



## AIR • SURYA AND 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. Surya Yoga is performed in the morning and offers salutation to the Sun with an invigorating sequence of yoga poses.

- ✓ Surya Yoga is performed in the morning, help to balance and harmonize your mind, body and emotions
- ✓ Sunset yoga combines simple, full-body moves with breathing techniques and meditation principles to enter a flow of poses sequence and deep relaxation

- 📍 Yoga Shala
- 🕒 Wednesday, Friday  
8.00am - 9.00am
- 📍 Yoga Shala
- 🕒 Monday, Thursday, Sunday  
4.00pm - 5.00pm

## WATER • TRADITIONAL HERBAL DRINK LOLOH

A traditional Balinese medicine with incredible health benefits and fascinating history. Our resident Healer will guide you through the complex medicine and its various uses and benefits and share our "Loloh" recipe which stems from ancient knowledge that has been passed down from generation to generation.

- ✓ Secret recipe of Balinese herbal drink and multiple benefits

- 📍 Permaculture
- 🕒 Monday 3.00pm - 4.00pm



## EARTH • CULTIVATE YOUR OWN TREE *(Available for Children)*

At Kappa Senses Ubud, discovery, encounter and authenticity are complemented by eco and social-responsible approaches that are fundamental to our core philosophies. Take part in #KappaConscious, an ode to green living. Plant your very own Caladium tree with wishes for the future written on recycled wood while contributing meals to our permaculture residents. Return anytime to visit your wishing tree for an earthly gratitude.

- ✓ Feel gardening experiences at our fertile soil

- 📍 Permaculture
- 🕒 Monday 4.30pm - 5.30pm

## SPACE • 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. Canang Sari, Saiban and Segehan are reverently essentials within Balinese life. Learn how to create various shapes of offerings utilizing natural materials. The Balinese wholeheartedly believes in the end purpose of those; to give gratitude and maintain the universe's balance in the Balinese way.

- ✓ Learn how to make Balinese offering; Canang, Segehan and Saiban

- 📍 Permaculture
- 🕒 Tuesday, Saturday  
3.00pm - 4.00pm



## FIRE • 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. Transformed into a selection of delicious traditional bumbu and sambals, these piquant and spicy flavors will give you an authentic culinary experience.

- ✓ Tasting of herbs and spices from permaculture garden, which are displayed on a kaki lima (wooden cart)

- 📍 Permaculture
- 🕒 Thursday 3.00pm - 4.00pm





## EARTH • SUBAK SIGNIFICANCE

Discover Subak which plays an essential role in Balinese rice farming. This irrigation system was developed in the ninth century and recognized as a UNESCO World Heritage since 2012. Take delight in the beautiful landscape, while beneath the surface of mother nature, earth life flourishes by the virtue of Subak's vibrant magnificence.

- ✓ Walk amid the paddy fields, and explore "SUBAK" water irrigation

- 📍 Permaculture
- 🕒 Monday, Thursday  
10.00am - 11.30am

## SPACE • UMAH AT TANGGAYUDA

Immerse in the way of living of the Balinese people. A leisure stroll to the neighboring village 'banjar' of Tanggayuda. Let yourself be welcomed in an Umah (local house) and discover the rites and traditions that give rhythm to the life of Balinese families. Embrace the uniqueness of how Balinese families awaken the harmonious and dynamic way of life between God, humans and their respectful environment.

- ✓ Visit local house of Tanggayuda village and explore their social life

- 📍 Permaculture
- 🕒 Tuesday, Sunday  
10.00am - 11.00am



## FIRE • COFFEE ROASTING

Witness the richness of the island's volcanic soils where the berries of its finest coffee are cultivated in the serene land of Bali. Learn how Balinese locals roast the coffee bean prior to brewing and tasting the aromatic flavor of a cup of Balinese coffee whilst embracing fascinating scenery of Bali's mesmerizing backdrop.

