

# Complimentary Activities



## **Body Tone Flow (17.00 - 18.00)**

**Monday & Wednesday**

Experience an energizing workout that targets your entire body using your own body weight as the primary resistance. These flowing exercises are ideal for everyone, regardless of fitness level. This practice helps enhance core strength, tone your body, and boost your confidence.



## **Breathwork (17.00 - 18.00)**

**Tuesday - Healing Breathwork**

**Friday - Vinyasa Breathwork**

How we breathe describes how we live. Breathwork exercise using various breathing techniques to relieve anxiety and reduce stress in your body. It also provides an opportunity for stored negative emotions to surface and be released as we exhale. It is also known as a more accessible alternative of meditation to achieve inner peace.



## **Sound Healing (17.00 - 18.00)**

**Thursday - Sound Bath**

**Saturday - Yin Yoga & Sound Healing**

Join our sound healing session to relax your mind and appreciate the present moment to achieve mental peace and tranquillity. Our healing practitioner uses different sound vibrations to help unblock the unexpressed emotion and let go of the negative energy.

# Complimentary Activities



## Balinese Authentic Class

Everyday from 15.00 - 16.00

Nyuh Bali offers a rich array of activities that immerse you in Balinese culture. Discover the secrets of crafting sambal matah, a traditional Balinese seasoning. Learn the ancient art of preparing loloh, a time-honored herbal drink, or embrace Balinese traditions by creating offerings used in gratitude rituals.



## Morning Yoga Class

Everyday from 08.30 - 09.30 AM

Gift yourself a relaxing yoga flow that will re-energize and wake up your entire body. Our yoga class is designed to be suitable for beginners to intermediate, no matter your fitness level. You will be guided step by step with **our certified yoga teacher** to do yoga pose in the correct alignment.



## Morning Walk

Everyday from 07.00 - 08.00 AM

Start your awesome day by morning walking to the silungan village; it will be a good exercise and worth experience. You can inhale pure oxygen, enjoy rice field view and many of coconut (nyuh) trees. For your comfort, we recommend you to wear anti-slip shoes because there are plenty of muddy paths .



# *The Way to Lotus Bloom*

## *Space for Morning Yoga Class*

1. From our restaurant,



2. Go down the stairs



3. Turn left until you find the waterfall



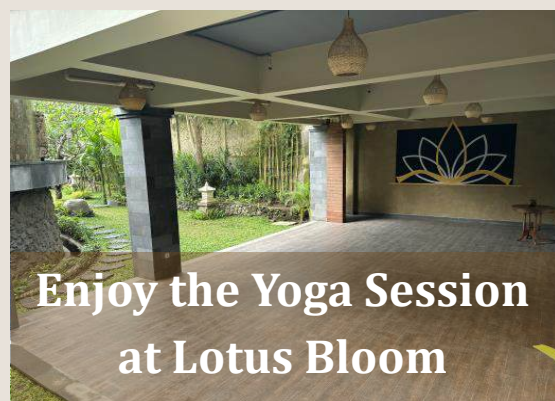
4. Turn left and follow the pathway



5. Go down the stairs



6. Leave your shoes and worries



**Enjoy the Yoga Session  
at Lotus Bloom**

# Complimentary Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 8 AM	7 - 8 AM	7 - 8 AM	7 - 8 AM	7 - 8 AM	7 - 8 AM	7 - 8 AM
Rice field Walk ☀️	Rice field Walk ☀️	Rice field Walk ☀️	Rice field Walk ☀️	Rice field Walk ☀️	Rice field Walk ☀️	Rice field Walk ☀️
8.30 - 9.30 AM	8.30 - 9.30 AM	8.30 - 9.30 AM	8.30 - 9.30 AM	8.30 - 9.30 AM	8.30 - 9.30 AM	8.30 - 9.30 AM
Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom	Hatha Yoga Lotus Bloom
3 - 4 PM	3 - 4 PM	3 - 4 PM	3 - 4 PM	3 - 4 PM	3 - 4 PM	3 - 4 PM
Authentic Balinese Class						
Sambal Matah Sense Space	Gratitude Ritual Sense Space ☀️	Herbal Drink Sense Space	Sambal Matah Sense Space	Gratitude Ritual Sense Space ☀️	Herbal Drink Sense Space	Sambal Matah Sense Space
5 - 6 PM	5 - 6 PM	5 - 6 PM	5 - 6 PM	5 - 6 PM	5 - 6 PM	5 - 6 PM
BodyTone Flow or Power Yoga Rooftop Yoga Shala	Healing Breathwork Rooftop Yoga Shala	BodyTone Flow or Power Yoga Rooftop Yoga Shala	Sound Bath Rooftop Yoga Shala	Vinyasa Breathwork Rooftop Yoga Shala	Yin Yoga & Sound Healing Rooftop Yoga Shala	-

