

KOMANEKA

at Tanggayuda

KOMANEKA
the soul of *Bali*
in the heart of
Ubud

MONDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:00 Yoga with Instructor at 3rd floor restaurant

13:00 - 14:00 Making offering at Bale Banjar

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

BIKRAM YOGA - MONDAY

①



PLANK
HOLD FOR 15 SECONDS

②



DOWN DOG
HOLD FOR 15 SECONDS

③



DOWN DOG SPLIT
HOLD FOR 15 SECONDS FOR EACH SIDE

④



KNEE TO ELBOW CRUNCH
EACH KNEE TO TOUCH ELBOW 3 TIMES, CONSECUTIVELY

BIKRAM YOGA - MONDAY

⑤



LOW LUNGE
HOLD FOR 15 SECONDS FOR EACH SIDE

⑥



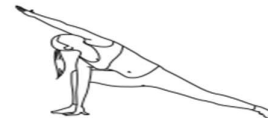
HIGH LUNGE
HOLD FOR 15 SECONDS FOR EACH SIDE

⑦



REVERSE WARRIOR
HOLD FOR 15 SECONDS FOR EACH SIDE

⑧



EXTENDED SIDE ANGLE
HOLD FOR 15 SECONDS FOR EACH SIDE

TUESDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:30 Yoga and Meditation with Instructor at 3rd floor restaurant

13:00 - 14:00 Balinese Dance lesson at Bale Banjar

14:00 - 15:00 Making Herbal drinks at restaurant

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

HATHA YOGA - TUESDAY

①



TADASANA
MOUNTAIN POSE
HOLD FOR 15 SECONDS

②



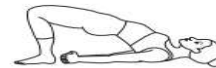
UTTANASANA
STANDING FORWARD BEND POSE
HOLD FOR 10 SECONDS

③



VRIKSHASANA
TREE POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

④



SETU BANDHASANA
BRIDGE POSE
HOLD FOR 15 SECONDS

HATHA YOGA - TUESDAY

⑤



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG POSE
HOLD FOR 15 SECONDS

⑥



PASCHIMOTTANASANA
SEATED FORWARD BEND POSE
HOLD FOR 10 SECONDS

⑦



TRIKONASANA
TRIANGLE POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

⑧



BALASANA
CHILD POSE
HOLD FOR 15 SECONDS

WEDNESDAY ACTIVITY

- 06:45 - 07:00 Balinese praying at Padma
- 07:00 - 08:30 Yoga with instructor at 3rd floor restaurant
- 13:00 - 14:00 Making Balinese sanskrit "Lontar" lesson
- 16:00 - 17:00 Afternoon tea
- 17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

YIN YOGA - WEDNESDAY

①



BALASANA
CHILD POSE
HOLD FOR 15 SECONDS

②



KAPOTASANA
PIGEON POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

③



SUPTA PADANGUSTHASANA
RECLINING HAND TO BIG TOE POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

④



MATSYASANA
FISH POSE
HOLD FOR 15 SECONDS

YIN YOGA - WEDNESDAY

⑤



SUPTA MATSYENDRASANA
SPINAL TWIST
HOLD FOR 15 SECONDS FOR EACH SIDE

⑥



VIPARITA KARANI
LEGS UP THE WALL POSE
HOLD FOR 15 SECONDS

THURSDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:30 Yoga and Meditation with instructor at 3rd floor restaurant

13:00 - 14:00 Batik class at Bale Banjar

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

ATHSMA YOGA - THURSDAY

①



NADI SHODHANA PRANAYAMA
ALTERNATE NOSTRIL BREATHING
HOLD FOR 5 SECONDS

②



ARDHA MATSYENDRASANA
SITTING HALF SPINAL TWIST POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

③



PAWANMUKTASANA
WIND RELIEVING POSE
HOLD FOR 10 SECONDS FOR EACH SIDE

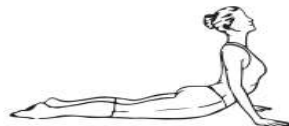
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SETU BANDHASANA
BRIDGE POSE
HOLD FOR 10 SECONDS

