

REGENT

Where

REFLECTION

Find

Space

BALI CANGGU

AN INVITATION TO PAUSE



Unlike anywhere else in the world, Bali observes a sacred day of silence known as Nyepi, marking the Saka New Year. Falling on 19 March this year, the island comes to a complete pause for 24 hours as streets fall quiet, businesses close, and nature reveals itself in rare clarity.

Preceded by vibrant Ogoh Ogoh parades symbolising the release of negative energies, Nyepi represents a powerful transition into reflection, purification, and renewal.

At Regent Bali Canggu, Nyepi is embraced as a gentle retreat, inviting guests to experience uninterrupted tranquillity through curated wellness, culinary, and reflective in-resort experiences, offering an opportunity to reconnect with oneself and the natural beauty of the island.



NYEPI RITUALS

Melasti

16 MARCH

In the days leading up to Nyepi, the shoreline of Batu Bolong Beach transforms into a sacred procession path. From early morning onwards, Balinese Hindu communities dressed in ceremonial white make their way to the sea, carrying sacred heirlooms, temple umbrellas, and offerings accompanied by the gentle resonance of gamelan.

Melasti is a ritual of purification for both the universe (Bhuana Agung) and humankind (Bhuana Alit). At the water's edge, priests lead prayers and blessings, symbolically cleansing negative energies in the ocean — believed to be the source of life. Guests staying near the beach will witness vibrant ceremonial processions, traditional attire, and a deeply spiritual atmosphere.

What to expect

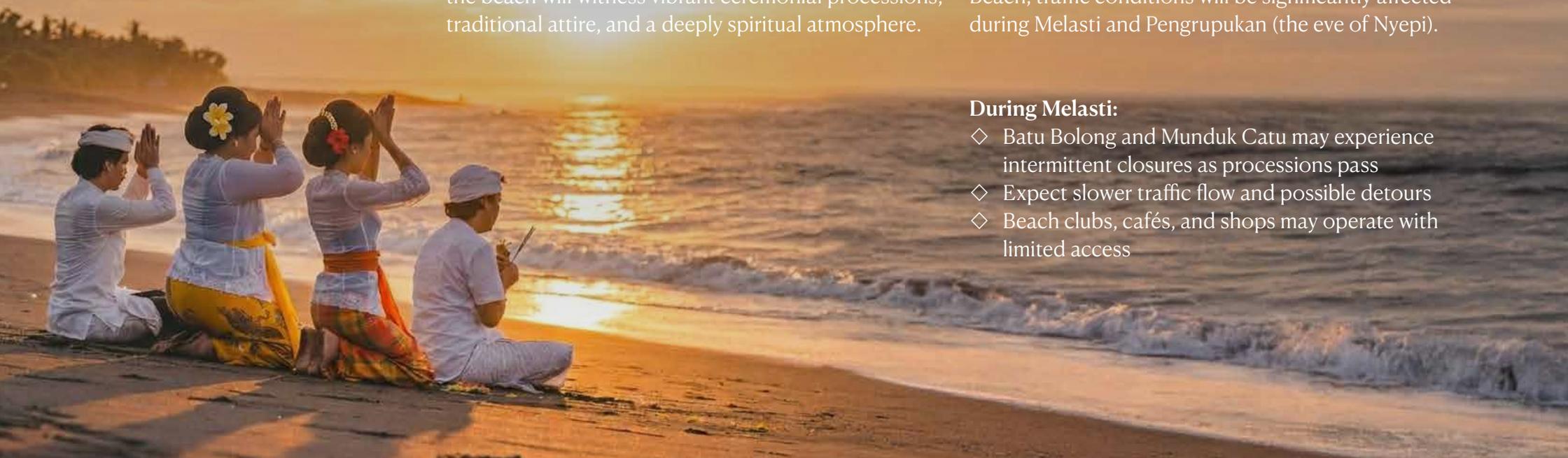
- ◇ Ceremonial processions from local temples moving toward the beach throughout the morning and early afternoon
- ◇ Temporary road closures and traffic diversions leading to the beachfront
- ◇ Increased pedestrian activity along Batu Bolong and surrounding beach access roads
- ◇ Limited vehicle access closer to the shoreline

Around Batu Bolong & Munduk Catu

As these roads serve as key access points to Canggu Beach, traffic conditions will be significantly affected during Melasti and Pengrupukan (the eve of Nyepi).

