



WORLD MUSIC ADVENTURE Bali

*14-Day Music & Culture Trip
July 31st-August 13th, 2024*



full
itinerary



WORLD MUSIC ADVENTURE

Day 1: Welcome to Bali

Pick-Up from Ngurah Rai Airport, Check In to Hotel, Relax and Recuperate

After your flight, airport transfers will be waiting at the Ngurah Rai International Airport to assist you to Pertiwi Bisma 1 Hotel in Ubud.

You can check in anytime after 2:00PM.

Once you're checked in, feel free to relax at the infinity pool, book a massage at the spa, or just rest in your room for the evening and order dinner at the Sankara restaurant. We know it was a long flight, so give yourself time to recover so we can all start fresh in the morning with our first day of adventuring!!

Day 2: Bali Bonding and Ubud Adventures

Welcome Circle, Yoga Class, Monkey Forest, Dinner in Ubud



After breakfast at the hotel, we'll have a welcome circle for all of us to introduce ourselves and get acquainted with our new Bali crew! Then, you'll have the option to join in a group yoga class at Sankara. In the afternoon, we'll head to the Sacred Monkey Forest to play with monkeys and share a delicious meal at the beautiful Indus restaurant with amazing Ubud views.

Day 3: Purify Your Spirit at a Balinese Water Temple

Water Temple Purification Ritual, Balinese Massage, Yoga Class

In the morning, we'll get to experience the private purification ceremony at a beautiful water temple in Ubud followed by a luxurious 90-minute Balinese massage at Putri Bali Spa. Then we'll head to a famous yoga studio in Ubud called Yoga Barn. There, we'll have a yummy vegan lunch at Yoga Barn's Garden Cafe and explore with the option to take one of the many amazing yoga classes offered there.





WORLD MUSIC ADVENTURE

Day 4: Volcano Sunrise

*Mt. Batur Volcano Sunrise Hike/Campuhan Ridge walk,
Explore Ubud, Ubud Palace Performance*

This morning, you'll have the exciting opportunity to hike up the Mt. Batur volcano! The hike is physically challenging, but the view of the sunrise over Bali from the top of the volcano is absolutely breath-taking and definitely worth the effort!

**The Mt. Batur sunrise hike is recommended for those with hiking experience or who exercise on a regular basis. If you choose this option, we strongly suggest that you are in bed by 8:00 or 9:00pm the latest, so this would mean skipping the Yoga Barn class after dinner on the evening before.*

The second and much easier option would be to sleep in and do a peaceful walk at the Campuhan Ridge with lovely views as well! Whichever option you choose, you'll have the afternoon to either take a nap at the hotel or explore Ubud and we'll meet again for dinner at Pison restaurant before watching a performance of Balinese gamelan and legong dance at the Ubud Palace!

Day 5: Beach Day in Canggu

*Surf and Swim in Canggu,
La Brisa Beach Club*

Today, we'll take a day trip from Ubud to Canggu, one of Bali's most famous beaches! At Canggu, you'll get to spend the whole day soaking up the sun and taking a dip in the Bali sea. If you're feeling adventurous, you can also take a surf lesson on the beach (they average about \$10 for an hour)! That evening, we'll have a sunset dinner at La Brisa Beach Club before heading back to our hotel in Ubud.





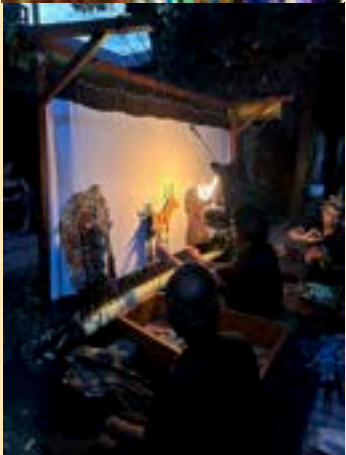
WORLD MUSIC ADVENTURE

Day 6: Let The Music Begin!

*Mask/Puppet Museum, Gamelan Smith,
Welcome Gamelan Performance at Mekar Bhuana Centre*



We've finally arrived to the music and cultural immersion portion of our trip! Today, we'll get to meet our friend Vaughan, a professional gamelan musician and musicologist. Vaughan is the co-founder of Mekar Bhuana Centre, where we'll be studying Balinese music, with his amazing wife, Evie, a Balinese dancer and professional instructor. Vaughan will take us on a personal tour of the Setia Darma House of Mask and Puppets and share his wealth of knowledge about Balinese culture. We will even go to a gamelan smith in Ubud to see how the instruments are made! Then, we'll head to our hotel in Denpasar to rest and get ready to attend a welcome performance at Mekar Bhuana that evening!



