FOUR SEASONS
RESORT
BALI AT SAYAN



An Ethereal Journey Into the *Heart* of Bali

Arrive by river raft, drifting past emerald banks or cross the treetop bridge suspended above the canopy at Four Seasons Resort Bali at Sayan. However you arrive, one thing becomes clear: at Sayan, nature sets the pace, and all you need to do is surrender.

A floating lotus pond mirrors the sky at the heart of the Resort, where 60 hillside suites and villas descend gently toward the sacred Ayung River below. Every turn reveals another layer of the valley's unfiltered beauty from the rainforest canopy, terraced rice paddies glowing green, herb gardens perfuming the air, and the river's ancient song rising from below. From the open air lobby floating above the treetops to the two tier pool cantilevered over the water's edge, the whole Resort feels less built than grown.

At The Sacred River Spa, healing rituals flow like the river itself gently restoring a balance that feels less discovered than remembered. For those who like their serenity with a side of strength, the new Fitness Hub pairs cutting edge training with dedicated recovery facilities.

Then, the moments only Sayan can offer: the transcendent Sacred Nap, cocooned in a lotus-petalled pavilion above the valley. Plant-based artistry at Sokasi, celebrated as Bali's most beautiful cooking school. Golden hour mixology masterclasses at Jati Bar, where jungle views meet bygone glamour. And seven courses of Chef Suta's most cherished family recipes, before the short, starlit walk back to your villa — where your private pool garden waits, warm and utterly yours.

Opened: *February 1998*
General Manager: *Didier Jardin*
Total Number of Accommodations: *60 (42 pool villas and 18 suites)*
Architect: *John Heah – Heah and Co.* ***Villa Interior Designer:*** *Yasuhiro Koichi – SPIN Design Studio*
Location: *In a valley between two rivers: Subak river (part of the UNESCO Heritage-listed subak irrigation network) and Bali's longest river, Ayung Architectural Concept: "You can imagine the Resort literally as a bowl of rice. I wanted people to arrive in the middle of that space, to step inside the space within; the centre of the bowl." – John Heah*
Land: *7 hectares (18 acres) of lush jungle and rice fields*



Distance by car:
International Airport – 90 minutes
Four Seasons Jimbaran Bay – 90 minutes
Central Ubud – 15 minutes
Tegalalang Rice Terrace – 30 minutes
Mount Batur – 90 minutes

Four Seasons Resort Bali at Sayan, Indonesia
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Did You *Know?*

- The rooftop's elliptical lotus pond spans 852 sqm
- The resort's on-site rice fields belong to a local farmer and harvest 4 tonnes of rice per year
- Ubud's name is derived from the Sanskrit word for 'medicine' (ubad) and was founded in the 8th century by a Javanese Hindu priest
- Yin Yoga involves poses held for up to 11 minutes, while AntiGravity ® Yoga was created by an acrobatic dancer



Accommodations

60 suites and villas offer river-front or elevated valley views, with natural and earthy decor. Most villas feature a unique below-ground design with rooftop pond and meditation deck, ensuring absolute privacy and exclusivity at the lower level pool, bedroom and living area.



VILLAS	
Royal Three Bedroom Pool Villa	1
River View Two Bedroom Pool Villa	1
Garden Two Bedroom Pool Villa	1
Sayan Pool Villa	2
River Front Pool Villa	8
River View Pool Villa	3
Garden Pool Villa	25

SUITES	
Premier Family Suite	5
Premier Duplex Suite	13

Unlock another layer of Bali's rich culture and experience the deep connection – both practical and spiritual - that Balinese have with food by joining a hands-on class at Sokasi, the riverside cooking school. Our Balinese class showcases traditional dishes normally reserved for important ceremonies and festivals. Meanwhile, our plant-based class features healthy and light cuisine inspired by Ubud as the centre of healing and wellness in Bali.



Signature *Experiences* with On-Site Experts

Ibu Fera, resident wellness mentor and former Buddhist nun, shares her wisdom through a Sacred Nap, Meditation and Life Talks programme. Lilik**,** resident yogi master, leads innovative classes including AntiGravity ®, Full Moon, Laughter, Yin and Restorative Hot Stone Yoga.

A true ambassador of Balinese friendliness and hospitality, Agus. He loves taking guests off-the-beaten-track with ricefield cycling tours, treks and rafting. Hard labor in the tropics, but he's one of the happiest and most positive people we know.



Sacred River Spa is a pure, sacred space - bordered by Bali's longest, widest and most revered river - the energy of pulsing rivers waters and Ayung valley foliage flows into soulful healing rituals; each designed to unite body and mind with the rhythms of nature and help restore primal balance. Central to its revised menu are transformative water-centric treatments that harness the power of the energetic flow from the intangible realm to the physical realm.