

IN-HOUSE ACTIVITIES (HOTEL)

Hatha and Vinyasa Yoga Class (1st session)	08:00 - 09:00
Canang Sari Class (Balinese Offerings)	10:00 - 11:00
Balinese Traditional Cooking Class (1st Session)	12:30 - 13:30
Balinese Traditional Cooking Class (2nd Session)	14:00 - 15:00
Crafty Mocktail Master Class - 15:30 - 16:30	15:30 - 16:30
Hatha and Vinyasa Yoga Class (2nd Session)	17:00 - 18:00

IN-HOUSE ACTIVITIES (VILLAS)

Hatha and Vinyasa Yoga Class	10:00 - 11:00
Balinese Traditional Cooking	12:30 - 13:30
Class Crafty Mocktail Master Class	15:30 - 16:30

F&B OPERATIONAL HOURS

- COPPER KITCHEN, BAR & ROOFTOP

breakfast	07:00 - 11:00
lunch	12:00 - 15:00
dinner (last order 18:30)	17:00 - 19:00
• ROOM SERVICE (HOTEL and VILLAS)	24 hours
• POOL PAVILION	08:00 - 19:00
• LIBRARY CAFÉ	09:00 - 19:00
• EMBERS	
breakfast	07:00 - 11:00
lunch	12:00 - 15:00
dinner (last order 18:30)	17:00 - 19:00



NYEPI

ÇAKA NEW YEAR 1946

10-12 MARCH 2024

NYEPI STORY

Nyepi is a day to make and keep the balance of nature. It is based on the story of when King Kaniska the first of India was chosen in 78 A.D. The King was famous for his wisdom and tolerance for the Hinduism and Buddhism societies. In that age, Aji Saka Dharma Yatra (the missionary tour to promote and spread Hinduism) came to Indonesia and introduced the Saka year.

The lead-up to Nyepi Day is as follows:

MELASTI or MEKIYIS or MELIS

(3 days before Nyepi)

Melasti is meant to clean the pratima or area or statue with symbols that help to concentrate the mind to become closer to God. The ceremony is aimed at cleansing all nature and its content, and also to take the Amerta (the source of eternal life) from the ocean or other water resources (e.g. lake, river, etc). Three days before Nyepi, all the effigies of the Gods from all the village temples are taken to the waters in long and colorful ceremonies. There, they are bathed by the Neptune of the Balinese Deva, the God Barun, before being taken back home to their shrines.

TAWUR KESANGA

10 March 2024

Exactly a day before Nyepi, all villages in Bali hold a large exorcism ceremony at the main village crossroad, the meeting place of demons. Ogoh-Ogoh is usually built, giant monsters (symbolizing evil spirits), some of them are taken from the Balinese folklore and most of these giant monsters have fangs, bulging eyes, and scary hair paraded around the villages to be eliminated from their lives. The festivals are held throughout the island following the sunset with Bleganjur, a Balinese gamelan music, accompanying the procession. The parades are usually organized by the Seka Taruna, the youth organization of Banjar. When Ogoh-Ogoh is being played by the Seka Taruna, non-Balinese Hindus are welcome to join and observe the festival as well. To make a harmonic relationship between humans and God, humans and humans, and humans and their environments, Tawur Kesanga is performed at every level of society from the people's houses. In the evening, the Balinese Hindus celebrate Pengerupukan and start making noises, burning torches, and setting fire to the Ogoh-Ogoh to rid of the Bhuta Kala, evil spirits out of their lives. The parade usually starts at around 18:00 local time.

NYEPI

11 March 2024

On Nyepi Day, complete calm enshrouds the island. The Balinese Hindus follow a ritual called the Catur Brata Penyepian, roughly the 'Four Nyepi Prohibitions'. These include Amati Geni or 'no fire', Amati Lelungan or 'no travel', Amati Karya 'no activity', and Amati Lelungan 'no entertainment'. Some consider it a time for total relaxation and contemplation, and for others, a chance for Mother Nature to 'reboot' herself after 364 days of human pestering. No lights are turned on at night, and total darkness and seclusion go along with this new moon island-wide from 06:00 to 06:00.

NGEMBAK GENI

12 March 2024 (the day after Nyepi)

Ngembak Geni is the day when Catur Berata Penyepian is over and Balinese-Hindu societies usually visit and forgive each other and perform Dharma Canthi. Dharma Canthi are activities of reading Sloka, Kekidung, Kekawin, etc. (ancient scriptures, and books containing songs and lyrics). From the religious and philosophical point of view, Nyepi is meant to be a day of self-introspection to decide on values, e.g. humanity, love, patience, kindness, etc. that should be kept forever. Balinese Hindus have many kinds of sacred celebrations, but Nyepi is perhaps the most important religious day, and the prohibitions are taken very seriously, particularly in the villages outside Bali's southern tourist belt. Hotels are exempt from Nyepi's rigorous practices but streets outside will be closed to both pedestrians and vehicles (except for airport shuttles or emergency vehicles) and Village Wardens (Pecalang) will be posted to keep people off the beach and the outdoors. If you happen to be staying on Nyepi Day in Bali, this will be a perfect day to spend indoors and contemplate, recharging mind, body, and spirit, fostering a harmonious balance within these vital elements.