



Bali ALIVE

Culture. Arts. Tradition.

PROGRAM ITINERARY

10 NIGHTS / 11 DAYS



DAYS 1-7 : UBUD



Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists' workshops and galleries. Here you find remarkable architecture as well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.



DAY 1 (D)

- ◆ Arrive into Denpasar, Bali in the early afternoon.
- ◆ Settle into the hotel, freshen up, and relax.
- ◆ Enjoy your first taste of Balinese cuisine at our welcome dinner, then off to a good night's sleep.

DAY 2 (B, L, D)

- ◆ A fun introductory cultural workshop with teachers of traditional Balinese music, dance, woodcarving, and offering-making.
- ◆ Lunch together at a local Balinese restaurant, where you'll get an introduction to Indonesia's famous dish, *nasi campur*, or "mixed rice," which includes a variety of flavorful dishes over a bed of warm rice.
- ◆ Private tour and coffee with Agung Rai, the founder and visionary behind the world-renowned ARMA Museum, home to an outstanding collection of traditional Balinese art.
- ◆ Dinner at Kafe ARMA, an open-air restaurant surrounded by the peaceful gardens of ARMA Museum.





DAY 3 (B, L)

- ◆ Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.
- ◆ Visit to a holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Indulge in a delicious lunch above panoramic views of the Mt. Batur volcano.
- ◆ Return to Ubud for shopping, exploring Ubud, optional spa treatments, or relaxing.
- ◆ Dinner on your own.



DAY 4 (B, L, D)

- ◆ Go to the morning market to gather ingredients and try your hand at making some delicious traditional Balinese and Indonesian dishes in a cooking class at Casa Luna, an Ubud landmark serving authentic Balinese food for more than 25 years.
- ◆ Enjoy your culinary creations from the cooking class for lunch.
- ◆ Visit a traditional healer, or *balian*, and learn about their journey to becoming a healer and their role in providing physical and emotional healing in their local community.
- ◆ Put on your special Balinese outfit to attend an exclusive Royal Palace tour & dinner at the Peliatan Palace. Prince Cokorda Agung Krisna Dalem, one of the young Royal Family Balinese Princes located in Peliatan Palace, will meet personally with your group and spend an evening in fascinating discussions about issues facing Bali and its culture in the 21st century.
- ◆ Marvel at an evening performance of the traditional Barong and Keris Dance, which describes the eternal fight between good and evil.





DAY 5 (B, L, D)

- ◆ Explore Samuan Tiga Temple, the temple of “the meeting of the three.” Here you’ll learn more about the 3 main gods of Hinduism and the philosophy behind the design of all Balinese temples.
- ◆ Lunch together at a delicious local restaurant.
- ◆ Tour Setia Darma House of Masks and Puppets, an impressive and extensive private collection of masks and puppets mainly from different regions of Indonesia, but also from around the world.
- ◆ Exclusive dinner at a local Women’s Center where you’ll hear about the founder’s dream to create a space where Balinese women can support each other and learn new skills.



DAY 6 (B, L)

- ◆ Head to Tenganan, a traditional Balinese village famed for its double ikat weaving style. Learn about the village’s unique history and culture on a guided tour, meet the weavers in their homes, and see examples of the most complex and intricate double-ikat weavings in Bali.
- ◆ Lunch among the beautifully serene rice paddies of Sideman.
- ◆ Head on to Sideman, a picturesque village nestled among lush rice paddies, where you’ll visit a workshop focused on a completely different style of ikat weaving as well as other weaving techniques that are becoming more and more rare.
- ◆ Dinner on your own.
- ◆ Be mesmerized by a performance of the traditional Kecak fire dance, in which a large group of men chant rhythmically and dance in sync around a central flame.





