

A group of seven people are sitting in a circle on the ground in a lush, tropical garden. They are dressed in traditional Balinese attire, including white shirts and sarongs. The garden is filled with large, leafy plants and a large tree trunk is visible on the left. In the background, there is a traditional Balinese building with a tiled roof. The overall atmosphere is peaceful and cultural.

# USADA EXPERIENCES

[USADABALI.COM](http://USADABALI.COM)





# ABOUT US

USADA Bali in Ubud offers visitors to Bali experiences of the local culture and that of Indonesia, and even Asia at large.

While the word usada refers to the age-old medicinal knowledge of the Balinese, our vision of Usada also draws from different branches that provide holistic health: well-being of the mind, body and spirit, nourishment through food, tradition and culture.

The Usada FORUM, our studio, provides a diversity of journeys to the inner world. Here, you will find a thriving and stimulating space for cultural events and seminars, and for the community to come together and learn movement-related, and guided meditations practices.

On the ground floor of our premises in central Ubud, our restaurant DAPUR Usada, offers healthy and delicious food inspired by the culinary traditions of Indonesia and India.






# USADA BALI EXPERIENCES

USADA BALI has carefully curated a number of bespoke EXPERIENCES that invite you to discover the beauty, diversity and complexity of this Indonesian island.

We visit such diverse locations as temples, artists' ateliers, markets and museums.

Immerse yourself in rituals handed down over generations, learn about indigenous traditions and ways of life, or be captivated by the stories of Bali's accomplished artists.





# Visit to the IKAT Revival Project at Pejeng, Ubud

## **ABOUT THE EXPERIENCE**

During the pandemic, many people around the island lost their jobs. Thanks to a unique local initiative with some international assistance, the long-forgotten artisanal craft of Ikat weaving is returning to the village of Pejeng.

Extra looms were acquired, and the village women bought cotton and silk thread at the Klungkung market. They began to teach each other the long-neglected art of weaving local Ikat. The result is that today, Pejeng Kangin has re-established its Ikat cottage industry. Twelve women are clacking away on their looms in the village, six days a week!



USADA Bali organizes a visit to the village of Pejeng Kangin where the head of the banjar community, Pak Made Astawa, will walk us through the project, while sharing the story of this extraordinary revival. In this friendly visit we will get to know the weavers and also enjoy a hands-on experience of weaving.

**OUR HOST: Made Astawa**

Made Astawa is one of the head chiefs of his village. He has a new vision of Bali that incorporates village tourism on a small, low-key scale. Pak Made also identifies employment creation as a first priority. He is enthusiastic, speaks very good English and is delighted to share this experience with us.





**EVENT ACTIVITIES:**

- Vegetarian lunch at DAPUR Usada
- Talk by village leader Pak Made Astawa
- Meet the Weavers in their village setting
- Explanation about Ikat, the weaving tools and techniques
- Hands-on weaving experience

**INCLUDED IN YOUR BOOKING:**

- Vegetarian lunch by DAPUR Usada
- Event activity as described above
- Tea & coffee during visit

**LOCATION:**

Vegetarian lunch at DAPUR Usada Bali, Ubud  
Visit to Pejeng Village

**DURATION:**

Approx. 3.5 hours

**COST:**

400,000 IDR / person.

A portion of your payment will be supporting the IKAT Revival Project

Please note that a minimum of 4 persons is required for this experience

**ITINERARY:**

- |                      |   |
|----------------------|---|
| <b>11.00 - 12.00</b> | Vegetarian Lunch at DAPUR Usada   |
| <b>12.00 - 12.30</b> | Travel to Pejeng Village<br>(USADA can organize transport at your request and cost) |
| <b>12.30 - 13.00</b> | Introduction from Pak Made<br>Astawa: The History of Pejeng                         |
| <b>13.00 - 14.00</b> | Meeting the weavers   |
| <b>14.00 - 14.30</b> | Tea and discussion with the<br>weavers and Pak Made                                 |













# Puri Lukisan - The Palace of Paintings

## A guided visit with discussion over tea with a Master Painter

Born out of the early dream of the Pita Maha Association that was formed to protect Balinese art from commercialization, the museum Puri Lukisan which offers a glimpse into the history of Balinese painting and sculpture.

The museum's collection, a heritage rescued from Bali's past, was gathered in 1956 by Tjokorda Gede Agung Sukawati with the support of renowned Dutch painter and Bali resident Rudolf Bonnet.