- Please book in advance for the rice field walk & authentic Balinese class
- Advanced booking is not needed for yoga class & wellness activity, however, we suggest you arrive a few minutes earlier. If you arrive more than 15 minutes late or the class is over subscribed, regret to inform you that you may not be allowed to join out of courtesy to the other participants
- Our classes are delivered with group dynamics in mind; for a more tailored experience, please book a private session
- We recommend private yoga sessions instead of group classes for our pregnant guests for safety reasons
- Please consult to your doctor if you have any medical condition before joining the class



: Weather permitting activities. In case of the rain, the activity will be cancelled.



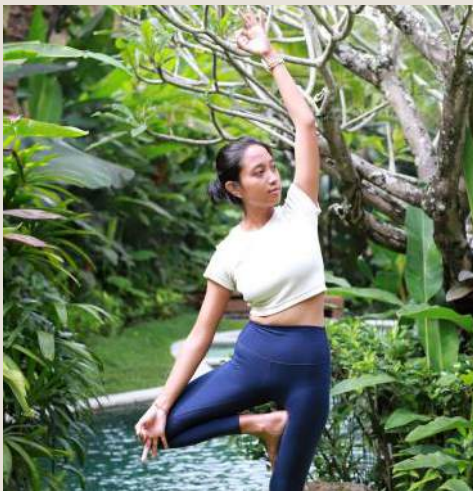
## Meet our Teacher



**Jane P.**

*Yoga, Sound Healing,  
Pranayama & Meditation*

**J**ane is an internationally certified yoga instructor who has completed courses of teacher training in India, Thailand, and Australia. She has achieved yoga teacher's certification in Acro Yoga, Ashtanga and Vinyasa Flow, Aerial Yoga, Prenatal and Postnatal Yoga. She is known for her hands-on approach, enthusiasm, and joy for the practice. Her personal style of teaching yoga draws attention to breathing, fun sequence, and safe alignment. For her, yoga is not just about pushing yourself to the most advanced pose; it's about accepting where we are right now and allowing our body to improve naturally over time.



**Pebi**

*Yoga  
Pranayama & Meditation*

**P**ebi was born and raised in Ubud, Bali. She started practicing yoga when she was 17 years old and instantly fell in love at the first try. For her, yoga is more than just an exercise, it is how to connect the breath with the body and find the harmony within. Since then, Pebi has completed 200 hours of Yoga Foundation Teacher Training and 50 hours of Yin & Hatha Yoga in 2018. Pebi offers the moment of pauses to reflect in gratitude while sharing her gentle and uplifting practice. Pebi continues to deepen her practice through sharing yoga with others. She believes that "My Teaching Is My Learning, My Learning Is My Teaching"

## Meet our Teacher



**Gusti Wira**

*Breathwork, Yoga,  
Pranayama & Meditation,  
Sound Healing, Chakra Balancing*

**G**usti is a native Balinese Yoga & Healing teacher. Born into a family where yoga is a daily ritual, yoga has always been a strong influence in his life since he was a little. He is passionate about exploring the power of breath and its connection to each yoga pose for the overall well-being. He is a breathwork teacher who will guide your breath in a way that enables the transformational process to occur. His wide experience in Yoga & Breathwork inspires him to create Vinyasa breathwork that combines dynamic yoga movement with breathing technique to release the unexpressive emotion in a fun sequence.



**Lia**

*Yoga, Reiki Healing,  
Tarrot Reader, Sound Healing*

**L**ia is a well-being facilitator who is keen on guiding others to transform themselves to become the healthier and more amazing people that they are meant to be. Lia has been practicing yoga since 2013, and it makes her realize that yoga is not just a workout, but it is a work-in. It brings her to learn more healing modalities such as reiki healing, sound healing, tapping therapy, and healing qi gong. She is certified as a reiki master by Asian Healing Arts Center, Thailand.