- ✓ The traditional way to roast the Balinese coffee bean

- 📍 Permaculture
- 🕒 Wednesday 3.00pm - 5.00pm

## WATER • BALINESE PALM WINE 'TUAQ'

Tucked away in the neighboring village of Ubud, across the verdant rice paddy fields, discover 'Tuak' the Balinese palm wine-produced inflorescences. This un-distilled local drink contains 8%-10% alcohol and it is believed by the native that it has many health benefits expediting the digestive system. It is also used for religious ceremonies within the Balinese daily lives.

- ✓ Balinese palm wine, discover Balinese people obtain the fermentation from the palm tree

- 📍 Permaculture
- 🕒 Friday 3.00pm - 4.30pm



## AIR • BALINESE TEMPLE EXPERIENCE

Nestled in the secluded area of Banjar Tanggayuda, Kappa Senses Ubud continues combining cultural elements to experience during the island getaway. Participate in the abundant ways of manifesting gratitude by partaking in Balinese sacred ritual, contribute to the preservation of the temple and curate distinctive spiritual journey to make a meaningful experience.

- ✓ Dress up Balinese attire, thereafter pray and manifest blessings

- 📍 Permaculture
- 🕒 Saturday 10.00am - 11.00am





# Kappa Instant Kids Activities



## 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. The rice paddy field ecosystem is incredibly inhabited by freshwater fish, eels, frogs, snails, dragonflies, grasshoppers, herons, and egrets. Your little one will discover some insight on the seedling process to rice on the table and the supporting ecosystem for this cycle.

🕒 Tuesday 4.30pm - 5.15pm

## 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. Encourage your little one to connect with mother nature where the balance of humans and other creatures is conspicuous to bring harmony in life.



🕒 Wednesday, Friday  
8.00am - 8.45am



## STONE PAINTING

Unveil your little one's inner creative energy and spark the artistic desire by painting uniquely shaped stones available at the resort. Be inspired by the Ubud's artsy vibes and Kappa Senses's tranquil environment. Let your little one create a masterpiece.

🕒 Thursday 4.30pm - 5.30pm

## BALINESE DANCE LESSON

Introducing the basic movements of Balinese dance and synchronizing gestures with the traditional gamelan into a harmonious choreography. Join the Balinese Dance Class, where every move has its artistic meaning and leads to alluring rhythmic dancing.



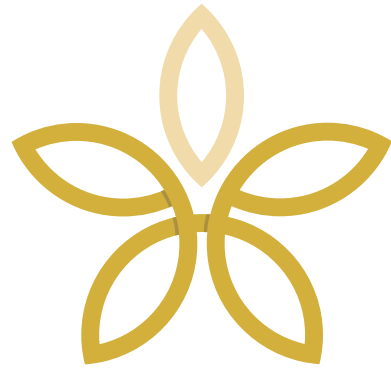
🕒 Saturday 4.30pm - 5.15pm



## PERMACULTURE HARVESTING

Time to give back to nature. At Kappa Senses Ubud, let your little one contribute meaningfully to the environment. During the harvesting season, join our farmer in garnering the paddy, re-cultivating, and up keeping the beautiful environment. An activity of giving an understanding of maintaining the balance and living harmony between humans and mother nature.

🕒 Sunday 4.30pm - 5.15pm



# UBUD CENTRE SHUTTLE SCHEDULE

Depart from Kappa Senses Ubud	Arrive at Ubud Centre	Depart from Ubud Centre	Arrive at Kappa Senses Ubud
9.00am	9.20am	9.30am	9.50am
11.00am	11.20am	11.30am	11.50am
1.00pm	1.20pm	1.30pm	1.50pm
3.00pm	3.20pm	3.30pm	3.50pm
5.00pm	5.20pm	5.30pm	5.50pm