### **ABOUT THE EXPERIENCE**

Our program begins with a delicious vegetarian breakfast at DAPUR Usada, our restaurant. We will then meet at the museum, in the heart of Ubud.

Set amidst lush gardens and surrounded by trees and ponds, the museum has four pavilions built in Balinese style architecture each hosting works of art by Balinese master painters such as Lempad, Sobrat, Gelgel and Doblong, just to name a few.

We will be greeted and introduced to the collection by the museum director Pak Tjok Bagus. As we visit each gallery, there will be time for the guest to appreciate the paintings and give space to their own imagination.

At the end of our program, we will have an opportunity to sit in the garden over tea with our senior artist friend, I Gusti Nyoman Darta (details below). He will allow us time for a conversation about the world of art in Ubud.



## OUR HOST

**Pak Tjok Bagus** has been the director of Puri Lukisan Museum since 1997. He has a passion to keep the Balinese arts and culture alive. He is a member of the Royal family.

**I Gusti Nyoman Darta** is the nephew of the legendary I Gusti Nyoman Lempad, Ubud's most famous artist. Born in 1950, he became a full-time resident of Ubud Palace at the young age of five. Pak Darta held many positions at the palace which allowed him to study under the last King of Ubud, as well as begin his artistic career under the watchful eye of Lempad. Darta is indeed a keeper of Ubud history.







**EVENT ACTIVITIES:**

- Vegetarian breakfast by DAPUR Usada
- Short introduction to the museum
- Visit the museum galleries
- Discussion in the garden over tea with master painter Pak Darta

**INCLUDED IN YOUR BOOKING:**

- Vegetarian breakfast by DAPUR Usada
- Entrance fee to the museum
- Guided tour with the museum director
- Tea and snack with master painter

**LOCATION:**

DAPUR Usada Bali, Ubud

Puri Lukisan Museum, Ubud

**DURATION:**

Approx. 3.5 hours

**COST:**

500,000 IDR / person

Please note that a minimum of 4 persons is required for this experience.

**ITINERARY:**

**09:00 - 10:00** Breakfast at DAPUR Usada

**10:00 - 10:15** Travel to Puri Lukisan museum  
(near the Ubud Palace)

**10:30 - 11:00** Introduction from Pak Tjok  
Bagus: A Brief History of the  
Museum

**11:00 - 12:00** Visit the four wings of the  
museum

**12:00 - 12:30** Tea and discussion with master  
painter I Gusti Nyoman Darta









Image: Potatohead beach club





# The High Art of Balinese Wood Carving

## A visit to Master I Made Ada & Nyoman Darmawan

### **ABOUT THE EXPERIENCE**

Usada Bali offers a memorable experience of traditional Balinese woodcarving at the studio of I Made Ada, one of Indonesia's national living treasures.

After a delicious plant-based lunch at DAPUR Usada, we will proceed to the village of Pakudui, the home of Pak Made Ada. Our visit will start with a guided walk through the fascinating gallery and museum. The artwork, ranging from carved mythological sculptures, wooden panels and Balinese furniture, is presented and interwoven with the stories behind their making.

We will also have an opportunity to observe the local artisans of Pakudui at work. It is a unique behind-the-scenes look into the studio environment and creative processes as influenced by the teachings of I Made Ada.

Nyoman, Pak Made Ada's son, a respected teacher and artist in his own right, will guide us through a woodcarving class held in a traditional balé overlooking neighboring paddy fields. Under his instruction, we will learn to sculpt a wooden relief using a chisel and a mallet.

We will then get to sit with I Made Ada over tea and engage in a discussion. He will share some anecdotes from his past and how, many years ago, he managed to teach woodcarving to the local community, eventually turned Pakudui into the village of sculptors it is known today.

## OUR HOSTS

A third-generation master carver, **I Made Ada** is widely recognized as one of the greatest Balinese living artists, best known for his ornate wooden



Image: Travellife Indo

Garuda statues and meter-high sculptures. His statues, traditional wood panels and other sculptures find home in presidential palaces, museums, and important houses around the world.

**Nyoman Darmawan:** Often addressed by his nick-name Gamang King, he is the 4th generation of a lineage of master woodcarvers.

