



KAPPA SENSES
BALI . UBUD

Kappa Instants



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
- 🕒 Monday, Wednesday 8.00am - 9.00am
- 📍 Yoga Shala
- 🕒 Tuesday, Thursday, Saturday 4.30pm - 5.30pm

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
- 🕒 Friday 10.00am - 11.30am



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
- 🕒 Friday 3.00pm - 4.00pm

EARTH • CULTIVATE YOUR OWN TREE

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
- 🕒 Sunday 10.30am - 11.30am



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 "Lolah" 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
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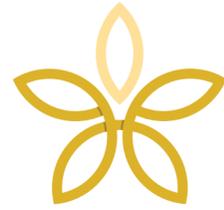
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