During Melasti:

- ◇ Batu Bolong and Munduk Catu may experience intermittent closures as processions pass
- ◇ Expect slower traffic flow and possible detours
- ◇ Beach clubs, cafés, and shops may operate with limited access



NYEPI RITUALS

Pengerupukan

18 MARCH



The day before Nyepi, known as the Day of Silence, is when the festivities take place. “Pengerupukan” comes from the root word “rupuk”, which means fragile or weak. This ritual aims to drive away negative energy and Bhuta Kala—the immeasurable forces of the universe and time—to restore balance for the New Year.

Around Batu Bolong & Munduk Catu

On Pengerupukan (Ogoh-Ogoh night):

- ◇ Roads will progressively close in the late afternoon
- ◇ Large Ogoh-Ogoh statues will be paraded through the streets accompanied by traditional music
- ◇ Heavy congestion is expected until early evening before full closure

RESORT AREA

Parade Ogoh-Ogoh

5.00 PM

On the eve of Nyepi, we warmly invite our guests to take part in the Ogoh Ogoh parade – a meaningful cultural tradition that marks Bali’s transition into the sacred Day of Silence. Join this vibrant procession and experience the spirit of togetherness, ritual and renewal firsthand.

Our team will be delighted to guide you should you wish to participate in this special moment of Balinese heritage.



The Lounge

Facilities Opening Hours

	18 MARCH	19 MARCH
◇ Regent Club	11.00 am - 10.00 pm	11.00 am - 6.00 pm
◇ Beach House	8.00 am - 7.00 pm	Closed
◇ The Lounge	11.00 am - 10.00 pm	11.00 am - 6.00 pm
◇ Taru	7.00 am - 10.00 pm	7.00 am - 10.00 pm
◇ Sazón	5.00 am - 12.00 am	Closed
◇ Health Club	24 Hours	Close at 6.00 pm
◇ The Library	24 Hours	Close at 6.00 pm
◇ Regent Spa & Wellness	10.00 am - 7.00 pm	9.00 am - 9.00 pm
◇ Main Swimming Pools	7.00 am - 7.00 pm	7.00 am - 6.00 pm

18 MARCH

COMPLIMENTARY ACTIVITY

Reset & Elevate

SUNSET DECK | 8.00 AM

Elevate your energy, awaken clarity,
and nurture emotional balance.

Candle Making

THE LOUNGE | 2.00 PM

Offers a creative and relaxing experience to
craft your own personalised candles using
essential oils and soothing fragrances.



KID'S COMPLIMENTARY ACTIVITY

Twisting Ballon Creation

KIDS CORNER | 10.00 AM

Colour Your Sketch

KIDS CORNER | 11.00 AM

Nature Art

KIDS CORNER | 1.30 PM



NYEPI RITUALS

Nyepi Day

19 MARCH

Nyepi is traditionally a day of absolute silence, observed by Balinese Hindus and non-Hindu residents alike, based on the four precepts of Catur Brata Penyepian. From 6.00 am (19 March) on Nyepi day until 6.00 am (20 March) the following morning, the entire island observes the Catur Brata Penyepian. These four sacred rules transform Bali into a sanctuary of silence:

