



BALINESE  
**CULTURAL** *Activities*

at  
 **THE PALM TREE HOUSE BALI**

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On Monday afternoons at The Palm Tree House you are welcome to join the staff and dive into some traditional Balinese experiences. These activities are entirely optional, however we do find that guests love these special afternoons and walk away from their time in Bali knowing a little more about the fascinating culture and beautiful rituals that make the island so unique.

The team will brief you on the schedule the day prior to confirm timing, location and details, however the afternoon will include the following:

# CULTURAL *Activities*



## Sunset at Tanah Lot

At sunset you will have the opportunity to visit one of the islands most sacred temples. Tanah Lot is a 16th-century Balinese temple built about 50 metres offshore on a large rock which at high tide makes it appear to float in the ocean.

At low tide, you can approach the temple for a traditional Balinese blessing as the waves crash offshore and fragrant incense sticks burn around you. You can take your handmade offerings with you and place them at the temple as a gift to the Gods. This is a powerful way to let go of anything you wish, or set new intentions.

The view from Tanah Lot temple at sunset is nothing less than extraordinary and certainly worth experiencing when in Bali. The drive is around 30-60 minutes from retreat depending on traffic.

Depending on the groups interest, you can also stay and watch the daily Kecak Dance Show performed by the Balinese. This special fire dance plays out a famous story from the Balinese Hindi mythology and is always a popular experience.

Please bring some small money for the entry fee (around 60,000 IDR) and a sarong to wear out of respect. There are also sarongs available for sale there.

## Balinese Cooking Class

Bali is well known and loved for its delicious flavours and fragrant cuisine. Enjoy spending time in the kitchen with one of our experienced Palm Tree House chefs as you explore the unique ingredients and whip up a few tasty dishes to sample.

Expect Balinese favourites such as spicy sambal and tasty Nasi Goreng. Get involved and feel free to ask questions as you go along.

## Canang Sari Making Workshop

One of the most striking things about Balinese culture is the daily offerings. The offerings are made and given to please the gods and the demons, and also provide good karma.

These simple handmade daily offerings, known as Canang Sari, are filled with colourful flowers. The colours and the placement of the flowers all have different symbolic meanings. The ritual of the offering ends with a little prayer, and the smoke from the burning incense carries the offering to the gods. Enjoy the opportunity to make your very own Canang Sari offering with your Balinese hosts. They will explain the meaning of the ritual and you will be left with a beautiful offering to take with you to Tanah Lot temple.