## TERMS AND CONDITIONS

- Seats are subject to availability on a first-come-first-serve basis
- Guests are advised to be present at the respective pick-up points 5 minutes prior to the scheduled departure timings
- Timings are estimated, subject to traffic conditions at time of travelling
- Kappa Senses Ubud reserves the right to make changes to timings without prior notice





## DANU JUNGLE

- Jungle Suite
- Deluxe Suite with Private Jacuzzi
- Deluxe Pool Villa

## DANU RETREAT

- One Bedroom Pool Villa
- One Bedroom Pool Villa with Rice Field View
- Two Bedroom Pool Villa

## FACILITIES

- 1 Lobby
- 2 Floating Boutique
- 3 Activity Lounge
- 4 Floating Library

## EPICUREAN NESTS





- 5 Kepuh
- 6 Kokokan
- 7 Lianas
- 8 Kelapa
- 9 Bale Gourmet

## SPA AND WELLNESS

- 10 OmTara Spa by Clarins
- 11 Japanese Zen Garden
- 12 Permaculture Garden

## PUBLIC AREAS

- 13 Retreat Pool
- 14 Jungle River Pool

-  Swing
-  Pura Dukuh
-  Pura Masceti
-  Assembly Point





## **KAPPA SENSES UBUD**

We believe that traveling rhymes with discovery, encounter and authenticity, amidst an eco-friendly and socially responsible environment. Kappa Senses Ubud incorporates five philosophies to travel differently, to embark on a meaningful journey and to embrace in-depth sensorial experiences encompassing wellness and culinary.

From its inception, Kappa Senses Ubud is devoted to be the reviving nest, to awaken senses and essentially embracing their significance. The 2 hectares resort cocoons 76 opulent contemporary styled suites and villas featuring state-of-the-art facilities combined with beautifully carved ancient Sanskrit epics of Ramayana.

Being at Kappa Senses Ubud is the beginning of a remarkable journey for the discerning travelers – a full discovery of senses and ultimately embracing the epitome of senses: the KAPPA SENSES.