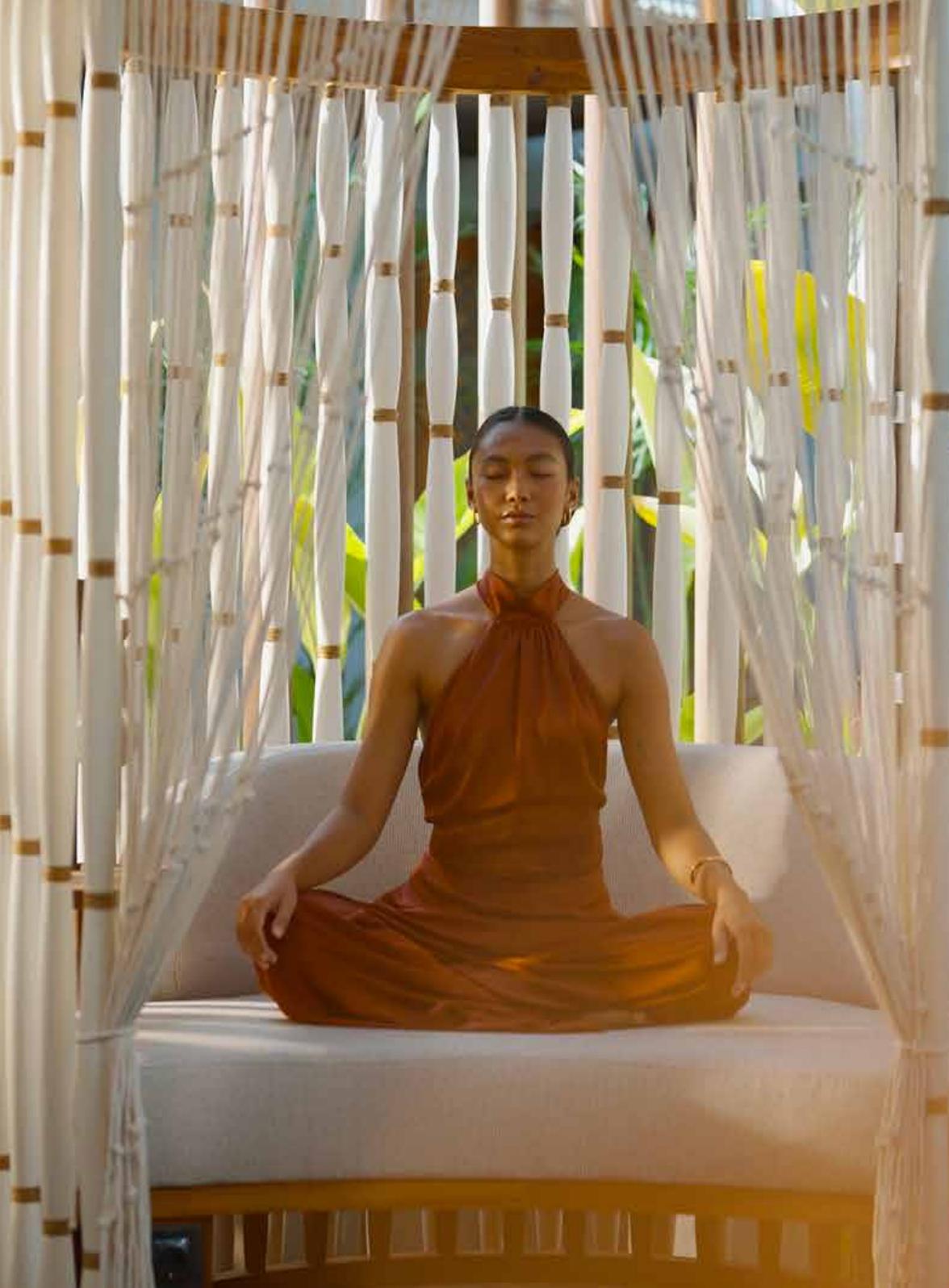
- ◇ **Amati Geni (No Fire or Light):** No fires may be lit, and all electric lights are extinguished. Homes and streets remain dark to symbolise the suppression of worldly passions.
- ◇ **Amati Karya (No Activity):** All forms of work and physical labor cease. It is a day dedicated entirely to spiritual renewal rather than productivity.
- ◇ **Amati Lelunganan (No Travel):** No one is permitted to leave their home or hotel grounds. The streets are completely empty, and even the international airport closes for 24 hours.
- ◇ **Amati Lelanguan (No Revelry):** All forms of entertainment and self-indulgence are paused. The day is reserved for quiet contemplation and silence.

A Rare Natural Spectacle

Because the entire island is plunged into darkness, Nyepi offers a breathtaking experience for those looking upward. With zero light pollution, the night sky becomes a brilliant canopy. The Milky Way is often visible to the naked eye, offering a rare and humbling connection to the cosmos that is impossible to find elsewhere in the modern world.

The Spirit of the Day

For the Balinese, Nyepi is a “reset” button for the soul. It is a time to cleanse the mind of negative influences from the previous year and to enter the New Year with a pure heart. The silence is not a void, but a powerful space for peace and clarity.



While Regent Bali Canggu remains a private sanctuary for our guests, we kindly ask for your understanding and cooperation in respecting local customs.

DO'S

- ◇ Guests are required to stay inside the resort area for the full 24-hour period.
- ◇ Please maintain a peaceful atmosphere in rooms, balconies, and public areas.
- ◇ Use curtains and dim lighting at night. Outdoor lighting will be reduced. Kindly draw curtains to minimise visible light from rooms.
- ◇ Enjoy resort facilities quietly. Selected dining and facilities will remain available exclusively for in-house guests.
- ◇ Embrace the experience. Nyepi offers a rare opportunity to disconnect, unwind, and experience Bali in its most serene state – including extraordinary stargazing under one of the darkest skies of the year.

