



Bali Immersion:
Deepening a Reflective Practice
within the Ancient and
Magical Lands of Bali

MAY 22 - 31, 2020

PROGRAM ITINERARY



MAY 22-27 : 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.



MAY 22 (D)

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

MAY 23 (B, L, D)

- ◆ Contemplative morning practice.
- ◆ This morning we'll hold a short welcome orientation with helpful hints for your time in Bali and an introduction to the Balinese philosophy of Tri Hita Karana.
- ◆ Study Group Welcome Session.
- ◆ Lunch together in town.
- ◆ **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 together in town.



MAY 24 (B, L, D)

- ◆ 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.
- ◆ Join a fun introductory **cultural workshop** in a village banjar, or community center. The banjar is where villagers prepare offerings and foods for ceremonies, meet and discuss village affairs, practice music and dance, and just hang out and chat with each other. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines. All of the activities you'll try are central to Balinese culture, and there is no better place to experience them than right in the banjar.
- ◆ Indulge in a delicious lunch above panoramic views of the Mt. Batur volcano.
- ◆ Return to Ubud for In-Depth Study Group Class.
- ◆ 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.

MAY 25 (B, L, D)

- ◆ Contemplative morning practice.
- ◆ Visit to a **Tirta Empul holy spring temple**, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Lunch together in town.
- ◆ In-Depth Study Group Class.
- ◆ Meet a *balian*, or **traditional healer**, who comes from generations of healers in Bali. Hear the healer's story and learn about her very important role in Balinese society. Healing sessions are optional.
- ◆ Head to a KIM **Women's Center** for a group activity. KIM was founded by a Balinese woman who, since her divorce almost 15 years ago, dreamed about creating a space where women can support each other and share skills to create job opportunities and achieve greater independence. They currently hold meetings for sharing and support, English lessons, yoga, computer classes, and also go on group outings to visit members' homes, temples, and other areas in Bali. They also hold cooking and sewing classes, and run a catering service and sell bags and clothing as part of their fundraising.
- ◆ Enjoy an amazing dinner catered by the Women's Center's cooking skills class.

MAY 26 (B, L)



- ◆ Contemplative morning practice.
- ◆ 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 together in town.
- ◆ Time in the afternoon for shopping, exploring Ubud, or relaxing.
- ◆ Optional visit to Cantika, a serene **spa in the jungle** that overlooks a rushing river valley. Enjoy a facial or massage using products created on-site using ingredients from their garden.
- ◆ Dinner on your own.
- ◆ Enjoy a spectacular evening performance of traditional Balinese **Legong dance**. Legong is a refined form of Balinese dance characterized by intricate finger movements, complicated footwork, and expressive gestures and facial expressions.



MAY 27-30: PEMUTERAN



Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.



MAY 27 (B, L, D)



- ◆ Contemplative morning practice.
- ◆ Head to Pemuteran, sightseeing along the way.
- ◆ Visit the historical **Ulun Danu Beratan Temple**, renowned for its appearance of floating atop Lake Beratan.
- ◆ Lunch together in Bedugul, a cool, mountainous region of Bali.
- ◆ Settle into your accommodations in Pemuteran.
- ◆ Head out on a **sunset boat ride** in Pemuteran bay.
- ◆ Dinner together at the hotel restaurant.



MAY 28 (B, D)

- ◆ Contemplative morning practice.
- ◆ Experience a presentation on the **Biorock Coral Restoration Project**, an amazing initiative using technology to speed the growth of coral reefs.
- ◆ Snorkel over the coral restoration project.
- ◆ Lunch on your own.
- ◆ Afternoon free to for spa, swimming, or relaxing.
- ◆ Enjoy a special dinner with a local Balinese family at their home.
- ◆ Go on a special **night trip to Melanting Temple**, Bali's temple for prosperity.



MAY 29 (B, L)

- ◆ Contemplative morning practice.
- ◆ 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**.
- ◆ Enjoy your culinary creations from the cooking class for lunch.
- ◆ In-Depth Study Group Class.
- ◆ Visit a local **elementary school** and connect with the students through fun games and activities.
- ◆ Dinner on your own.



MAY 30-31: 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.



MAY 30 (B, L, D)

- ◆ Contemplative morning practice.
- ◆ Head to Sanur.
- ◆ Lunch together at a delicious local restaurant.
- ◆ Arrive in Sanur and settle into your beachfront accommodations.
- ◆ In-Depth Study Group Class.
- ◆ Final sunset dinner together on the beach.



MAY 31 (B)

- ◆ Final In Depth Study Group Class.
- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!



ACCOMMODATION & TRANSPORT



ACCOMMODATION



UBUD: OM HAM RETREAT

Om Ham Retreat is a peaceful oasis for those looking to relax and appreciate the natural beauty of Bali. The rooms are surrounded by productive rice paddies, creating a serene environment to return to after a day of exploring in Bali. Om Ham is a quick drive from the heart of Ubud, serves healthy and organic food in their restaurant (much of it grown in their own garden), offers daily yoga classes, and has an on-site spa.

