

Jumeirah

BALI

A man and a woman are sitting on the ground, playing a traditional Balinese gamelan instrument. The man is on the left, wearing a white long-sleeved shirt and a dark headband with a decorative pattern. The woman is on the right, wearing a dark blue patterned top and a brown patterned sarong. They are both smiling and looking at each other. The background is a lush green field with trees, and the lighting is warm, suggesting late afternoon or early morning. The gamelan instrument is in the foreground, with its ornate wooden frame and metal pipes visible.

A GUIDE TO
AN IDEAL
ISLAND VACATION





A MONDAY OF BLISSFUL TRANQUILITY

SCHEDULE

08.00 - 08.45

Morning Yoga

Develop a yoga practice as you stretch, balance and strengthen your body, whilst also calming your mind. Feel tensions melt away as you take a few moments to breathe, move, and find peace.

Complimentary

10.00 - 11.00

Perfect Your Golf Swing

Learn and develop a perfect golf swing during your stay. You will be escorted to a local golf range and guided by a professional instructor

IDR 300.000++

per guest without instructor - 15 up to 30min

IDR 1.800.000++

per guest with instructor - 60min

14.00 - 14.45

Temple Visit and Blessing

Visit sacred Hindu temples, experience Balinese blessing in one of the Dang Kahyangan Temple. One of the temples in Bali which is related to the spiritual journey of a holy priest Danghyang Nirartha or Danghyang Dwijendra as a figure of Hindu Majapahit clergy Called Pura Gunung Payung.

IDR 300.000++ *per guest*

16.00 - 17.00

Nusantara Tea Ceremony

Experience the flavours of eight Indonesian teas, accompanied by a selection of traditional sweets. Meet at Maja Lounge.

IDR 300.000++ *per guest*

17.30 - 18.00

Healthy Loloh Sour

Learn to make the traditional immune boosting beverage of Bali, Loloh Sour. A local herbal elixir!

IDR 300.000++ *per guest*

A TUESDAY FOR THE ISLANDER

SCHEDULE

08.00 - 08.45

Cardio Bodyweight Fitness

Take your workout to the next level with this class. Combining bodyweight exercises, boxing and stretching, this class will get your heart rate pumping and help you build strength and endurance. Wear your sports shoes and get ready to sweat!

Complimentary

10.00 - 10.30

Aromatherapy Soap Making

Create your own soap bar using natural ingredients that are cleansing, purifying and nourishing. Take home a unique reminder of your creativity!

IDR 300.000++ *per guest*

14.00 - 14.30

Balinese Lontar Engraving

Learn the Balinese art of engraving. Using a special palm, engraving words of wisdom onto your very own bookmark which will be paired with your own notebook.

IDR 300.000++ *per guest*

16.00 - 16.30

Balinese Gebogan and Canang Sari

Learn the art of making Balinese ceremonial offerings. Central and important to the lives of the Balinese people, these offerings symbolize respect and gratitude.

Complimentary

17.30 - 18.00

Beautiful Bahasa Indonesia

Learn some useful phrases that are helpful during your vacation in Bali, Let's go!

Complimentary

A WEDNESDAY TO UNWIND AND RELAX

SCHEDULE

08.00 - 08.45

Morning Yoga

Develop a yoga practice as you stretch, balance and strengthen your body, whilst also calming your mind. Feel tensions melt away as you take a few moments to breathe, move, and find peace.

Complimentary

10.00 - 10.30

Talise Spa Aromatherapy Oil Blend

Uncover the basics of aromatic oils and find out how to complement your character type with Essential Oils. Make a personalized botanical blend to take home

IDR 300.000++ *per guest*

14.00 - 14.30

Banyu Raga

Experience the invigorating benefits of pool exercises that are gentle on your joints while offering a satisfying workout. Join us at the main pool and dress in your appropriate pool attire.

Complimentary

16.00 - 17.00

Balinese Rindik Musical Session

Listen and discover the beautiful traditional music of Rindik and learn to play.

Complimentary

17.30 - 18.00

Balinese Dance Session

For the ladies, discover the beautiful and graceful movements of traditional Balinese dance.

