



# BALI UNTAMED: NYEPI

PROGRAM ITINERARY

MARCH 21 - 31, 2020



## MARCH 21 - 26 : 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.



### MARCH 21



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

### MARCH 22



- ◆ Morning yoga and meditation.
- ◆ A fun introductory workshop with local teachers to learn to fold beautiful Balinese offerings from coconut leaves and flowers.
- ◆ Stroll through winding paths in the lush jungle on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.
- ◆ Lunch at a local Women's Center where hear the founder's story and her dream to create a space where Balinese women can support each other and learn new skills.
- ◆ Optional spa treatments at a beautiful jungle spa located next to a serene river valley, or afternoon free to shop, explore Ubud, or relax by the pool.
- ◆ Dinner on own.
- ◆ Participate in a fire ceremony, a ritual from the ancient Vedic texts that energizes and purifies the environment and heals the participants.

## MARCH 23

- ◆ Morning yoga and meditation.
- ◆ Visit to Tirta Empul holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people. Today is Melasti, a special day of purification before the Balinese New Year, making this visit even more special.
- ◆ Indulge in a delicious lunch above panoramic views of the Mt. Batur volcano.
- ◆ Return to Ubud for afternoon free time.
- ◆ 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.
- ◆ Performance of traditional Balinese Legong dance at the palace.



## MARCH 24

- ◆ Morning yoga and meditation.
- ◆ 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.
- ◆ Lunch together at ARMA.
- ◆ Afternoon free to relax, lounge by the pool, or explore Ubud.
- ◆ Dinner on own.
- ◆ Head to the ogoh-ogoh ceremony, a mesmerizing parade of larger-than-life demon statues through the streets of Ubud



## MARCH 25

- ◆ Today is Nyepi, the Balinese New Year and day of silence. Spend the day quietly relaxing and reflecting.
- ◆ There will be morning and afternoon yoga and meditation sessions today.

## MARCH 26 - 29 : 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.



### MARCH 26

- ◆ Morning yoga and meditation.
- ◆ Before heading to Pemuteran, meet with Made Sumadiyasa, one of the most innovative painters in Bali. His abstract, expressionist works, show the universal aspects of Balinese culture and philosophy.
- ◆ 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 Taman Sari Resort in Pemuteran.
- ◆ Dinner on own and evening free.



### MARCH 27

- ◆ Morning yoga and meditation.
- ◆ Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs.
- ◆ Lunch on own.
- ◆ Spend the afternoon relaxing at the beach or pool, snorkeling over the coral restoration project, or enjoying a spa treatment.
- ◆ Visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans.
- ◆ Enjoy a special dinner with a local Balinese family at their home.
- ◆ Head out on a special night trip to Melanting Temple, Bali's temple for prosperity.



## MARCH 28



- ◆ Go to the morning market to get ingredients, then 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.
- ◆ Visit a traditional healer who specializes in channeling spirits.
- ◆ Dinner on own.
- ◆ Evening free.

## MARCH 29 - 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.



## MARCH 29



- ◆ Morning yoga and meditation.
- ◆ Head to Sanur, stopping along the way.
- ◆ Take a break along the drive at a coffee plantation and try many unique varieties of coffees and teas grown there.
- ◆ Stop for lunch in Mengwi, a peaceful village nestled in the rice paddies.
- ◆ Arrive in Sanur, settle into your hotel, and enjoy free time for the rest of the day.
- ◆ Dinner on own and evening free



## MARCH 30

- ◆ Morning yoga and meditation.
  - ◆ Drive to Seminyak for a day of shopping in the markets.
  - ◆ Lunch together at a local Balinese restaurant.
  - ◆ The afternoon is free to relax, swim, or shop some more.
  - ◆ Final sunset dinner together on the beach.
  - ◆ Evening free.
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## MARCH 31

- ◆ Final morning yoga and meditation.
  - ◆ 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: TJAMPUHAN HOTEL & SPA

Tjampuhan Hotel & Spa was established in Ubud in 1928. At its inception it was a royal guesthouse where numerous celebrated foreign artists stayed during their time in Bali.

Today, Tjampuhan encompasses a collection of traditionally styled bungalows situated in a timeless landscape of natural beauty, a tribute to Ubud's artistic heritage.

#### PEMUTERAN: TAMAN SARI RESORT & SPA

Taman Sari offers luxurious beachfront cottages and suites surrounded by tranquil gardens and ponds. The resort is situated between misty mountains and the sparkling ocean, creating a truly peaceful retreat.

Taman Sari is committed to the protection of Bali's natural beauty, which you will see manifested in the community based environmental and social programs housed at the resort. The large coral restoration project, which has been awarded by the United Nations, can be viewed right off the Taman Sari beach.



## **SANUR: PURI SANTRIAN RESORT**



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.

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## **TRANSPORT**



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

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## **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