## FACILITIES

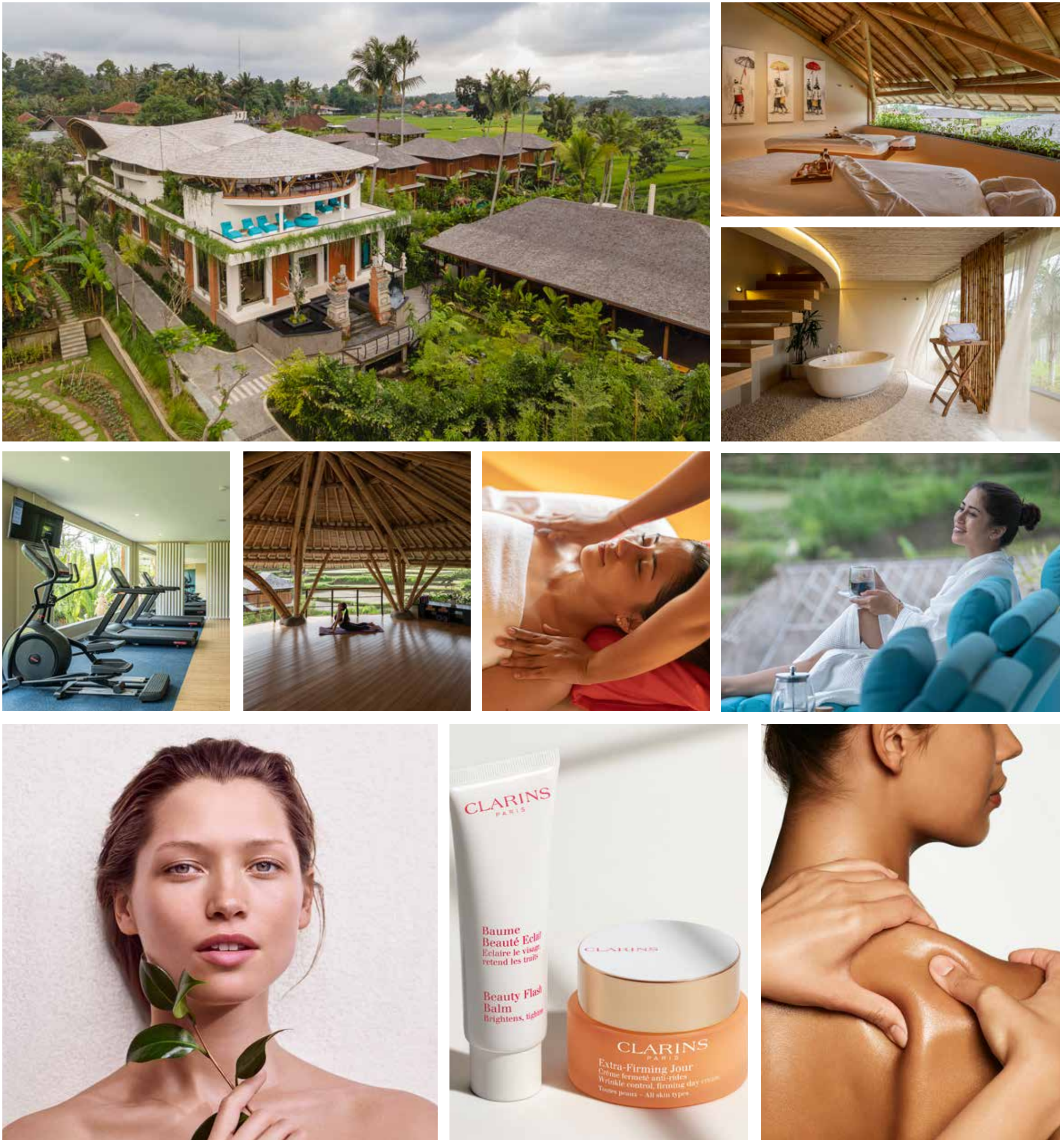
### Floating Boutique

Showcases a selection of handpicked local art and handicrafts including baskets, silk, pottery, jewelry, fashioned fabrics and materials. Clarins retail products and Kappa Senses' signature amenities are on display for purchase as well.

### Floating Library

Offers a selection of books, newspapers, cultural publication, Indonesia and world's journals and games. A wide array of encyclopedia. An outdoor lounge opposite the Floating Library also serves as guests' activity quarter.





## SPA AND WELLNESS

OmTara Spa by Clarins offers pure serenity and leisure pursuit for an ultimate senses awakening. Collaborating with naturally responsible company: Clarins, which for many years has been committed to sustainable and fair agriculture protecting both nature and people. This mutual partnership is committed and driven by a long-term vision to create a haven of peace in worldly-known healing destination: Bali. OmTara occupies more than 1000m<sup>2</sup> revered site consisting of 7 treatments rooms, beauty and hair salon, vitality pools, gym, hammam, and vichy shower. It is strategically located within the resort. Clarins products and application techniques are the result of more than 60 years of dialogue with respectful loyal customers. Treatments are absolutely unique, combining the effectiveness of the "Clarins Touch" – an exclusive 100% high performance manual method – with the power of high purity plant extracts and essential oils. Resulting an exquisite sensory experience at the service of your beauty and sensations.