PEMUTERAN: ADI ASSRI BEACH RESORT

Adi Assri is nestled in its own secluded tropical garden on the peaceful white sand beaches of Pemuteran. The resort offers beautiful beachfront cottages and suites with paths through lush tropical trees and flowers leading to the refreshing pool overlooking the ocean. The resort is situated between misty mountains and the sparkling ocean, and also has amazing colorful coral reefs just off the shore.



SANUR: INNA SINDHU BEACH HOTEL

Inna Sindhu faces the beautiful white sand beach of Sindhu 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. There are also many water sports activities like stand-up paddle boards, surfing and kite-surfing lessons, and jet-skis available on the beach nearby,

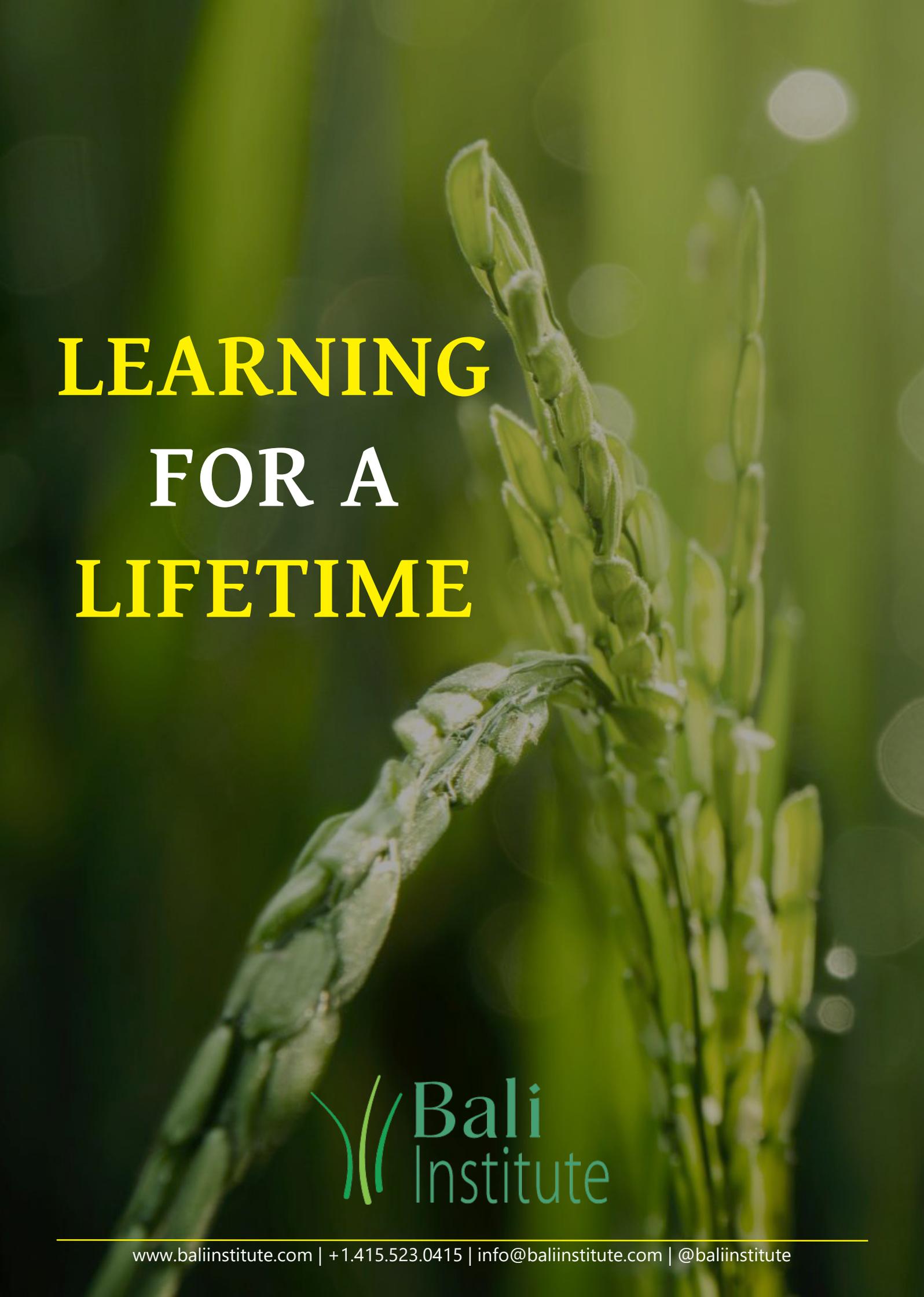
TRANSPORT



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