DAY 7 (B, L, D)

- ◆ Tour and presentation at Bumi Sehat, a natural birth clinic and non-profit foundation that has a mission of reducing maternal and child mortality in Indonesia. The clinic's founder, Robyn Lim, was recognized in 2011 as CNN's Hero of the Year.
- ◆ Lunch at a local restaurant with beautiful food and serene surroundings.
- ◆ Head to Cantika, a serene spa in the jungle that overlooks a rushing river valley. Here you'll experience a workshop on how to make skincare products from natural ingredients. At the end of the workshop enjoy a facial or massage using products created on-site using ingredients from their garden.
- ◆ Head to the Fair Warung Bale for dinner, and hear a presentation from their partner organization, the Bali Sari Foundation. The Fair Future Foundation provides free health services to Balinese people who cannot afford treatment and/or who live in remote areas of Bali where health care services are limited or nonexistent. To fund these services, 100% of the profits from the Fair Warung Bale go to the Fair Future Foundation.
- ◆ Participate in Agni Hotra, a fire ceremony from the ancient Vedic texts that energizes and purifies the environment and offers healing and prosperity to the participants.



DAYS 8-11: SANUR



Sanur is a seaside town in southeast Bali made up of a long stretch of beach with calm, shallow waters. Colorful jukung fishing boats rest on the sand and a paved path snakes along the beach for several kilometers. Sanur is home to great restaurants (many with live music), a wide variety of shops, and a relaxed atmosphere despite being closer to the major cities of south Bali. It's a perfect spot to pick up last-minute gifts, lounge by the beach or the pool, explore sights along the beach walkway, and enjoy a final sunset dinner.





DAY 8 (B, L, D)

- ◆ Take an art workshop on the traditional wax-drawing and dyeing techniques of Bali batik fabrics. Your instructor will guide you through the process of applying hot wax to a stenciled design on a fabric canvas, then apply colored dyes to the patterned fabric. Finish the day with your new batik creation to take home with you!
- ◆ Lunch at a delicious local restaurant where you'll continue to explore the flavors of Indonesia.
- ◆ Head to Sanur, stopping along the way.
- ◆ Visit Sukawati art market, where you'll experience a flurry of artistic creation and have the opportunity to browse the vast array of handicrafts for sale by the artists.
- ◆ Head onward to Celuk, a village famous for its silver craft and jewelry production. Meet some of the artists, observe their creation process, and browse their wares.
- ◆ After settling into the hotel, dinner together at the hotel restaurant.



DAY 9 (B, L)

- ◆ Head out on a day cruise around Bali's 3 neighboring islands: Nusa Lembongan, Nusa Penida, and Nusa Ceningan. Take in the beautiful coastlines, learn about traditional seaweed farms, walk the white sand beaches, and snorkel in crystal clear waters.
- ◆ Lunch on the boat.
- ◆ Continue the cruise around the islands before heading back to the Bali mainland.
- ◆ Dinner on your own.



DAY 10 (B, D)



- ◆ Join a session to learn the traditional process to create pure coconut oil from fresh coconuts for use in cooking or skin and hair care. At the end of the session, pack up your own bottle of oil to take home with you!
 - ◆ Lunch on your own in Sanur.
 - ◆ In the late afternoon head to Seminyak for shopping, exploring, or time at the beach followed by a final sunset dinner at an airy, elegant restaurant overlooking a gorgeous stretch of Seminyak beach, which has been serving up classic Mediterranean fare with a touch of Asian
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DAY 11 (B)

- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!
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ACCOMMODATION & TRANSPORT



ACCOMMODATION



UBUD: MATHIS RETREAT

At the heart of the Balinese rice fields, Mathis Retreat offers its guests a serene escape from the hustle and bustle of Ubud, while still close enough to town to access all that Ubud has to offer. Rooms are surrounded by in a lush tropical vegetation, and are decorated with a blend of modern facilities and Balinese traditional design. Both their spa and restaurant overlook billowing rice fields, creating a truly tranquil setting to relax and unwind.

SANUR: PURI SANTRIAN

Puri Santrian faces the beautiful white sand beach of Sanur, where the sunrise and sunset can both be viewed over the expansive oceanfront. The hotel is centrally located in Sanur with shopping, restaurants and bars, and other activities within walking distance. This family owned and operated hotel keeps with the Balinese tradition of warmth and generosity, making each guest feel like a member of the family.



