
800K	7-Day Unlimited
300K	Workshop

PRE-BOOKING AND PRE-PAYMENT ARE REQUIRED FOR ALL YOGA ACTIVITIES. BOOK YOUR SPOT AT THE FRONT DESK. YOGA PRICES ARE NETT AND INCLUDE GOVERNMENT TAX AND SERVICE CHARGES.

DAILY CLASS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
8:00-9:00 POWER SCULPT	8:00-9:00 MOVE + MOBILIZE	8:00-9:00 HATHA	8:00-9:00 FLUID FLEXI	8:00-9:00 HATHA	8:00-9:00 WARRIOR WORKOUT	8:00-9:00 MOBILITY
9:00-9:30 GUIDED MEDITATION						
17:00-18:00 DEEP STRETCH	17:00-18:00 RESTORATIVE	17:00-18:00 GENTLE YOGA	17:00-18:00 DEEP STRETCH	17:00-18:00 STEADY STRENGTH	17:00-18:00 RESTORATIVE	17:00-18:00 SLOW BURN FLOW

CLASS DESCRIPTION

POWER SCULPT

A high-energy class combining strength training and yoga-inspired moves to tone muscles, build endurance, and boost fitness.

MOVE + MOBILIZE

A dynamic session focused on improving joint mobility, flexibility, and overall range of motion through mindful movement.

HATHA

A steady-paced yoga class combining gentle to intermediate poses, breathwork, and focused attention to improve balance and flexibility.

FLUID FLEXI

A smooth, flowing practice designed to lengthen muscles, increase flexibility, and release tension through graceful movements.

WARRIOR WORKOUT

An empowering blend of strength, balance, and cardio moves inspired by yoga's warrior poses for a strong, confident body.

MOBILITY

A targeted class to keep your joints healthy and free, combining stretches and functional movements for everyday ease.

DEEP STRETCH

A slow, relaxing class holding stretches for longer periods to release tight muscles and improve flexibility.

RESTORATIVE

A deeply calming class using props to support the body in gentle poses, helping you rest, relax, and reset.

GENTLE YOGA

A slow and soothing yoga practice perfect for beginners or anyone wanting to unwind and move with ease.

STEADY STRENGTH

A controlled, low-impact strength class focusing on building stability, balance, and muscle tone at a steady pace.

SLOW BURN FLOW

A mindful, heat-building flow that moves at a slower pace, allowing you to deepen your strength, control, and alignment.



UNIQUE OFFERINGS

REIKI 1 HR

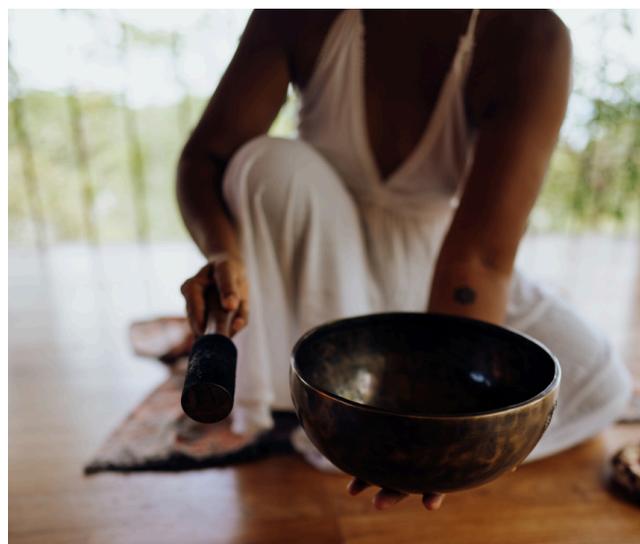
IDR 1M NETT

REIKI + BODY WORK 1.5 HRS

IDR 1.35M NETT

REIKI + BODY WORK 2 HRS

IDR 1.65M NETT



CACAO CEREMONY

IDR 350K NETT

PRIVATE CACAO

IDR 400K NETT



TAROT CARD READING

IDR 800K NETT



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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WORKSHOP DESCRIPTION

ART OF SEQUENCING

In this workshop, movement and breath becomes poetry. Delve into the architecture of yoga sequences and mindful movement. Learn to string and weave poses together to create seamless asana flows. Build your confidence in choreographing sequences that resonate with your soul.

BEND & TWIST

Surrender to the graceful arcs and gentle spirals of the body in our Bend & Twist workshop. Like supple branches reaching for the sky, discover the fluidity and strength within as you explore the depths of twists and the expansiveness of bends. This workshop is a celebration of flexibility and resilience, inviting you to flow with the rhythm of your breath.

ASANA LAB

In the Asana Lab workshop, curiosity is the compass and the body is the canvas. Experiment with alignment, play with variations, and unlock the secrets of each asana under the guidance of our teachers who are committed to helping you build a strong foundation for your practice.

MOVING INWARDS

Close your eyes and open your heart to the transformative power of moving inwards. In this unique, blindfold workshop, sight gives way to insight as you navigate the landscape of your inner world. Without the distractions of external stimuli, dive deep into sensation, intuition, and presence.

MENTORING FOR YOGA TEACHERS

This workshop is designed for yoga teachers looking to deepen their knowledge, enhance their teaching skills, and cultivate authenticity in their classes. Whether you're a newly certified teacher or a seasoned practitioner, this mentoring experience offers personalised guidance to refine your teaching style and build confidence in your offerings.

INVERSION & ARM BALANCE

This workshop is designed to guide you through the foundations of arm balances and inversions, building strength, flexibility, and confidence.

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