

REGENT

BALI CANGGU

Turn  *Each* *Step* *Into*

DISCOVERY



REGENT EXPERIENCES



Canang Making and Temple Visit

Creating a Canang is more than crafting an offering, it is you stepping into the living heartbeat of Balinese culture. Your experience concludes with a simple, meaningful blessing, where you offer your Canang with intention at the Padmasana temple.

COMPLIMENTARY FOR IN-HOUSE GUESTS

LOCATION THE LOUNGE

EVERY MONDAY, THURSDAY, SATURDAY | 2 PM



Balinese Lontar Engraving

Discover the timeless Balinese tradition of Lontar, the art of inscribing stories, knowledge, and heritage onto dried palm leaves. In this experience, you are invited to explore how Balinese ancestors recorded history, poetry, healing practices and daily life on these delicate strips of palm.

COMPLIMENTARY FOR IN-HOUSE GUESTS

LOCATION THE LOUNGE

EVERY TUESDAY AND SUNDAY | 2 PM



Candle Making

The Candle Making Workshop offers a creative and relaxing experience to craft your own personalized candles using essential oils and soothing fragrances. Learn the process of melting, blending and pouring wax while exploring the art of scent. This hands-on session promotes mindfulness and creativity in a calm, enjoyable environment.

COMPLIMENTARY FOR IN-HOUSE GUESTS

LOCATION THE LOUNGE

EVERY WEDNESDAY AND FRIDAY | 2 PM

REGENT BODY CLUB



Yoga

SUNRISE SALUTATION
MORNING BEATS FLOW
RESET AND ELEVATE

Start your day with wellness through Yoga. Suitable for all levels, each session designed to elevate your energy, awaken clarity, and nurture emotional balance.

COMPLIMENTARY FOR IN-HOUSE GUESTS

Private yoga session is available at IDR 1.200.000++

LOCATION SUNSET DECK
EVERY MONDAY TO SATURDAY | 8 AM



Sunrise Pilates

A weekly Sunday experience designed to energise the body, with a focus on core and glutes. Suitable for all levels, it leaves you feeling centred, strong, and refreshed.

COMPLIMENTARY FOR IN-HOUSE GUESTS

LOCATION BEACH HOUSE
EVERY SUNDAY | 8 AM



Body Workout

BASIC BOXING
AGILITY TRAINING
CORE EXERCISES
DYNAMIC EXERCISES

A revitalizing afternoon body workout experience designed to build strength, boost stamina, and elevate overall fitness.

COMPLIMENTARY FOR IN-HOUSE GUESTS

Private fitness class is available at IDR 1.200.000++

LOCATION HEALTH CLUB
EVERY DAY | 4 PM

All prices are subject to 16.5% prevailing government tax and 10% service charge.

Sandikala Ritual

EXCLUSIVELY OFFERED ON A COMPLIMENTARY BASIS FOR OUR IN-HOUSE GUESTS.

As day gently yields to night, guests are invited to witness the Sandikala Ritual, a serene Balinese ceremony presented for quiet observation. This timeless tradition offers a moment of stillness, reflection, and harmony with nature.

PADMASANA TEMPLE | EVERY THURSDAY AT 05.30 PM



REGENT EXPERIENCES

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Activity Highlights

Monday

08.00 - 08.45
Morning Beats Flow
Sunset Deck

Tuesday

08.00 - 08.45
Sunrise Salutation
Sunset Deck

Wednesday

08.00 - 08.45
Reset and Elevate
Sunset Deck

Thursday

08.00 - 08.45
Morning Beats Flow
Sunset Deck

Friday

08.00 - 08.45
Sunrise Salutation
Sunset Deck

Saturday

08.00 - 08.45
Reset and Elevate
Sunset Deck

Sunday

08.00 - 09.00
Sunrise Pilates
Beach House

14.00 - 14.45
Canang Making & Temple Visit
The Lounge

14.00 - 14.45
Balinese Lontar Engrave
The Lounge

14.00 - 14.45
Natural Candle Making
The Lounge

14.00 - 14.45
Canang Making & Temple Visit
The Lounge

14.00 - 14.45
Natural Candle Making
The Lounge

14.00 - 14.45
Canang Making & Temple Visit
The Lounge

14.00 - 14.45
Balinese Lontar Engrave
The Lounge

16.00 - 16.45
Basic Boxing
Health Club

16.00 - 16.45
Dynamic Exercise
Health Club

16.00 - 16.45
Core Exercise
Health Club

16.00 - 16.45
Agility Training
Health Club

16.00 - 16.45
Basic Boxing
Health Club

16.00 - 16.45
Dynamic Exercise
Health Club

16.00 - 16.45
Agility Training
Health Club

◆ All ages ◆ Min. 16 years old

Please contact your Regent Experience Agent to ensure a place is reserved for you.

WELLNESS EXPERIENCES

Putu and Sri

Putu and Sri, a healing couple from Gianyar, embody the gentle strength of Balinese spiritual traditions. Guided by ancestral wisdom and transformative experiences, they offer intuitive, holistic therapies rooted in compassion, supporting emotional and energetic balance while sharing Bali's spirit of harmony and healing.



Sound Healing

60 MIN. | IDR 2.800.000++ for two pax

Sound Healing Therapy is a holistic treatment for the mind, body, and soul using seven Tibetan singing bowls, each aligned with one of the body's seven chakras. The distinct sound and vibration of each bowl helps cleanse, balance, and restore energy across the chakras.

Reiki

50 MIN. | IDR 1.300.000++

Reiki is a Japanese energy-healing practice that is now recognised worldwide. In Bali, similar healing traditions have long been part of traditional medicine, known as *Usadha*. Reiki practitioners use palm or hands-on healing to channel universal energy, supporting emotional and physical wellbeing.

Birthday and Palm Reading

60 MIN. | IDR 1.300.000++

Birthday reading explores the significance of numbers in your life, much like astrology, revealing personal traits and life paths. Rooted in ancient traditions and combined with palm reading, it offers deeper insight into your personality, characteristics, and life journey.

Prior 24-hour booking is required. Price is subject to 16.5% prevailing government tax and 10% service charge. Please contact your Regent Experience Agent for reservations.

WELLNESS EXPERIENCES

Mbok Ayu

Born with a natural sensitivity to energy, she embraced her path during the pandemic. Trained by Balinese healers, she now blends intuitive energy work with traditional practices to restore balance, clarity, and calm through gentle, authentic care.



Balinese Energy Healing

90 MIN. | IDR 2.000.000++

A gentle and deeply soothing therapy that harnesses the natural power of crystals and healing energy. Using the gentle energy of crystals to support healing, alignment, clarity, and energetic flow. Ayu then channels loving, restorative energy to any areas of the body or aspects of life that feel imbalanced or blocked. A nurturing experience designed to uplift, harmonise and restore your inner balance.

Prior 24-hour booking is required. Price is subject to 16.5% prevailing government tax and 10% service charge. Please contact your Regent Experience Agent for reservations.

The Art of Balinese Kite

Discover the stories behind Bali's timeless kite culture through the art of kite painting. Learn the tradition and spirit behind these vibrant art and let your creation soar in the sky.

Children are warmly welcome to join this refined cultural experience. The beautiful crafted kite will be your take home as a cherished keepsake.

IDR 500.000++ per kite



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