

## MONDAY

### Subak Significance

Discover Subak which plays an essential role in Balinese rice farming. Take delight in the beautiful landscape, while beneath the surface of mother nature, earth life flourishes by the virtue of Subak's vibrant magnificence.

📍 Permaculture  
🕒 10.00am - 11.30am



### Traditional Herbal Drink - Loloh

A traditional Balinese medicine with incredible health benefits and fascinating history.

📍 Permaculture  
🕒 3.00pm - 4.00pm



### Chandra Yoga

Immerse yourself in the practice of physical, mental and spiritual discipline. Yoga poses help to balance and harmonize your mind, body and emotions.

📍 Yoga Shala  
🕒 4.00pm - 5.00pm



## TUESDAY

### Umah at Tanggayuda

Immerse in the way of living of the Balinese people. A leisure stroll to the neighboring village 'banjar' of Tanggayuda.

📍 Permaculture  
🕒 10.00am - 11.00am



### Learn How To Make Balinese Offerings

Unveil Bali natives artistic side as you will learn to craft Balinese offerings serve as a symbol of gratitude praising the Divinity for his blessings.

📍 Permaculture  
🕒 3.00pm - 4.00pm



## WEDNESDAY

### Surya Yoga

Immerse yourself in the practice of physical, mental and spiritual discipline. Yoga poses help to balance and harmonize your mind, body and emotions.

📍 Yoga Shala  
🕒 8.00am - 09.00am



### Coffee Cultures

Witness the traditional way of coffee bean processing prior to brewing and tasting the aromatic flavor of a cup of Balinese coffee whilst embracing fascinating Ubud's charming rice fields view from our Permaculture Garden.

📍 Permaculture  
🕒 3.00pm - 4.30pm



## THURSDAY

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📍 Permaculture  
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### Traditional Bumbu Bali

Embark on a new culinary journey with herbs and spices from Kappa Senses Ubud's very own extensive permaculture produces, accompanied by a local specialist.

📍 Permaculture  
🕒 3.00pm - 4.00pm



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## FRIDAY

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### Tales of Arak

Discover the history of Arak, local heritage of Balinese ancestors, dating back to the Majapahit era (1293-1527).

📍 Permaculture  
🕒 3.00pm - 4.30pm



## SATURDAY

### Balinese Temple Experience

Nestled in the secluded area of Banjar Tanggayuda, Kappa Senses Ubud continues combining cultural elements to experience during the island getaway.

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🕒 10.00am - 11.00am



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🕒 4.00pm - 5.00pm



## MONDAY

### Cultivate Your Own Plantation

Plant your very own Caladium tree with wishes for the future written on recycled wood while contributing meals to our permaculture residents.

- 📍 Permaculture
- 🕒 4.30pm - 5.30pm



## TUESDAY

### Rice Paddy and Subak Discovery

Little voyager exploration. Partake in an adventure of exploring neighboring rice paddy fields and enjoy the panoramic view of Ubud's indigenous rural village.

- 📍 Permaculture
- 🕒 4.30pm - 5.15pm



## WEDNESDAY

### Animal Feeding

Make friends with permaculture's little creatures. Get a chance to discover the life of the little swine, birds, rabbits, and chickens and feed them.

- 📍 Permaculture
- 🕒 8.00am - 8.45am



## THURSDAY

### Stone Painting

Unveil your little one's inner creative energy and spark the artistic desire by painting uniquely shaped stones available at the resort.

- 📍 Permaculture
- 🕒 4.30pm - 5.30pm



## FRIDAY

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## SATURDAY

### Balinese Dance Lesson

Introducing the basic movements of Balinese dance and synchronizing gestures with the traditional gamelan into a harmonious choreography.

- 📍 Permaculture
- 🕒 4.30pm - 5.15pm



## SUNDAY

### Permaculture Harvesting

Time to give back to nature. At Kappa Senses Ubud, let your little one contribute meaningfully to the environment.

- 📍 Permaculture
- 🕒 4.30pm - 5.15pm

