

Weekly Free Activities Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Explore Ubud <i>07.00-08.15</i>	Sthala Welcoming Yoga <i>07.00-08.00</i>	Sthala Gowes <i>07.00-08.15</i>	Aqua Aerobic <i>10.00-11.00</i>	Explore Ubud <i>07.00-08.15</i>	Sthala Welcoming Yoga <i>07.00-08.00</i>	Sthala Gowes <i>07.00-08.15</i>
Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>	Herb and Luwak Coffee <i>11.00-12.00</i>
Tony Raka Art Gallery Visit <i>14.00-16.00</i>	Canangsari Decoration <i>14.00-15.00</i>	Balinese Flute Lesson <i>14.00-15.00</i>	Coconut Leaf Handcraft <i>14.00-15.00</i>	Kwangen Decoration <i>14.00-15.00</i>	Balinese Rindik Lesson <i>14.00-15.00</i>	Balinese Conversation <i>14.00-15.00</i>

Additional Service Activity Experiences

Activity	Price	Description
Ayung River Rafting	Adult <i>IDR.700.000/pax</i>	The Rafting on the thrilling rapids of Ayung River with adrenaline, fun, excitement and fantastic wilderness sightseeing, with inclusion of transportation and Balinese buffet lunch.
	Kids <i>IDR.500.000/pax</i>	
Downhill Cycling	<i>IDR.500.000/pax</i>	A great morning rides to make you feel alive! Depart at 8 am by car to the mountain village of kintamani, warm up with a morning view of the crater lake of Mount Batur, then its downhill all the way through the local village and rice paddy fields, include transportation and Balinese lunch.
ATV Adventure	Single <i>IDR.900.000</i>	Enjoyed an unforgettable off-road experience in Bali, by passing rice fields, crossing jungle and driving through some Balinese kampong(villages). Price are include transportation and lunch
	Tandem <i>IDR.1.500.000</i>	
VW Safari Tour	Jatiluwih Tour <i>IDR.900.000/pax</i>	Fullday trip 10 hours with Volkswagen Car by visiting Jatiluwih rice terrace, Danu temple, Candikuning fresh fruit market, and Batukaru Temple. Price NOT include Entrance ticket.
	Ubud Tour <i>IDR.600.000/pax</i>	Halfday trip 6 hours by visiting Tegallang rice terrace, Holy spring temple, Gunung kawi temple, Tegenungan waterfall and Batuan temple, Price NOT include Entrance ticket.
Batur Sunrise Trekking	<i>IDR.900.000/pax</i> <i>minimun 2 person</i>	A signature of experiences for a true active spirits, following a very early departure at 2.30 am, prepare for an unforgettable climb to the summit of mount batur 1717 meter from the sea levels, reaching in time to view a spectacular sunrise and the splendid scenery that unveils itself.
Silver Class	<i>IDR.500.000/pax/</i> <i>min 2 person</i>	An exciting workshop for those who love silver and jewelry, design and make an original silver piece of jewelry for yourself or for the loved one. visit a local silver smith factory to see the handmade silver making process which use traditional handmade tools, price are include transfer and 10 gram silver as a gift.
A Path To Healing	<i>IDR.250.000/pax</i>	Medicine Women a Path to Healing, through the whispers of the universe 'Desak will tell you what she hears, what she sees of your past, present and future. She will guide you to solve your problems or release and heal your trauma and 'Desak Believes that she was gifted the ability to listen and channel the whispers of universe
Village Sunset Cycling	<i>IDR.150.000/pax</i>	This is an hour gentle trail cycling, suitable for beginner or more skilled cyclist, leading through local neighbourhood village back roads to visit traditional Balinese temples, local living compounds while enjoying fresh young coconut.
Sthala Retreat Yoga and Spa	<i>IDR.600.000/pax</i>	Our yoga instructor's signature healing yoga sessions are offered to individuals seeking to rebalance the body, center the chakras and re-energize the soul. And combining with 60 minutes Balinese Heritage Massage this divine therapy rebalances your body, combining gentle stretching, long therapeutic strokes and skin rolling. Palm and thumb acupressure applied directly to the problematic areas to alleviate deep stress and tension, improving blood flow and restoring a relaxed and rejuvenated sense of wellbeing.
Private Yoga	<i>IDR.250.000/pax</i>	Getting started on your yoga journey, there are certain poses which have eluded you in your practice or maybe you want to dive deeper into the alignment principles of the asanas. Our Yoga Instructor will assist you to align better and move in a way which suits the needs of your body.
Eco-Memories Environment	<i>IDR.100.000/pax</i>	Leave a lasting legacy to Bali's environment with your own tree sapling, which will be nurtured and monitored by our gardeners. You may name and plant your own tree and will receive the updates photos showing its growth. Reservation at least one day in advance is required
Kite Making Lesson	<i>IDR.100.000/pax</i>	Our Activity team will assist the children showing how to build a simple, easy-to-make kite and learn to fly it around the fields. kites making Lesson is a great experience for kids!. The kite can be brought home as a gift. Reservation at least one day in advance is required