# Meet our Teacher



**Vinza**  
*Fitness Instructor*

**V**inza, with a passion for fitness and wellness, has been dedicated to coaching since 2021. She began her journey by leading online workout sessions for women's groups and has since advanced her expertise through the Advanced Fitness Training program at Rai Institute Indonesia. Vinza brings a wealth of knowledge and experience to her fitness classes, aiming to help participants achieve a higher level of health and well-being. Her favorite exercises, including the Back Squat and Deadlift, reflect her commitment to strength and functional training.



**Lisa**  
*Yoga, Pilates*

**L**isa, our dedicated Wellness Instructor, began her journey with a passion for yoga, fitness classes, and dancing. As she experienced remarkable improvements in her posture, she was inspired to pursue teacher training in Bali, becoming a certified yoga instructor. Her expertise extends beyond yoga to include access bars, meditation, and pilates, showcasing her commitment to a comprehensive wellness approach. Lisa's diverse skills and heartfelt dedication ensure that every guest enjoys a transformative and enriching wellness experience.



**Jane M.**  
*Life Coach, Mindfulness Coach,  
Yoga, Pranayama & Meditation*

**J**ane is a wellness coach with a passionate commitment to a way of a healthy lifestyle, mental health, and well-being. Having a Master's degree in Social Psychology from a prestigious university in Indonesia help her to understand better about human behavior and social environment. She has been practicing yoga for more than 10 years and deepen her knowledge in Northern India to be certified as 500-h Yoga Alliance yoga teacher.



# FAQ

## **What type of yoga is available for morning yoga class?**

Our yoga teacher could teach various tyle of yoga like hatha, vinyasa, ashtanga, restorative, and yin yoga. In general, the teacher will teach the hatha which includes moving the body into different yoga postures (seated, standing, and lying) to improve strength and flexibility with a breathing technique to help you relax. However, as the class is small and exclusive to our in-house guests, you could request the style of yoga you would like to practice. Please arrive a few minutes before the class starts to request a certain style.

## **What should I bring to class?**

Just bring yourself. We provide the yoga mat and the necessary equipment like the yoga block, yoga straps, bolster, and resistance band.

## **What should I wear?**

Whether you prefer loose or tight clothes, please wear comfortable ones that you can easily move and stretch. For pilates and power yoga class, it would be great if you could wear sportwear or tight clothes.

## **Can I eat before the class?**

Everyone is different when it comes to food and digestion. In general, we do not recommend eating a large meal at least two hours before the class.

## **I never do yoga and pilates before. My life is quite sedentary. Can I come?**

Yes. Our class is also suitable for beginners without any experience before. Just come as you are and feel the power of transformation during the class.



# FAQ

## **What's the difference between breathwork and meditation?**

Meditation focuses on present moment awareness, and seeks to generate a more settled, focused mind. It asks you to observe your breath *without manipulating it*, whereas breathwork is a form of active meditation which uses breathing practices to try and alter your mood or mindstate. Breathwork is considered as the active meditation and easier alternative for beginner and people who easily get bored and distracted during meditation.

## **What's the difference between healing breathwork and vinyasa breathwork?**

During the session of healing breathwork, you will be in the seated or lying position. It's good alternative if you just want to release the negative emotion after tiring days. Vinyasa breathwork is a fun and more dynamic sequence that combines Vinyasa or commonly known as flow yoga with breathing exercise.

## **What will I do during sound bath?**

Simply, just lie down, find your comfortable position, and listen to the sound played by the practitioner. The practitioner will use various instruments such as tibetian singing bowl, tongue drum, ting sha, rain maker, and chimes.

## **What's the difference between sound bath and yin yoga & sound healing?**

During sound bath session, you just only need to lie down and relax. Meanwhile, you will be guided to do several yin yoga pose to allow deep stretching while listening the sound.

## **I have scoliosis in my spine. Can I join?**

Yes, you can join all classes unless you are prohibited to do exercise by your doctor. However, we suggest you book a private class for yoga and pilates so that the instructor can tailor the movement suit to your needs.

## *Stay Connected*



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*Serve with smile and sincerity*