DON'TS

- ◇ Do not leave the resort. All roads, beaches, and public spaces are closed island-wide. The airport is also closed.
- ◇ No loud music or outdoor gatherings. Parties, amplified sound, or excessive noise are strictly prohibited.
- ◇ No visible outdoor activity. Guests are not permitted on the beach or outside the property boundary.
- ◇ Avoid excessive lighting. Bright lights visible from outside the room should be dimmed or switched off.
- ◇ No drone usage. Drone flying is strictly prohibited during Nyepi.

IMPORTANT NOTE:

Nyepi regulations are overseen by local authorities known as Pecalang (traditional security). Compliance is mandatory across Bali. Our team will ensure your comfort throughout this unique cultural observance, and we thank you for respecting this meaningful Balinese tradition.

19 MARCH

TARU
Harmony
Set Menu

11.00 AM - 3.00 PM

In the spirit of Nyepi, Taru presents a family style lunch inspired by comforting Indonesian flavours. Begin with fresh karedok and braised beef croquettes, followed by nourishing dishes such as nasi goreng ayam, grilled barramundi, and terong balado, all served to share. The experience concludes with a refined Krakakoa chocolate dessert, offering a gentle moment of indulgence in a day of quiet reflection.





19 MARCH

TARU
Silence
Rituals

6.00 PM - 10.00 PM

Mark the quiet beauty of Nyepi with a family style dinner at Taru. Designed for sharing, this comforting Indonesian menu brings together cherished flavours from crispy local duck and honey glazed grilled chicken to warming soto ayam and traditional sweets. A thoughtful dining experience that honours togetherness, tradition, and calm reflection on Bali's sacred day of silence.

19 MARCH

COMPLIMENTARY
ACTIVITY

THE LOUNGE
**Canang
Making**

2.00 PM - 3.00 PM

Discover the meaning behind Bali's daily offerings through a guided canang making experience in the lounge. Using fresh flowers and natural elements, guests are invited to create their own offering while learning about its symbolism and cultural significance.

The experience continues with a quiet visit to a nearby temple, where the canang is gently placed in a moment of reflection, offering insight into Balinese ritual, devotion, and mindful living.





19 MARCH

COMPLIMENTARY ACTIVITY



Energize and Restore

SUNSET DECK | 7.00 AM

A full-body functional workout designed to energize the body while restoring strength, mobility and balance.

Yoga Sunrise Salutation

SUNSET DECK | 8.00 AM

A gentle morning yoga practice to awaken the body, align the breath and welcome the day with clarity and ease

Breathe and Stretch

HEALTH CLUB | 3.00 PM

A gentle flow combining mindful breathing and slow stretches to release tension, improve mobility, and leave the body feeling light and relaxed.