Day 7: Balinese Shadow Puppet Theater Performance

*Balinese Gamelan Introduction, Wayang Kulit (Shadow
Puppet Theater) Private Workshop & Performance*

It's our first full day at Mekar Bhuana!! We'll start the morning off with an introduction to Balinese gamelan and a chance to try out many of the different instruments in a gamelan ensemble. In the afternoon, we'll be visited by a famous Balinese puppeteer who will give us a workshop on the puppets and music used for *wayang kulit*, or Indonesian shadow puppet theater.

We'll even get a chance to paint our own handmade puppets! Once the sun goes down, we'll cozy up by the light of the fire and watch a private *wayang kulit* performance live at Mekar Bhuana!



WORLD MUSIC ADVENTURE

Day 8: Experience a Traditional Balinese Ceremony

Gamelan workshop, Group Dinner, Local Ceremony Performance

After a day of learning about and practicing the gamelan instruments at Mekar Bhuana, we'll head to a restaurant in the nearby beach town of Sanur for a delicious group dinner. Then, we'll have the special opportunity to attend a traditional Balinese town in the local village. At the ceremony, dancers will perform in costume accompanied by gamelan musicians .



Days 9-10: Mekar Bhuana Immersion

Gamelan Practice, Legong Dance, Gambang & Semara Pagulingan Gamelan Performances

On these two days, we'll be taking more workshops in gamelan and practicing with Vaughan and the other musicians for our final gamelan performance! Meanwhile, we'll also get to experience a famous Balinese dance style called *legong* in a workshop with Evie! At night, we'll view performances of two different gamelan styles by the musicians at Mekar Bhuana.

Day 11: Gamelan Performance

It's time to show off everything we've learned! This is an incredibly special day as we'll be performing alongside our teachers at Mekar Bhuana and other gamelan musicians in the community at the Annika Linden Centre as part of a fundraiser for the Puspadi Bali Foundation. Puspadi Bali was founded in 2013 to support locals in the community who are in need of prosthetic limbs and physical therapy. After our performance, we'll say our final goodbye to our friends at Mekar Bhuana with a ceremonial farewell dinner!





WORLD MUSIC ADVENTURE

Day 12: Uluwatu Dreams

Padang-Padang beach, Sunset at Ulu Cliff House

After our amazing cultural immersion experience, we'll travel to Uluwatu to enjoy our last couple of days soaking up the beautiful Bali views one more time. Padang-Padang beach is one of the most famous beaches in this area (if you've ever seen "Eat, Pray, Love," you'll be familiar!). After checking into our hotel in Uluwatu, we'll spend the day there before a beautiful sunset dinner at Ulu Cliff House.



Day 13: Sunset Kecak Dance

Bingin Beach, Uluwatu Temple, Sunset Kecak Performance

For our final full day in Bali, we'll visit another beach in Uluwatu called Bingin. Here you can lay out in the sun or soak in the Bali sea for the day. Then, we'll go to the Uluwatu Temple to see the famous *kecak* fire dance at sunset while overlooking the beautiful seaside cliffs of Uluwatu.

Day 14: Goodbye For Now!

After sharing a final breakfast together in Uluwatu, we'll say goodbye to our new friends-for now! The memories created together on this beautiful trip will bond us forever. Our drivers will drop you off to Ngurah Rai Airport to begin your journey home.





WORLD MUSIC ADVENTURE

Bali

14-Day Music & Culture Trip
July 31st-August 13th, 2024

WHAT'S INCLUDED?

- *14 nights of accommodation in luxury hotels with breakfast*
- *6 days of workshops and performances with experts at Mekar Bhuana Music & Dance Center (plus all meals and morning yoga at Cakra Hotel)*
- *2 extra performances at Ubud Palace and Uluwatu Temple*
- *Dinner at Indus (Ubud) and Ulu Cliffhouse (Uluwatu)*
- *Fees for daily excursions including local Balinese tour guides & transportation:*
 - *Sacred Monkey Forest*
 - *Purification ceremony at water temple*
 - *90-minute massage at Putri Bali spa*
 - *Mt. Batur volcano hike*
 - *Tour of mask/puppet museum & gamelan smith*
 - *Beach days at Canggu, Padang-Padang, & Bingin*
- *Group facilitation and 24/7 support from leaders, Emily & Krista*
- *World Music Adventure merchandise*
- *Life-long friendships made while sharing this life-changing experience!*

WHAT'S NOT INCLUDED?

- *Flight*
- *Travel insurance*
- *Bali 30-Day Visa (\$35)*
- *Dinner and/or drinks at Pertiwi Bisma Hotel (first night in Ubud), Pison (Ubud), La Brisa (Canggu), local ceremony night dinner in Denpasar, & final dinner in Uluwatu (*average price for dinner ~\$10)*