ATHSMA YOGA - THURSDAY

⑤



BHUJANGASANA
COBRA POSE
HOLD FOR 10 SECONDS

⑥



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG POSE
HOLD FOR 15 SECONDS

⑦



BUTTERFLY POSE
BADDHA KONASANA
HOLD FOR 15 SECONDS

FRIDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:00 Yoga with instructor at 3rd floor restaurant

13:00 - 14:00 Balinese Dance Lesson at Bale Banjar

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

YOGA THERAPY CENTRE - FRIDAY

①



INHALE hands out
down fingers curled
toward forearms



EXHALE hands
up fingers to ward
head and spread

②



INHALE arms
straight, palms up



EXHALE arms
behind your back

③



INHALE elbows
wide apart



EXHALE elbows
together

④



INHALE hands up
palms facing forward



EXHALE hands
down, palms face
backward

YOGA THERAPY CENTRE - FRIDAY

⑤



INHALE arms up
with palms facing in



EXHALE arms
behind your back

⑥



INHALE arch
back, squeeze blades



EXHALE round back
open shoulder blades

SATURDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:30 Yoga and Meditation with instructor at 3rd floor restaurant

13:00 - 14:00 Batik class at Bale Banjar

14:00 - 15:00 Coconut Leaf Craft at Bale Banjar

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

IYENGAR YOGA - SATURDAY

①



TADASANA
MOUNTAIN POSE
HOLD FOR 15 SECONDS

②



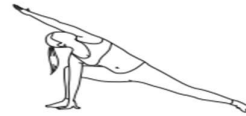
VRIKSHASANA
TREE POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

③



TRIKONASANA
TRIANGLE POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

④



EXTENDED SIDE ANGLE
HOLD FOR 15 SECONDS FOR EACH SIDE

IYENGAR YOGA - SATURDAY

⑤



PARSVOTTANASANA
PYRAMID POSE
HOLD FOR 15 SECONDS FOR EACH SIDE

⑥



PRASARITA PADOTTANASANA
WIDE-LEGGED FORWARD BEND
HOLD FOR 15 SECONDS

⑦



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG POSE
HOLD FOR 15 SECONDS

⑧



URDHVA PRASARITA PADASANA
UPWARD EXTENDED FEET POSE
HOLD FOR 15 SECONDS

SUNDAY ACTIVITY

06:45 - 07:00 Balinese praying at Padma

07:00 - 08:00 Yoga with instructor at 3rd floor restaurant

13:00 - 14:00 Cooking Class at restaurant

16:00 - 17:00 Afternoon tea

17:00 - 17:30 Balinese praying at Padma

Yoga With No Instructor

BEFORE SLEEP YOGA POSES - SUNDAY

①



SETU BANDHASANA
BRIDGE POSE
HOLD FOR 15 SECONDS

②



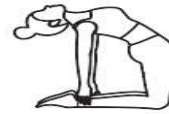
APANASANA
KNEES-TO-CHEST POSE
HOLD FOR 10 SECONDS

③



BALASANA
CHILD POSE
HOLD FOR 15 SECONDS

④



USTRASANA
CAMEL POSE
HOLD FOR 15 SECONDS

BEFORE SLEEP YOGA POSES - SUNDAY

⑤



SUPTA MATSYENDRASANA
SPINAL TWIST
HOLD FOR 15 SECONDS FOR EACH SIDE

⑥



URDHVA MUKHA SVANASANA
UPWARD FACING DOG POSE
HOLD FOR 10 SECONDS

⑦



SHAVASANA
CORPSE POSE
TRY FOR RELAX FOR 1 MINUTES



KOMANEKA EXPERIENCES ACTIVITIES

PAYANGAN CYCLING WITH GUIDE

Explore through the rural country side and down hidden village lanes is the ideal opportunity to immerse you in the charming surroundings and experience first hand the timeless traditions of the Balinese people. Cost is only at IDR 800 000++ for one person or a couple, and IDR 400 000++ for each of additional person with cool towels, mineral waters, soft drinks and mountain bike are included. This activity is available everyday, departs the hotel at 7.00 am or at 4.00 pm for approximately 1,5 2 hours. Booking one day in advance is a must.

