



KORURUA DIJIWA
UBUD

COMPLIMENTARY ACTIVITY

YOGA CLASS



The class is conducted by our experienced Balinese yoga instructor who will assist you to feel the great benefits of yoga for the body and soul. The class is suitable for beginners.

Complimentary:

Every Monday, Wednesday and Friday from 08.00 am - 09.00 am

Every Tuesday, Thursday and Saturday from 18.00 am - 19.00 pm

JAMU CLASS



Jamu is a traditional Indonesian herbal medicine made from various plants and spices. Jamu classes are educational sessions that teach people about the benefits of Jamu and how to prepare and consume it.

Complimentary every Tuesday & Thursday from 11.00 am - 12.00 am

BOREH CLASS



Boreh is a traditional healing recipe of herbs to exfoliate your skin, stimulate your nervous system, improve blood circulation, and ease digestion as a body wrap treatment. We will show you how to prepare this Balinese scrub and mask during this activity.

Complimentary every Wednesday & Friday from 11.00 am - 12.00 am

MAKING OFFERING



Balinese offerings are inseparable from prayer in Balinese people's belief, as the purpose of the offering is to sustain and patronize the Gods- who are more likely to respond to one's blessings.

Complimentary every Monday and Saturday from 14.00 pm - 15.00 pm

BALINESE DANCE CLASS



Bali dance classes teach people about the traditional dances of Bali and how to perform them. These classes may suit people of all ages and skill levels.

Complimentary every Sunday from 15.30 pm - 16.30 pm