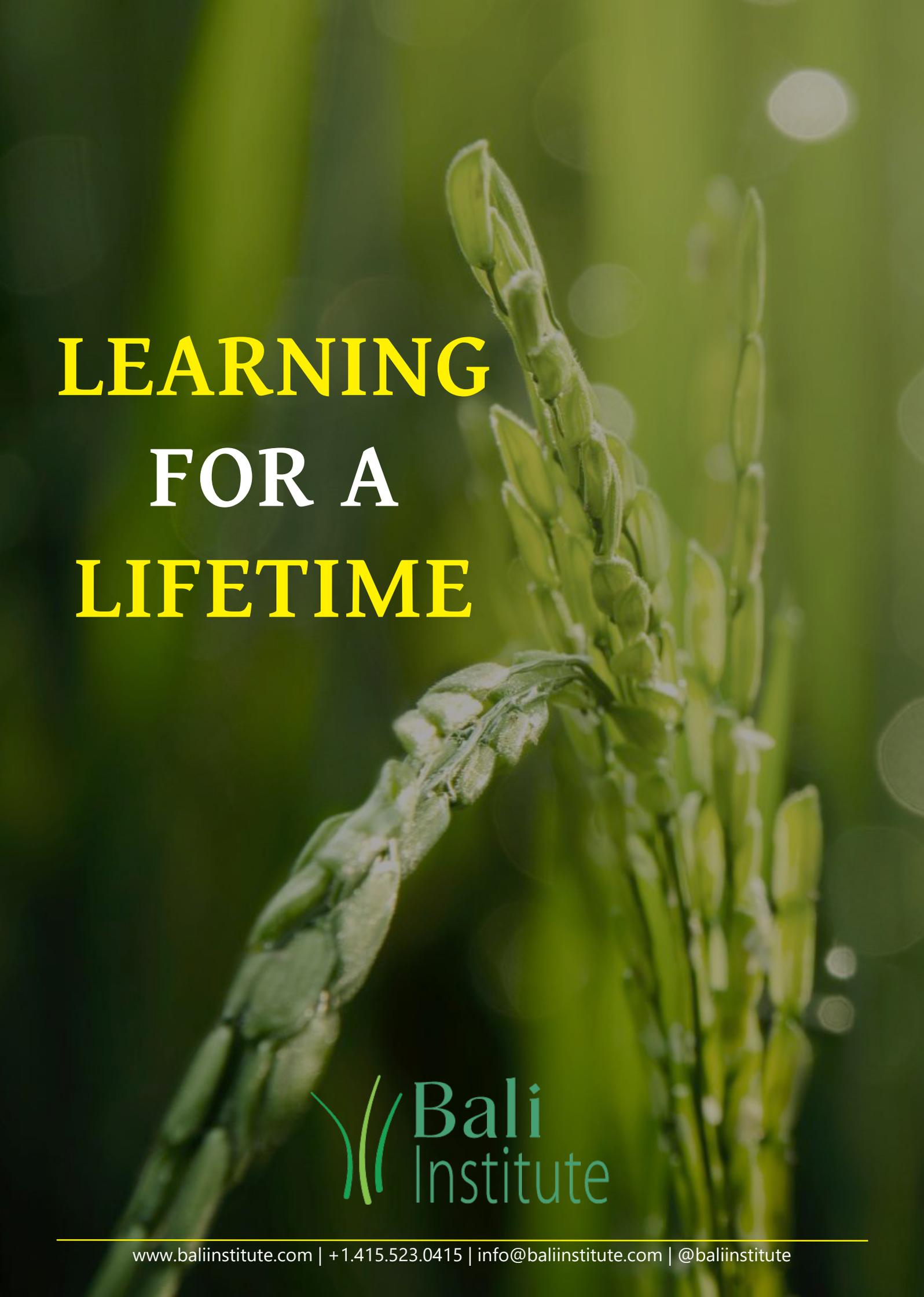
TRANSPORT



We use 12-15 passenger air-conditioned mini-buses while traveling the island to ensure participants' enjoyment, comfort, and safety.

A NOTE ABOUT SUSTAINABILITY

Bali Institute is currently working towards gaining certification through Travelife, a leading training, management and certification initiative for tourism companies committed to reaching sustainability. We believe in continuously learning how to improve the environmental and social impacts of our work because we care about contributing to a positive future for Bali and its people. Assessment for the Travelife certification includes management and performance criteria based on leading international sustainability and corporate social responsibility standards and guidelines.



LEARNING FOR A LIFETIME