Complimentary

A THURSDAY WITH TROPICAL FEEL

SCHEDULE

08.00 - 08.45

Bayu Suci

Harness your energy with the healing power of Balinese Tai Chi. A moving meditation that will build internal energy and promote flexibility and balance.

Complimentary

10.00 - 10.30

Sound and Breath Healing

Experience the power of sound healing and relaxation with yogic breathwork and Tibetan sound bowls. Take a journey within to find balance and harmony as you explore the healing and calming power of sound.

IDR 300.000++ *per guest*

14.00 - 14.30

Meditative Candle Making

Using the healing properties of natural wax and aromatherapy, learn to make your own "hand-pour" candle. Watch the flame and guide yourself on a peace-full visualization meditation.

IDR 300.000++ *per guest*

16.00 - 16.45

Lino Cut Workshop

Using traditional Balinese designs, cut out your design and then print it onto your own tote bag.

IDR 300.000++ *per guest*

17.30 - 18.00

Sunset Yoga

Slow the pace at sunset with yoga poses to unwind the mind and body deeply.

Complimentary

A FRIDAY OF CONTENTMENT

SCHEDULE

08.00 - 08.45

Cardio Bodyweight Fitness

Take your workout to the next level with this class. Combining bodyweight exercises, boxing and stretching, this class will get your heart rate pumping and help you build strength and endurance. Wear your sports shoes and get ready to sweat!

Complimentary

10.00 - 11.00

Perfect Your Golf Swing

Learn and develop a perfect golf swing during your stay. You will be escorted to a local golf range and guided by a professional instructor.

IDR 300.000++

per guest without instructor - 15 up to 30min

IDR 1.800.000++

per guest with instructor - 60min

14.00 - 15.00

Elemental Cooking Class

Experience the rich flavours of traditional Balinese soul food with our kitchen team! Join us at Segaran Dining Terrace for a hands-on cooking class where you'll learn the secrets to creating authentic and healthy Balinese dishes. Meet at Maja Lounge.

IDR 500,000 ++ per guest

16.00 - 16.30

Batik Painting

Immerse yourself in a hands-on and creative experience as you explore the traditional Indonesian technique of Batik. Experience the captivating process of pattern creation using dyes, and embrace the opportunity to craft your very own one-of-a-kind masterpiece.

IDR 300.000++ *per guest*

17.30 - 18.00

Banyu Raga

Experience the invigorating benefits of pool exercises that are gentle on your joints while offering a satisfying workout. Join us at the main pool and dress in your appropriate pool attire.

Complimentary

A SATURDAY OF SELF-CARE & RELAXATION

SCHEDULE

08.00 - 08.45

Morning Yoga

Develop a yoga practice as you stretch, balance and strengthen your body, whilst also calming your mind. Feel tensions melt away as you take a few moments to breathe, move, and find peace.

Complimentary

10.00 - 11.00

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14.00 - 14.30

Banyu Raga

Experience the invigorating benefits of pool exercises that are gentle on your joints while offering a satisfying workout. Join us at the main pool and dress in your appropriate pool attire.

Complimentary

16.00 - 17.00

Balinese Rindik Musical Session

Learn and discover the traditional Rindik music of Bali and try your hand at playing..

Complimentary

17.00 - 18.15

Tarot Reading

Curious to have your cards read? Reserve your spot to discover your past, present and possible future!

IDR 400.000++ *per guest*

A SUNDAY FILLED WITH SUNSHINE

SCHEDULE

08.00 - 08.45

Bayu Suci

Harness your energy with the healing power of Balinese Tai Chi. A moving meditation that will build internal energy and promote flexibility and balance.

Complimentary

10.00 - 10.30

Sound and Breath Healing

Experience the power of sound healing and relaxation with yogic breathwork and Tibetan sound bowls. Take a journey within to find balance and harmony as you explore the healing and calming power of sound.

IDR 300.000++ *per guest*

14.00 - 14.45

Simple Wood Carving

Unlock the art of traditional Balinese wood carving and create your own unique piece.

IDR 300.000++ *per guest*

16.00 - 16.30

Balinese Gebogan and Canang Sari

Learn the art of making Balinese ceremonial offerings. Central and important to the lives of the Balinese people, these offerings symbolize respect and gratitude.

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