

RESORT ACTIVITIES

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
07.00 - 07.45	T	Synergy 360*		Bayu Suci*		Morning Streching*		Morning Yoga*			
08.00 - 08.45	G	Functional Training		Hight Intensity Interval Training		Sound Healing and Breathwork		Hatha Yoga			
09.00 - 10.00	T	Making Traditional Incense		Mediative Candle Making		Aromatherapy Soap Making		Making Traditional Incense			
10.00 - 11.30	T	Batik Painting		Linocut		Temple Visit and Blessing		Batik Painting			
12.00 - 13.00	V	Banyu Raga*		Aqua Yoga*		Banyu Raga*		Aqua Yoga*			
14.00 - 15.00	T	Sound Healing and Breathwork		Core & Glutes		Hatha Yoga		Sound Healing and Breathwork			
15.00 - 16.00	T	Balinese Dress up and Balinese Dance		Balinese Gebogan and Canang Sari Making		Balinese Dress up and Balinese Dance		Balinese Gebogan and Canang Sari Making			
16.00 - 17.00	T	Mawedangan Tea Ceremony		Hatha Yoga		Mawedangan Tea Ceremony		Core & Glutes			
17.00 - 18.00	T	Sunset Yoga		Aromatherapy Oil Blend		Rindik Music Session*		Aromatherapy Oil Blend			

FRIDAY			SATURDAY			SUNDAY		
07.00 - 07.45	T	Bayu Suci*		Synergy 360*		Morning Streching*		
08.00 - 08.45	G	Core & Glutes		Functional Training		Sound Healing and Breathwork		
09.00 - 10.00	T	Mediative Candle Making		Making Traditional Incense		Aromatherapy Soap Making		
10.00 - 11.30	T	Temple Visit and Blessing		Batik Painting		Temple Visit and Blessing		
12.00 - 13.00	V	Banyu Raga*		Aqua Yoga*		Banyu Raga*		
14.00 - 15.00	T	Functional Training		Sound Healing and Breathwork		Hatha Yoga		
15.00 - 16.00	T	Balinese Dress up and Balinese Dance		Balinese Dress up and Balinese Dance		Balinese Dress up and Balinese Dance		
16.00 - 17.00	T	Hatha Yoga		Mawedangan Tea Ceremony		Tarot Reading		
17.00 - 18.00	T	Sunset Yoga		Rindik Music Session*		Aromatherapy Oil Blend		

- T Trowulan
- G Gym
- V Main Pool

Advance reservation of at least 24 hours is essential. To reserve, please contact our Spa by dialling "5300" or press "0" for the Operator..

* Complimentary activities

Chargeable activities at IDR 600.000 net/person

TALISE