

COMPLIMENTARY RESORT ACTIVITIES

Four Seasons Resort Bali at Jimbaran Bay

Canang Making



Canang are the small flower-filled parcels you see everywhere in Bali, at temples and shrines, homes and offices, and even on the street. These daily offerings thank the supreme God for blessings and protection from evil spirits. In this interactive class, learn to weave and fill your own canang with beautiful flowers and other items aimed at appeasing the gods – and find out why “temptations” such as candy, coins and even cigarettes are used! You will then present your own canang at the Resort Temple.

Garden Tour



Explore the resort's 14 hectares of botanical-style gardens with our chief gardener. Learn about some of the 200+ indigenous plants and their use in religious rituals, cooking and as natural building materials. Visit our on-site herb and vegetable gardens and the bartenders' aromatic herb garden at Telu, where we grow ingredients for cooking classes and sustainable cocktails.

Sushumna Meditation



Start your day in soul-soothed awareness with this beautiful meditation to a backdrop of ocean music. Slow your breathing, experience the power of “OM” chanting, and discover your inner well of calm.

Klanksah class



Learn how to weave coconut leaves to make klanksah, and why this is such an important material in Balinese homes and temples. Functionally, it was used in house construction to make roofs, walls and gates (but has now been replaced by modern materials). Culturally, klanksah is still essential at major ceremonies including wedding celebrations, where it is often used to make a roof and decorative facades. It is believed to ward off evil forces and calm those that are under it (such as a nervous bride and groom!) For recreational products, klanksah can be used to make hats, 'umbrellas', bowls, handbags, baskets, decorations and small ornaments.

Daily Offering



Join us for our daily ritual of offering canang at the Resort Temple to seek blessings from the gods and protection from evil spirits. Learn about the various rituals you see in Balinese life, and insights into temple architecture. We will prepare canang and fresh fruits for your temple visit, as well as sarong and sash.

Aksara Bali (Calligraphy)



Bali's traditional script, Aksara Bali, is one of the most ornate and elaborate of Indonesia's many scripts. It is strongly associated with the island's Hindu culture, immortalized on ancient lontar (palm leaf manuscripts) containing religious text. Consisting of 47 letters, Aksara Bali is still taught in local schools today and used at temple ceremonies. Led by the resort's cultural ambassador, Ibu Atik, this on-site class will teach you how to write your name in Aksara Bali. You might even create a new signature for your next passport!

Resort Shrine Tour



Our resort is home to hundreds of shrines, some of which date back centuries and have been preserved for their spiritual significance to the local community. Take a guided stroll through the resort gardens to discover some of the different shrines and their importance.

Hatha Yoga



The eyes, the hands, the expressive movements; Balinese dance is both enthralling and seductive, and an important part of religious and artistic expression. Children are taught traditional dance almost as soon as they can walk. Observe the impressive skills of dancers in action at our regular performances, and if you fancy

Sila Giri Kesarah Temple Experience



Experience a traditional Balinese blessing by Resort Priest Ajik Ngurah, who is an ordained Balinese-Hindu priest in his village and Jimbaran community, a traditional healer and meditation practitioner. The ritual begins with prayer inside the Resort Temple. During the blessing, holy water will be sprinkled on to your head to purify your body and soul. Ajik Ngurah will then tie a benang tridatu (tri-coloured bracelet) around your right wrist, representing your blessing by the three manifestations of the Supreme God: Brahma (The Creator), Vishnu (The Protector) and Shiva (The Destroyer). The bracelet is also a reminder to the bearer to create Dharma (good), to sustain Dharma and to destroy a-Dharma (evil).

Balinese Dance Lesson



The eyes, the hands, the expressive movements; Balinese dance is both enthralling and seductive, and an important part of religious and artistic expression. Children are taught traditional dance almost as soon as they can walk. Observe the impressive skills of dancers in action at our regular performances, and if you fancy trying it yourself, book a lesson to learn the basic movements.

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Four Seasons Resort Bali at Sayan

Hatha Yoga



This one-hour session starts with focused breathing exercises followed by a warm up with the Surya Namaskara (sunrise or sunset salutation). It continues with yoga positions that support the body's core strength and ends with relaxation poses.

Easy Yoga



Introduce yourself to the fundamentals of yoga through slow and soft postures and deep opening stretches that restore and reground. This practice is for beginners or those who seek a gentler class.