Weekly Resort Experiences

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 AM **Sekala Yoga** IDR 450,000 Nirvana Shanti Bale	8:00 - 8:30 AM **Indonesian Bamboo Stretching** IDR 250,000 Yoga Studio	8:00 - 9:00 AM **Chakradarshan Yoga** IDR 450,000 Nirvana Shanti Bale	8:00 - 8:30 AM **Indonesian Bamboo Stretching** IDR 250,000 Yoga Studio	8:00 - 9:30 AM **Yin Yoga** IDR 600,000 Nirvana Shanti Bale	8:00 - 8:30 AM **Indonesian Bamboo Stretching** IDR 250,000 Yoga Studio	9:00 - 10:00 AM **Garden & Beehive Tour** Complimentary Lobby
9:30 -10:00 AM **Daily Offering** Complimentary Resort Temple	9:00 - 10:00 AM **Resort Shrine Tour** Complimentary Lobby	9:00 - 10:00 AM **Garden & Beehive Tour** Complimentary Lobby	9:30 -10:00 AM **Daily Offering** Complimentary Resort Temple	9:00 - 10:00 AM **Resort Shrine Tour** Complimentary Lobby	9:00 - 10:00 AM **Garden & Beehive Tour** Complimentary Lobby	
11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	9:05 - 9:35 AM **Sushumna Meditation** Complimentary Nirvana Shanti Bale	11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	
2:00 - 3:00 PM **Aksara Bali** Complimentary TELU	2:00 - 3:00 PM **Sila Giri Kesarah Temple Experience** Complimentary Resort Temple	11:00 AM - 12:00 PM **AntiGravity® Yoga** IDR 800,000 Yoga Studio	2:00 - 3:00 PM **Weaving Class (Klangsah Making)** Complimentary Resort Temple	2:00 - 3:00 PM **Balinese Dance Lesson** Complimentary Resort Temple	2:00 - 3:00 PM **Weaving Class (Klangsah Making)** Complimentary Resort Temple	
	4:00 - 5:00 PM **The Art of Mejejaitan (Canang Making)** IDR 200,000 Resort Temple	4:00 - 5:00 PM **Gebogan Making** IDR 600,000 Resort Temple	4:00 - 5:00 PM **Art & Culture at Your Doorstep** Complimentary Lobby		4:00 - 5:00 PM **Art & Culture at Your Doorstep** Complimentary Lobby	
6:00 - 6:45 PM **Balinese Cultural Performance** Complimentary Taman Wantilan	5:00 - 6:00 PM **Hatha Yoga** Complimentary Nirvana Shanti Bale	6:00 - 6:45 PM **Balinese Cultural Performance** Complimentary Taman Wantilan	5:00 - 6:00 PM **Hatha Yoga** Complimentary Nirvana Shanti Bale	5:00 - 6:00 PM **Fire Blessing** IDR 750,000 Resort Temple	5:00 - 6:00 PM **Hatha Yoga** Complimentary Nirvana Shanti Bale	2:00 - 3:00 PM **Balinese Dance Lesson** Complimentary Resort Temple
			5:30 - 6:30 PM **Balinese Aperitivo Hour** Complimentary TELU Bar		5:30 - 6:30 PM **Balinese Aperitivo Hour** Complimentary TELU Bar	

Featured Experiences						
	TELU Cocktail Class IDR 750,000 Wednesday - Sunday	**Jala Cooking Academy** IDR 2,100,000 Available Daily	**Sunset Cruise** IDR 6,400,000 Available Daily	**Ocean Blessing** IDR 750,000 Available Daily	**Private Pilates Class** Pilates Studio Available Daily	**Surfing with Tropicsurf** Coconut Grove Available Daily

For more information, please scan the QR code to chat with us 24/7 via **Four Seasons Chat**

- All activities require a 24-hour prior reservation
- Prices are per person and subject to 21% tax & service charge

Four Seasons Resort Bali at Jimbaran Bay

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The Art of Mejejaitan - Canang Making
Canang is everywhere in Bali; these artful daily offerings express gratitude to the gods as well as request protection. Learn how to make your own creations from young coconut leaves and fill them ready to present at the Resort Temple.

AntiGravity® Yoga
A dynamic flying technique, AntiGravity® Yoga uses suspended hammocks to support bodies of all ages and abilities in enhanced postures. Relieve stress and boost endorphins as you reach new gravity-defying heights.

Indonesian Bamboo Stretching
Inspired by Indonesian martial art pencak silat, this session combines powerful stretches with bamboo tools to enhance flexibility, improve posture, and rebalance your spiritual, mental, and physical energy.

Sila Giri Kesarah Temple Experience
Join our resident Resort Priest Ajik Ngurah to discover more about the daily practices at our resort temple. Our priest will introduce the different shrines within the temple and explain the significance of various rituals. You are welcome to participate in the offering of fruits and flowers. A sarong and sash will be provided for you to wear.

Sekala Yoga
With our Balinese yoga teacher, explore the connection between 'Sekala' the seen physical world and 'Niskala' the invisible spirit world.

Ocean Blessing
Experience the ancient Balinese tradition of ocean blessing, also known as segara blessing, and let the waves bestow prosperity upon you. Close your eyes and listen to the ocean and the chants of Resort Priest Ajik Ngurah offering prayers to the Gods of the Sea and Sun.

Garden & Beehive Tour
Enjoy a guided walking tour of the resort's garden and discover more than 200 indigenous plant species and their role in our religious rituals, cuisine and traditional crafts. Continue to our bee garden, where we champion our winged friends who pollinate our garden and enrich the unique ecology of Jimbaran Bay.

Cooking Class
Learn about Balinese culture and culinary traditions at our Jala Restaurant, then get cooking at our state-of-the-art Jala Cooking Academy. We offer modules in Balinese, Javanese, Sumatran and other regional cuisines.

Yin Yoga
Yin Yoga is a slow, gentle and intuitive practice in which each pose is held for several minutes to help release tight connective tissue around joints and promote physical flexibility and mental peace.

FOUR SEASONS
RESORTS
BALI

Art & Culture at Your Doorstep
The rich culture of Bali permeates every aspect of daily life, art and architecture. Join our resident Balinese expert for a walk through the resort to discover the architectural details, sculptures and shrines – learning their stories and significance.

Aksara Bali
Learn how to gracefully inscribe your name in sacred Balinese Sanskrit on a palm leaf. Led by our Cultural Ambassador Ibu Atik, this class connects you to the ancient art of Balinese calligraphy.

Cocktail Class
Celebrating Bali's age-old traditions and natural resources, our mixology team reveals – with local ingredients, ancient techniques and a bit of imagination – how a cocktail can become the ambassador of sustainability.

Chakradarshan Yoga
Working through the body's energy systems (chakras), this powerful practice helps facilitate the rise of divine Kundalini energy up the spine. Prana (life force) is freed and profound clarity realized.

Hatha Yoga
Hatha ha (sun) and tha (moon) balances the masculine (active, hot) and feminine (receptive, cool) within each of us. A physical yet mindful practice for strengthened bodies and restful minds.