KINTAMANI DOWNHILL CYCLING WITH GUIDE

Embark on an exhilarating downhill cycling adventure through Kintamani's lush plantations, charming countryside, and scenic rice fields. Cost is only at IDR 1 200 000 for one person or a couple, and IDR 500 000 for each of additional person with cool towels, mineral waters and mountain bike are included. This activity is available everyday, departs the hotel at 7.00 am for approximately 2 till 3 hours. Booking one day in advance is a must.

TREKKING WITH GUIDE

Feel the atmosphere of walking to explore through the rural country side and rice field with the guide from your komaneka family. Two different routes are available. Please book one day in advance. The cost is IDR 800 000 for one person or a couple, and IDR 400 000 for each of additional person. Cool towels, mineral waters are included. This activity is available everyday 7.00 am and 4.00 pm.

VISIT NEKA MUSEUM

Visit collection of Bali and Indonesian art at the Neka Museum everyday. Departs from the lobby at 11.00 am and will be picked up at 13.00 pm. It is complimentary and entrance ticket is included.

TREE TOP PICNIC

A full day trip all the way to botanical garden at Bedugul and enjoy the fabulous picnic basket for a special treat while exploring the beauty of Lake Bratan and its surrounding tropical rain forest. It is only at IDR 2 000 000 ++ per couple, this activities should be booked one day in advance.

PRIVATE COOKING LESSON

Get a taste of what our professional and talented Chef by joining Balinese Cooking Lesson at our Balinese kitchen. You will discover four of his secret recipes and learn some tricks of the trade before sampling the finished dishes. Price is at IDR 2 500 000++ per couple includes tour to morning market, food recipe, apron, and certificate from the Chef. Please book one day in advance.

SPECIAL DINNER

Complete your experience with our selection of special dinner event such as Romantic Moonlight Dinner, Romantic New Moon Dinner, Exotic Tanggayuda Barbeque, Red Light Special Dinner, or Candle Light Dinner during staying with Komaneka. This special dinner should be booked one day in advance.

BALINESE WEDDING PHOTO MEMORY

Cheers! You may not wed on this island but you can capture the lively memory. Get dressed as Balinese bride and groom, then show your mile-wide-smile to the camera. For only IDR 3 000 000++ per couple. This activity is available everyday. Dress and make-up are included. Please book one day in advance.

No	ACTIVITIES	DAYS	TIME	PLACE
1.	PAYANGAN CYCLING WITH GUIDE	Everyday	7.00 am & 4.00 pm	PAYANGAN VILLAGE
2.	KINTAMANI DOWNHILL CYCLING	Everyday	7.00 am	KINTAMANI
3.	TREKKING WITH GUIDE	Everyday	7.00 am & 4.00 pm	KELIKI VILLAGE or SUKA WAYAH UBUD
4.	PRIVATE COOKING LESSON	Everyday	11.00 am & 2.00 pm	BALINESE KITCHEN (Paon Bali)
5.	VISIT NEKA MUSEUM	Everyday	11.00 am	NEKA MUSEUM
6.	SPECIAL DINNER	Everyday	Start from 07.00 pm	RESTAURANT 3 rd FLOOR or PRIVATE VILLA
7.	TREE TOP PICNIC	Everyday	8.00 am	BEDUGUL BOTANICAL GARDEN
8.	BALINESE WEDDING PHOTO MEMORY	Everyday	Morning or Afternoon time	KOMANEKA TANGGAYUDA



KOMANEKA at Tanggayuda Ubud, Bali

