

BILLY'S BALI YOGA & WELLNESS GUIDE



"I pray for you that the Island of the Gods offers to you the beauty, the smiles and the magic that it shows me every time my feet touch her Earth"

Where do I go in Bali?

I suggest that you divide up your time in Bali amongst a few areas. For example, base yourself in Canggu for 5 days while making trips down to Seminyak then head up to Ubud for another couple days or down south to the cliffs and beaches of Uluwatu.

I am sure you would also enjoy visiting one of Bali's neighbouring islands such as the Gili islands or Nusa Lembongan.

To help you decide where and how long you want to go where, we have written out little guides on each of our favorite areas of Bali below.

SEMINYAK

Seminyak is the louder more busier side of Bali filled with great restaurants, shopping and evening leisure.

Restaurants

Biku
Mamasan
Shelter + Nalu Bowls
La Lucciola
Sarong
Earth Cafe + Health Food Store
Cafe Organic
Wabisabi



Sunset

Ku De Ta
La Plancha

Yoga

Olops

Before you leave Bali, make sure you go for a yoga class with Olop. He is my teacher, to me he is the best :) The address is Jl. Drupadi 7A. His classes are Monday to Friday at 8am (advanced) and at 16:15 (beginners); Tu/Th 8am (intermediate)

Yoga 108

Have a class with Jessie at Yoga 108. I love his Yin classes.
Jalan Drupadi No.108

Accommodation

The Legian	Luxury hotel on the beach
Villa 8	Book via us for a good rate. Luxury private villa
Brown Feathers	Medium
Zen Rooms	Affordable

Spas

Amo	Good at everything and reasonably priced
The Cottage	Good for eyebrows and eyelashes
Think Pink	Good for manicures and pedicures
Bodyworks	Great facials and massages
Prana	Luxurious but worth the price

CANGGU

A more relaxed Seminyak with nicer beaches (Echo and Batubolong Beach) and gorgeous rice fields. From here make a day trip out to the Tanah Lot temple and watch the sunset.

Restaurants

Peloton
Milk & Madu
Mai Tai
Beetlenut
The Slow
Green Ginger

Vida
Poke Poke



Sunset

La Brisa
The Lawn
Old Mans
La Laguna

Yoga

Desa Seni
Samadi
The Practice

Accommodation

The Slow	Luxury
Desa Seni	
Bali Beats Guest house	Affordable

Spas

Manik	
Jet Black Ginger	Best place for haircuts and treatments
Amo	

UBUD

Ubud is located in middle north Bali with a more down to earth nature about it with many yoga studios, rice fields and organic vegetarian cafes. Visit the Monkey Forest and the art markets during the day and Tirta Empul temple for a spiritual cleanse. Make ceramics at Gaya Ceramics.

Restaurants

Sage
Sayuri's Healing Food
Hujan Locale
Sari Organic
3 Monkeys
Alchemy
The Elephant
The Kafe



Yoga

Radiantly Alive
Yoga Barn (Don't miss the ecstatic dance on Sunday)

If you are staying for longer periods of time in Ubud, I would recommend getting an Airbnb, however, here are some other villa or hotel recommendations.

Accommodation

- The Maya Luxury
- Ubud Sari Health retreat offering healing and fasting
- Indira Cottage Affordable

Spas

- Ubud Sari If you want to do a colonic then book here in advance
- Cantika Spa Beautiful all natural spa. Buy some of their organic homemade products or participate in a workshop to learn how to make them. Make a reservation

- Nur Jl. Hanoman

ULUWATU

Uluwatu is considered the surfer’s paradise. There are so many beautiful white sandy beaches here for you to explore. Some good beaches include Thomas’s Beach, Padang Padang, Balangan and Bingin. Close by is Jimbaran which has great on-the-beach seafood restaurants which I recommend.

Accommodation

- Stickys in Bingin Affordable
- Mick’s Place in Bingin Medium
- MU Yoga retreat on the cliffs
- Suarga Padang Padang Luxury eco resort overlooking the ocean

Restaurants

- La Baracca
- Kelly’s Warung on Bingin Beach
- Om Burger
- Dugong



Spas

- Karma Kendara Luxury

PEMUTERAN

Pemuteran is in north Bali and is one of my favourite sides of Bali. Here you can still see the old Bali and the black sand beaches with beautiful coral and marine life. Go to Menjangan island for incredible snorkeling. I would recommend to stay at either Taman Sari or Taman Selini. Visit the turtle conservatory and ride horses on the beach.

BEDUGUL

Discover the mountainside of Bali and heart north to Bedugul. Visit the botanical gardens and the beautiful vegetable markets. There is a tree obstacle course called Treetops as well. I would recommend to stay at Villa Lakeside and if you have a chance go to some waterfalls nearby. One is called Git Git.

AMED

Amed is in east Bali and is a great getaway for some beach and snorkeling. There is a shipwreck here which is great for divers and snorkelers too. Visit the White Beach and stay at either The Kampung or Wawawiwi.

ISLANDS NEXT TO BALI

The Gillis

Already quite commercial especially Gili Trawangan has become the party island so I suggest Gili Air or Gili Meno. Rent a boat around the islands for 600,000 Rp (40 euro) for two hours to snorkel and swim with the sea turtles. Less known Gillies are Gilli Nanggu or Po, which are amazing too.

Nusa Lembongan

The new hype is to stay around Sarangan there is one place called Le Pirate that everyone likes and a cheaper place next door

Nusa Penida

They say it is the spiritual heart of Bali and that Crystal bay used to be one of the worlds miracles for divers and snorkelers. The sea can be rough so watch out, especially when diving, but snorkeling with a boat nearby is fine. Visit the beautiful underground temples – simply amazing! It is a must see.

How do I get there?