## WELLNESS ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am - 9.00am	<p><b>*SURYA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>		<p><b>*SURYA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 2pax)</p>	<p><b>*SURYA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>	<p><b>*SURYA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>		<p><b>*SURYA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>
11.00am - 12.00noon	<p><b>GROUP YOGA CLASSES</b> at the Yoga Shala</p> <p>IDR 250,000** per person (max 6pax)</p>			<p><b>GROUP YOGA CLASSES</b> at the Yoga Shala</p> <p>IDR 250,000** per person (max 6pax)</p>			<p><b>GROUP YOGA CLASSES</b> at the Yoga Shala</p> <p>IDR 250,000** per person (max 6pax)</p>
2.00pm - 3.00pm			<p><b>GROUP YOGA CLASSES</b> at the Yoga Shala</p> <p>IDR 250,000** per person (max 6pax)</p>		<p><b>GROUP YOGA CLASSES</b> at the Yoga Shala</p> <p>IDR 250,000** per person (max 6pax)</p>		
4.00pm - 5.00pm	<p><b>*CANDRA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>		<p><b>*CANDRA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>	<p><b>*CANDRA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>	<p><b>*CANDRA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>		<p><b>*CANDRA YOGA</b> at the Yoga Shala</p> <p>Complimentary (max 12pax)</p>

**\*Complimentary Yoga Classes are available exclusively for in-house guests. A fee of IDR 250,000\*\* per person will be charged for non resident guest who wish to participate.**

Private Yoga Classes are available upon request at IDR 600,000\*\* for up to 2 people.

Advance reservations are required. Above prices are quoted in Indonesian Rupiah and subject to 23.75% government tax and service charges.

For reservations and further information, kindly communicate with OmTara Spa by Clarins Receptionist or Front Office of Kappa Senses Ubud.



## DINING

There are 3 main Epicurean Nests at Kappa Senses Ubud. Each one of them offers a unique, one of a kind sensorial palate escapade to satisfy guests' taste bud and visual perception.



**Kepuh,**  
*All Day Dining*  
*Restaurant*  
Seating capacity 84

It boasts timeless Ubud landscape; the expansive rice paddy fields with beckoning farmers and endearing sight of mustering ducks. Guests will savor a magical culinary journey roaming the diverse and fascinating cuisines of the Majapahit Empire. Kepuh's name derives from the enormous tree nestled in the heart of the resort.



**Kelapa,**  
*Pool Side Bar*  
*& Restaurant*  
Seating capacity 76

Our zen-vibe restaurant by the main swimming pool. It's the go to food venue at all time of the day; crafty burgers, pizzas and sandwiches to satisfy any craving paired with refreshing salads, pastas and soups to chill by the pool while gazing at the rice paddy fields and hypnotic swing.



**Kokokan,**  
*Specialty Restaurant*  
Seating capacity 87

Indulge in epicurean delicacies at Kokokan, a semi-gastronomic restaurant, while adoring uninterrupted views of rice paddy fields. Kokokan boasts a Bar serving unique concoctions created by our creative and experienced mixologist.





***Lianas,  
Bar cabana  
by the jungle river pool***

A contemporary Cabana Bar by the jungle river pool. Lianas offers our guests a bridge to modern comforts from the middle of the jungle setting.



***Bale Gourmet,  
Lounge  
Seating capacity 28***

Offers a flavorsome selection of pastry, cheese, coffee and tea during the day and as the golden hour starts flowing in by 5.30pm Bale Gourmet will serve spirits, liquors, and wines paired with tapas style delicacies.