19 MARCH

**KID'S
COMPLIMENTARY
ACTIVITY**



Jewelry Art

KIDS CORNER | 10.00 AM

Mandala Colouring

KIDS CORNER | 11.00 AM

Towel Origami

KIDS CORNER | 2.00 PM

Play Your Card

KIDS CORNER | 3.00 PM

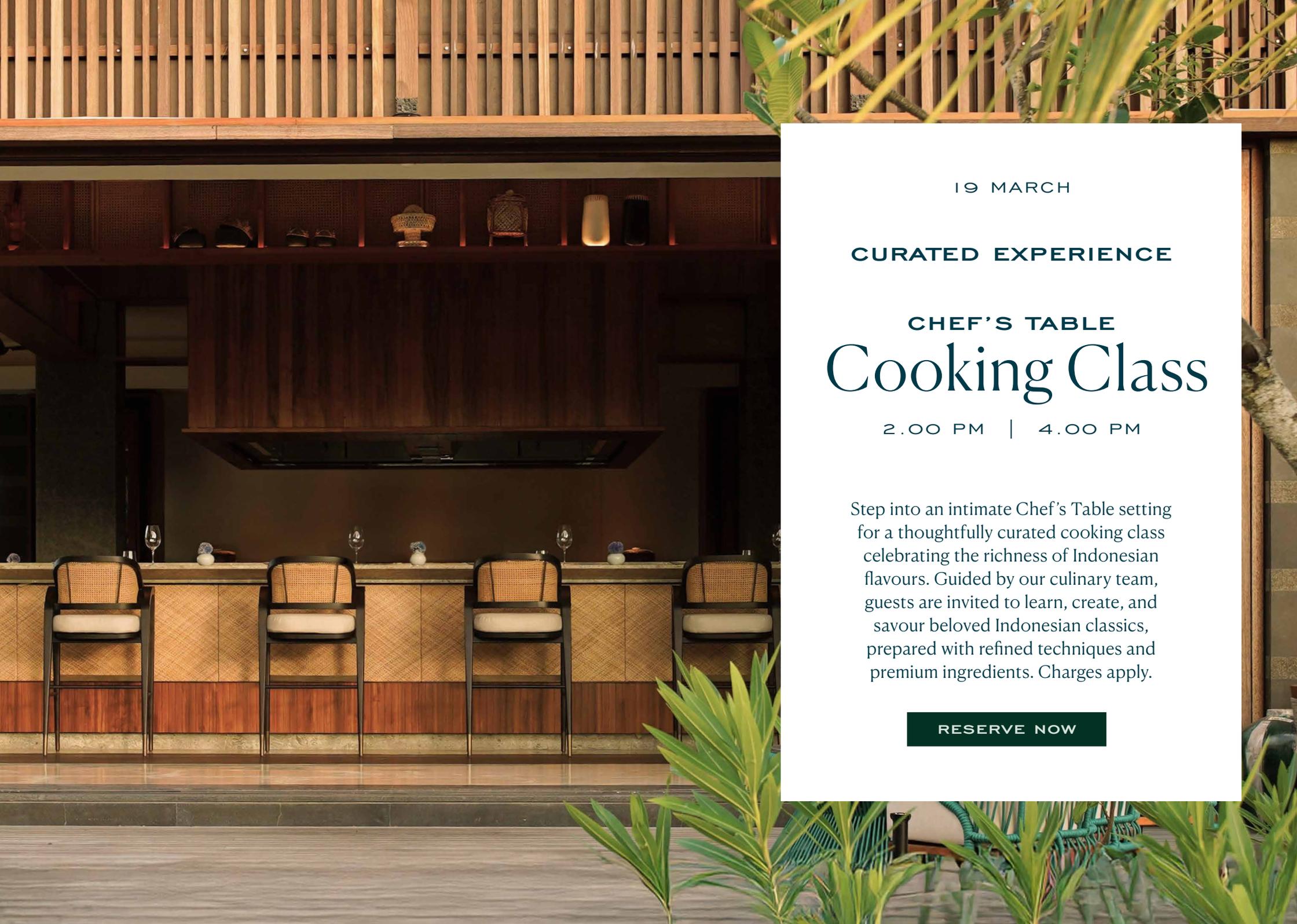
Piece of Puppet

KIDS CORNER | 4.00 PM

Movie Time

KIDS CORNER | 4.30 PM





19 MARCH

CURATED EXPERIENCE

CHEF'S TABLE
Cooking Class

2.00 PM | 4.00 PM

Step into an intimate Chef's Table setting for a thoughtfully curated cooking class celebrating the richness of Indonesian flavours. Guided by our culinary team, guests are invited to learn, create, and savour beloved Indonesian classics, prepared with refined techniques and premium ingredients. Charges apply.

RESERVE NOW

19 MARCH

CURATED EXPERIENCE

Aqua Reverie

5 PM

Floating experience designed to ease the body into deep relaxation, allowing the mind to quiet and the senses to gently reset. Charges apply.

RESERVE NOW



NYEPI RITUALS

Ngembak Geni

20 MARCH

Ngembak Geni marks the gentle awakening after Nyepi's silence. As the island gradually returns to life, the day is devoted to renewal, forgiveness, and reconnection. Families and friends visit one another to exchange apologies and blessings, restoring harmony and beginning the New Year with a cleansed spirit.

Where Nyepi invites stillness within, Ngembak Geni welcomes movement with renewed intention and togetherness.

What to expect:

- ◇ Roads, airport, and businesses resume normal operations
- ◇ Families visiting relatives and temples throughout the day
- ◇ Increased traffic in residential areas and near temples
- ◇ A lighter, celebratory atmosphere as daily life gradually returns
- ◇ It is a day of reconciliation and fresh beginnings, carrying forward the clarity gained during Nyepi.

CONNECT WITH OUR

Nyepi Concierge



For more information and bookings,
please contact us at (+62) 361 201 9999
or scan QR Code



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