

WEEKLY RESORT ACTIVITIES – 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8 – 9am	Sekala Yoga Rp 390,000 Nirvana Shanti Bale 8-9am		Chakradarshan Yoga Rp 390,000 Nirvana Shanti Bale 8-9am Sushumna Meditation-30min 09.05-09.35am Complimentary		Yin Yoga Rp 450,000 Nirvana Shanti Bale 8-9.30am		Couples Hot Stone Yoga Rp 950,000 per couple Nirvana Shanti Bale 8-9.30am		
9am	Cooking Class Rp 1,500,000 9am-1pm	Cooking Class Rp 1,500,000 9am-1pm	Cooking Class Rp 1,500,000 9am-1pm	Cooking Class Rp 1,500,000 9am-1pm	Cooking Class Rp 1,500,000 9am-1pm	Cooking Class Rp 1,500,000 9am-1pm	Linger all day at Sundara's Oceanfront pool.		
9 – 11am	Daily Offering Complimentary Resort Temple 9.30-10am	Garden Tour Complimentary Lobby 10-11am		Daily Offering Complimentary Resort Temple 9.30-10am	Feed our friendly koi fish at the Lobby.	Enjoy our signature Floating Breakfast in your villa plunge pool.			
11am – 3pm	AntiGravity Yoga® Rp 750,000 Nirvana Shanti Bale 11am-12pm	Aksara Bali (Calligraphy) Complimentary Telu 2-3pm	The art of Mejejaitan and Making Canang Rp 200,000 Resort Temple 2-3pm	Klangсах class Complimentary Resort Temple 2-3 pm	AntiGravity Yoga® Rp 750,000 Nirvana Shanti Bale 11am-12pm	Gebogan Making Rp 450,000 Resort Temple 2-3pm	Balinese Dance Lesson Complimentary Resort Temple 2 -3pm	AntiGravity Yoga® Rp 750,000 Nirvana Shanti Bale 11am-12pm.	Sunday Brunch Rp 650,000 Sundara 11am-3.30pm
3 – 5pm	Resort Shrine Tour Complimentary Lobby 3-4pm	Sila Giri Kesarah Temple Experience Complimentary Resort Temple 4-5pm	Discover our " Zero Waste " Cocktails at Sundara	Resort Shrine Tour Complimentary Lobby 3-4pm	Art & Culture at Your Door Step Complimentary Lobby 4-5pm	Sila Giri Kesarah Temple Experience Complimentary Resort Temple 4-5pm	Art & Culture at Your Door Step Complimentary Lobby 4pm-5pm	Stroll around and enjoy the Resort.	
5 – 6pm		Hatha Yoga Complimentary Nirvana Shanti Bale 5-6pm	Try our ritual-inspired experiences at the Spa for outer-nourishing and inner-nurturing treatments.		Hatha Yoga Complimentary Nirvana Shanti Bale 5-6pm		Hatha Yoga Complimentary Nirvana Shanti Bale 5-6pm	Experience the "born again" feeling of our Blessings of Bali spa treatment.	
6 – 7pm	For those seeking romance, why not experience our Bali by Candlelight Dinner in the privacy of your villa. Choose from our signature menus, available daily.	Sushumna Meditation-30min 06.05-06.35pm Complimentary.			Have no plans tomorrow? Sign-up for a Private Cooking Class . Choose from Balinese, Javanese, Sumatran, Sulawesi and family-friendly menus, available daily.	Enjoy the Sundowners at Sundara	Sushumna Meditation-30min 06.05-06.35pm Complimentary.	See our Concierge to plan a half-day or full-day tour to discover some of the Gems of Bali.	
7 – 8pm						Experience the magic of a Romantic Dinner in an ocean-front gazebo (available daily).			

**Advance reservations are recommended. Above prices are subject to 10% Service Charge and 11% Government Tax.
For more information, please see the Concierge or dial 2 from your room.**

**Activities highlighted in blue are recommended by your Concierge; charges may apply.
Yoga classes are limited to 4 people per session to comply with physical distancing measures.**