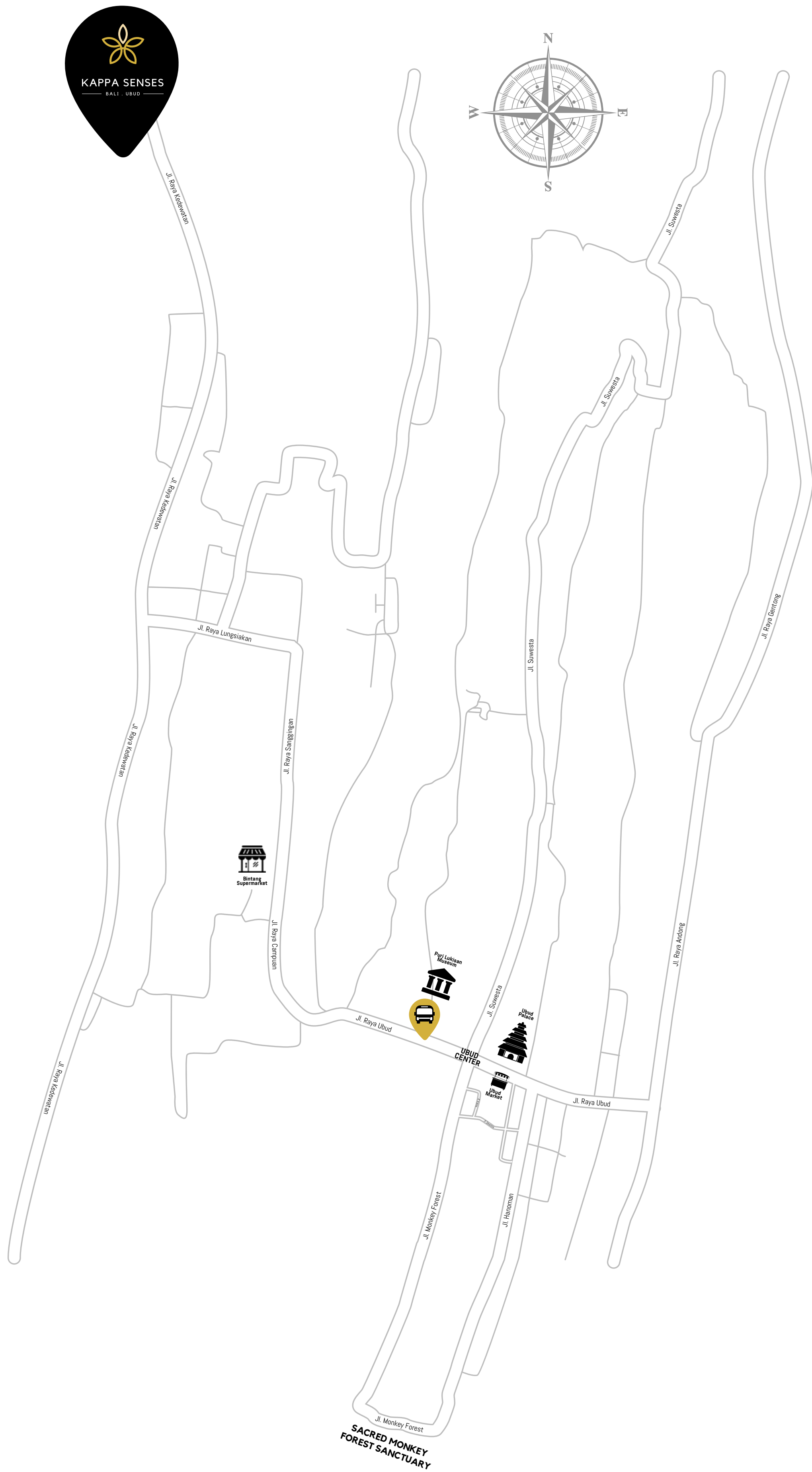


***In Villa Dining,  
Available 24 hours  
11.00pm - 6.00am  
(late light bites)***

Kappa Senses' In-Villa Dining caters a customized service to guests who enjoy indulging in their villa for meals. In-Villa Dining offers guest the pleasure of savoring intimate lunches or romantic dinners either on the balcony/terrace/veranda or around the private swimming pool. Special decorations can be provided for unique celebrations and moments at additional charge. In-Villa Dining provides 24 hours services with light snacks offer from 11.00pm - 6.00am, while the rest of the hours offer selection of meals ranging from appetizers, main courses, desserts and late night bites from the other epicurean nests' menu.



# SHUTTLE POINT



**Kappa Senses Ubud**



**Supermarket**



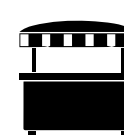
**Ubud Palace**



**Shuttle Car  
(Drop and Pickup Point)**



**Museum**



**Ubud Market**