

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. In this experience, you are invited to discover the meaning behind each sacred element. The woven coconut leaf base you prepare represents balance, while every flower you place carries deep symbolism. Your experience concludes with a simple, meaningful blessing, where you offer your Canang with intention at the Padmasana temple.

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.

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.

EVERY WEDNESDAY AND FRIDAY | 2 PM

REGENT BODY CLUB

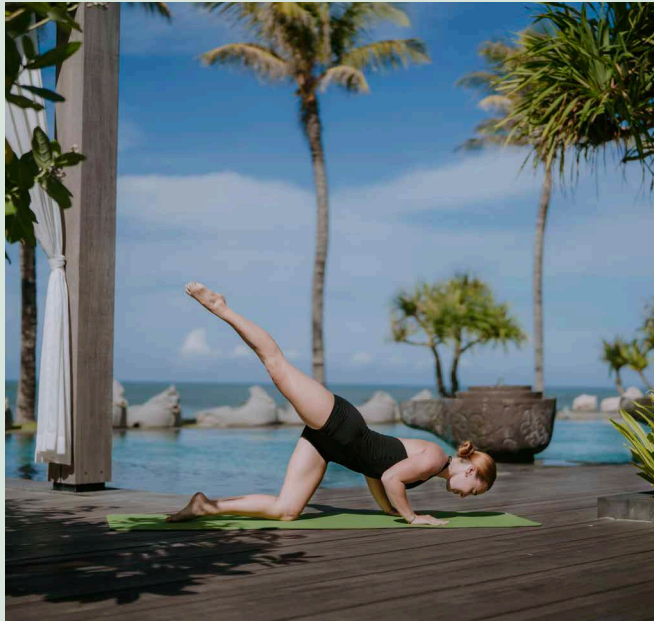


Yoga

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.

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.

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.

EVERY DAY | 4 PM

Sandikala Ritual

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

Activity Highlights

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

08.00 - 08.45
Morning Beats Flow
Sunset Deck

08.00 - 08.45
Sunrise Salutation
Sunset Deck

08.00 - 08.45
Reset and Elevate
Sunset Deck

08.00 - 08.45
Morning Beats Flow
Sunset Deck

08.00 - 08.45
Sunrise Salutation
Sunset Deck

08.00 - 08.45
Reset and Elevate
Sunset Deck

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.