Weekly Resort Experiences

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 AM **Muladhara Yoga** Complimentary Dharma Shanti	8:00 - 9:00 AM **Swadisthana Yoga** Complimentary Dharma Shanti	8:00 - 9:00 AM **Manipura Yoga** Complimentary Dharma Shanti	8:00 - 9:00 AM **Anahata Yoga** Complimentary Dharma Shanti	8:00 - 9:00 AM **Visudha Yoga** Complimentary Dharma Shanti	8:00 - 9:00 AM **Ajna & Sahasrara Yoga** Complimentary Dharma Shanti	7:00 - 8:00 AM **Laughter Yoga** Complimentary Lotus Pond
11:00 AM - 12:00 PM **AntiGravity Yoga®** IDR 700,000 Dharma Shanti	11:00 AM - 12:00 PM **AntiGravity Yoga®** IDR 700,000 Dharma Shanti	11:00 AM - 12:00 PM **Basic Pilates Class** IDR 700,000 Fitness Hub	11:00 AM - 12:00 PM **Anti-Gravity Yoga®** IDR 700,000 Dharma Shanti	11:00 AM - 12:00 PM **Basic Pilates Class** IDR 700,000 Fitness Hub	11:00 AM - 12:00 PM **Anti-Gravity Yoga®** IDR 700,000 Dharma Shanti	11:00 AM - 12:00 PM **Basic Pilates Class** IDR 700,000 Fitness Hub
2:00 - 4:00 PM **Ice Bath Experience** Complimentary Fitnes Hub	2:00 - 3:00 PM **Life Talk Series** Complimentary Dharma Satya	2:00 - 3:00 PM **Introduction to Meditation** Complimentary Dharma Satya	2:00 - 3:00 PM **Life Talk Series** Complimentary Dharma Satya	2:00 - 3:00 PM **Introduction to Meditation** Complimentary Dharma Satya	2:00 - 4:00 PM **Ice Bath Experience** Complimentary Fitnes Hub	2:00 - 4:00 PM **Ice Bath Experience** Complimentary Fitnes Hub
3:00 - 4:00 pm **Balinese Loloh Making** (Traditional Herbal Drink) Complimentary Sokasi Wooden Long Table	*Take a leisurely stroll through the resort and embrace the refreshing breeze of nature*	3:00 - 4:00 pm **Balinese Loloh Making** (Traditional Herbal Drink) Complimentary Sokasi Wooden Long Table	*Take a leisurely stroll through the resort and embrace the refreshing breeze of nature*	3:00 - 4:00 pm **Balinese Loloh Making** (Traditional Herbal Drink) Complimentary Sokasi Wooden Long Table	*Take a leisurely stroll through the resort and embrace the refreshing breeze of nature*	*Take a leisurely stroll through the resort and embrace the refreshing breeze of nature*
Energize at Fitness Hub before an evening of indulgence	3:30 - 4:30 PM **Sacred Nap** IDR 400,000 Dharma Satya	3:30 - 4:30 PM **Sacred Nap** IDR 400,000 Dharma Satya	3:30 - 4:30 PM **Sacred Nap** IDR 400,000 Dharma Satya	3:30 - 4:30 PM **Sacred Nap** IDR 400,000 Dharma Satya	*Begin your wellness ritual with the steam room and sauna to elevate the benefits of your spa experience*	*Energize at Fitness Hub before an evening of indulgence*
5:00 – 6:00 PM **Easy Yoga** Complimentary Dharma Satya	5:00 - 6:00 PM **Awareness Meditation** IDR 400,000 Dharma Satya	5:00 - 6:00 PM **Loving Kindness** Meditation IDR 400,000 Dharma Satya	5:00 - 6:00 PM **Mala Meditation** IDR 400,000 Dharma Satya	5:00 - 6:00 PM **Relaxation Meditation** IDR 400,000 Dharma Satya	5:00 - 6:00 PM **Hatha Yoga** Complimentary Dharma Satya	5:00 - 6:00 PM **Power Yoga** Complimentary Dharma Satya
Enjoy a selection of signature cocktails at Jati Bar	6:30 - 7:15 PM **Balinese Dance Performance** Complimentary Lobby	*Enjoy a selection of signature cocktails at Jati Bar*	6:30 - 7:15 PM **Balinese Dance Performance** Complimentary Lobby	6:30 - 10:00 PM **Live Acoustic Performance** Complimentary Jati Bar	6:30 - 10:00 PM **Live Acoustic Performance** Complimentary Riverside	6:30 - 7:15 PM **Balinese Dance Performance** Complimentary Lobby
7:30 – 10:00 PM **Chef's Table Dinner** (Authentic Balinese Cuisine) IDR 2,550,000 Sokasi	6:30 - 10:00 PM **Nusantara Night** (Indonesian Buffet Dinner) IDR 1,100,000 Ayung Terrace	7:30 - 10:00 PM **Chef's Table Dinner** (Authentic Balinese Cuisine) IDR 2,550,000 Sokasi	6:30 – 10:00 PM **BBQ by The River** (Semi-Buffet Style) IDR 1,250,000 Riverside	7:30 – 10:00 PM **Chef's Table Dinner** (Authentic Balinese Cuisine) IDR 2,550,000 Sokasi	6:30 - 10:00 PM **Mediterranean Night** (Unlimited À La Carte) IDR 1,250,000 Riverside	*Enjoy Modern Indonesian Dinner at Ayung Terrace*

Featured Experiences

A Night of Culinary Romance
IDR 5,500,000 per couple
Rooftop Lotus Pond or Villa
Subject to availability

Full Moon Yoga
IDR 400,000
Dharma Shanti River Terrace
Exclusively on full moon nights

Sixth Sense Reading with Marco Della Valle
9 - 15 September 2026
Private Session: Psychic Reading or Mediumship Reading
IDR 3,400,000 per session (60 minutes)

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 Sayan
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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.