Take the Patagonia Express boat to either one of the Gilli islands. It is the safest and the most affordable option. I do not recommend taking any of the other companies. Patagonia Express does not go to Lembongan so find another company for that trip.



Other places in Indonesia?

If you wish to travel outside Bali, we would recommend exploring Flores and the Komodo islands where you can see the Komodo dragons and go snorkeling with Manta Rays. Or the Nihiwatu Resort in Sumba, absolutely beautiful.

SHOPPING

ITEMS	SHOPS / AREA
ANTIQUES	<ul style="list-style-type: none"> Jl. Kunti Dua Jl. Gunung Tangkuban Perahu Batubulan & Batuan Village Gianyar
ARTS	<ul style="list-style-type: none"> The Blanco Renaissance Museum Nyaman Gallery
CERAMICS	<ul style="list-style-type: none"> Kevala Ceramics Jenggala Ceramics Kapal Village (local ceramics)
CLOTHING & ACCESSORIES	<ul style="list-style-type: none"> Jalan Raya Seminyak Jalan Oberoi Beachwalk Mall Seminyak Village Mall
FABRIC	<ul style="list-style-type: none"> Alta Moda Jl. Sulawesi (Local fabric, cheap). Wiras Busana Indah Duta Silk
FURNITURE	<ul style="list-style-type: none"> Warisan Kenzie Décor Balquise
JEWELRY	<ul style="list-style-type: none"> Celuk Village
INTERIOR	<ul style="list-style-type: none"> Vinoti Disini Kim Soo Mercredi
MALLS/SHOPPING CENTRES	<ul style="list-style-type: none"> Discovery Mall - Centro Bali Mall Galeria Nusa Dua Galeria Beach Walk Seminyak Village
MARKET	<ul style="list-style-type: none"> Kumbasari/ Badung Market Sukawati Market Ubud Market
PAINTINGS	<ul style="list-style-type: none"> Rudana Gallery Arma Gallery Sukawati Market Rizal Art
STONE CARVINGS	<ul style="list-style-type: none"> Batu Bulan Village
WOOD CARVINGS	<ul style="list-style-type: none"> Mas Village Kemenuh Village Tegallalang Village

YOGA CLOTHES

If you are searching for some yoga clothes and supplies. Check out these places:

Divine Goddess
Seminyak & Canggu

We-ar
Oberoi, Canggu & Ubud

Dare2Wear
Canggu

Indigo Luna
Berawa

FOOD

Hujan Locale Cooking Class

Experience an authentic Balinese life through a day trip that combines scouring a traditional market for fresh ingredients, easy cycling, traditional craft making, cooking class conducted by renowned chefs and a few more exciting activities. Experience a day enjoying the rural charm of Tabanan, undiscovered Bali. You will cycle through the regency's rice terraces, mountains and rivers with fresh water flowing through the Subak system to water the paddy fields. You will also see picturesque villages with quiet roads and traditional houses during the trip.

PRICE: IDR 1,500,000 net./person

P: +6285737484422

info@hujancookingclass.com



Health Food Shops

Bali Buda
Kerobokan Ubud Jl Banjar Anyar 24.
Jl. Jembawan 1.

Earth Market
Seminyak Ubud Jl. Kayu Aya No. 99
Jl. Goutama Sel

Sayuri's Healing Foods
Ubud Jl. Sukma Kesuma no 2

Bali Jiwa

Bali Jiwa is an all-organic online store that sells a variety of superfoods, health foods plus organic fruits and vegetables. You only need to order a minimum of 200.000 Rp (18 Euro) for free delivery. If you order before 3pm they will deliver your goods the next day. Highly recommend!

Website: www.baljiwa.com

TRANSPORT

Private Driver: Wayan 1 +628123925932
Wayan 2 +6282145504191

Uber exists in Bali but the locals do not approve – so do it discretely.

GoJek is an amazing app where you can order food and motorbike taxis. Very cheap and reliable.

Bring an international drivers license if you are brave enough to drive. Or you can easily rent a motorbike. Be safe and aware.

AIRPORT TRANSFERS

After landing in Bali you can either:

1. Take a taxi for a set price
2. Order an Uber or Go-Car from the application Go-Jek
3. Pre-Order a private driver

VISA

If you stay more than 30 days, you will require a Visa On Arrival (VOA), where you need to pay USD 35 when you land in Bali. Do not go through immigration without having paid this if you want to stay more than 30 days. You can also pay in Euro but they will give you the change in Rupiah normally. Make sure you have the cash ready. This visa with an extension is done at immigration and is valid up to 60 days.

If you stay below 30 days, just proceed to immigration.

Check your passport before you leave because to enter Indonesia it needs to be valid for over 6 months.

MONEY / CURRENCY EXCHANGE

Bring some Euro or USD in cash.

DO NOT change money at the airport or at a small dark money changer down some alley in Kuta. Only use professional money changers behind glass doors that are air-conditioned, Maspiion is a good brand. There are fake calculators so please do your own calculations.

Bring cash with you to change into Rupiah however the rest you can pay with your ATM card. Remember to check with your bank before you depart if you can use your ATM card internationally and that there are no set limits.

PHONES

Bring a second phone and add a local SIM card. We recommend the brand Simpati. You can also pay extra for internet 3G.

WORDS OF RESPECT & CAUTION

Remember to cover your shoulders, dress respectfully and wear a sarong + sash when you are in a temple. Avoid entering a temple when you are menstruating.

Be aware of motorbike bag thieves when walking down the road. Separate your cash/cards in different bags.

Be careful of your belongings when close to monkeys because they like to steal hats, glasses or jewellery.

If you are renting a car, remember to be aware at petrol stations. Always ask for the receipt and check that the amount is correct.

The Balinese people are really amazing, courteous and respectful of foreigners.