RESORT ACTIVITIES

MONDAY

07.00 - 07.45	H	Yin Yoga (C)
08.00 - 09.00	T	Sound Healing & Breathwork
10.00 - 10.45	H	Jamu Making
11.00 - 12.00	H	Batik Painting
14.00 - 15.00	H	Aromatheraphy Soap Making
15.00 - 15.45	H	Canang Sari Making (C)
16.00 - 16.45	H	Meditative Candle Making
17.30 - 18.30	H	Mat Pilates

TUESDAY

H	Morning Yoga (C)
G	Body Weight Training
H	Aromatherapy Oil Blend
H	Balinese Incense Making
R	Balinese Cooking Class
H	Balinese Dance Class (C)
H	Jamu Making
H	Sunset Yoga

WEDNESDAY

H	Sun Salutation Yoga (C)
T	Sound Healing & Breathwork
H	Jamu Making
H	Batik Painting
H	Meditative Candle Making
H	Canang Sari Making (C)
H	Mawedangan Tea Ritual
H	Ashtanga Yoga

THURSDAY

T	Bayu Suci-Balinese Taichi (C)
H	Mat Pilates
H	Balinese Incense Making
H	Meditative Candle Making
H	Balinese Cooking Class
H	Adaptogenic Tea Making (C)
H	Aromatheraphy Soap Making
H	Sunset Yoga

FRIDAY

07.00 - 07.45	H	Yin Yoga (C)
08.00 - 09.00	T	Sound Healing & Breathwork
10.00 - 10.45	H	Aromatherapy Soap Making
11.00 - 12.00	H	Resort Temple Visit and Blessing
14.00 - 15.00	H	Aromatherapy Oil Blend
15.00 - 15.45	H	Balinese Dance Class (C)
16.00 - 16.45	H	Meditative Candle Making
17.30 - 18.30	H	Dynamic Flow Yoga

SATURDAY

H	Morning Yoga (C)
G	Body Weight Training
H	Jamu Making
H	Batik Painting
R	Balinese Cooking Class
H	Restorative Yoga (C)
H	Mawedangan Tea Ritual)
H	Sunset Yoga

SUNDAY

H	Sun Salutation Yoga (C)
S	Sound Healing & Breathwork
H	Balinese Incense Making
T	Resort Temple Visit and Blessing
H	Batik Painting
H	Adaptogenic Tea Making (C)
H	Aromatherapy Oil Blend
H	Hatha Yoga

- T Talise Spa
- H Herbs Garden
- R Segaran Restaurant
- G Talise Fitness
- C Complimentary Activities

Jamu Making (Traditional Vitality Drink)
Batik Painting (Traditional Fabric Painting)
Canang Sari Making (Balinese Offerings)
Mawedangan (Cultural Tea Ritual)

Chargeable activities at IDR 600.000++/person

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

TALISE