#### **EVENT ACTIVITIES:**

- Vegetarian lunch by DAPUR Usada
- Guided tour of gallery / meeting the artisans
- Carving instruction with Nyoman Darmawan
- Discussion with by Pak Made Ada and Usada's cultural liason Putu Mahagiri over tea in the garden

#### **LOCATION:**

DAPUR Usada Bali, Ubud  
Made Ada's gallery in Tegalalang

#### **INCLUDED IN YOUR BOOKING:**

- Lunch
- Guided tour
- Carving Instruction
- Tea & snack and with the Master

#### **DURATION:**

Approx. 5 hours

#### **COST:**

700,000 IDR / person.

Please note that a minimum of 4 persons is required for this experience.

#### **ITINERARY:**

- |                      |  |
|----------------------|--|
| <b>11:00 - 12:00</b> | Vegetarian lunch at DAPUR Usada                      |
| <b>12:00 - 12:30</b> | Travel to Pakudui                                    |
| <b>12:30 - 13:00</b> | Arrive at Pakudui & guided tour of the gallery       |
| <b>13:30 - 15:30</b> | Experience a woodcarving lesson with Nyoman Darmawan |
| <b>15:30 - 16:00</b> | Tea and discussion time with Pak Made Ada            |











# Water Temple Melukat

## Purifying in Sacred Springs

### **ABOUT THE EXPERIENCE**

This experience is held in a sacred water temple by a river, where there is a series of purification points and waterfalls. These waters have restorative virtues and therapeutic benefits on a physical, emotional and spiritual level. The site is quite spectacular.

On this day, we will be guided through a Melukat ritual, which is a Balinese purification ceremony. After our journey through the waterfalls, we will sit in contemplation with Balinese priestess Ida Resi Alit, as we listen to her prayers and her chants to the divine.

At the end, there will be an opportunity to ask questions and also, if you wish, to have personal time with Ida.



## OUR HOST

At the age of 20, **Ida Resi Alit** experienced a powerful meditation, earning her distinction as a "revenant", one who has come back from the dead. From that moment forward, she was empowered with exceptional skills, the knowledge of practices that generally take decades to master and the ability to speak ancient languages she had never studied!

Ida Resi Alit was ordained "High Priestess" by the Council of Hindu Dharma and became the youngest person to ever receive this title, a position normally given only to men.

## EVENT ACTIVITIES:

- Introduction to the Sala temple and the rituals
- Melukat (water purification) at several springs and waterfalls
- Meditation with Priestess Ida Resi
- A time for open discussion or/and personal meeting with Ida



**INCLUDED IN YOUR BOOKING:**

- Preparation and offerings
- Sarong provided for the water immersions
- Guide to bring us to the waterfalls
- Lunch by DAPUR Usada
- Tea and coffee

**LOCATION:**

Meeting point: DAPUR at Usada Bali, Ubud  
Sala holy spring and waterfalls

**DURATION:**

1/2 Day

**COST:**

500,000 IDR / person.

A portion of your contributions help support the creation of Griya Buda Sakti Alas Pule, the new Ashram of Ida Resi Alit, as well as her neighboring rural villages.

Please note that a minimum of 6 persons is required for this experience.

**ITINERARY:**

<b>11:00 - 12:00</b>	Travel to Sala
<b>12:00 - 14:30</b>	Pilgrimage through the waterfalls. Praying and Melukat
<b>14:30 - 15:30</b>	Picnic lunch prepared by DAPUR Usada
<b>15:30 - 16:00</b>	Meditation with priest /priestess and discussion
<b>16:15</b>	Finish of the program









# USADA BALI WORKSHOPS

USADA Bali WORKSHOPS are interactive programmes that take place at USADA's Forum space.

These provide an immersive dive into Indonesian traditions through hands-on learning.







# Balinese Culture and Tradition

## ABOUT THE WORKSHOP

One of the foremost attractions of Balinese culture are the Pura (temples), where some of the most beautiful and sacred Upacara (ceremonies) occur. The Balinese are happy to share their traditions, culture and ceremonies with visitors from outside their communities. When visiting the Pura or attending ceremonies in Bali, it is customary, however, to follow the local guidelines & traditions.

USADA's temple etiquette workshop will explain those guidelines and the traditions behind them. Beginning with a talk and visual presentation, we'll highlight proper attire, etiquette, offerings, prayers and the meaning behind them. In this presentation, we will also show slides of some of Bali's most sacred Pura and clarify the reason for their respective directions and the deities that reside in each.

## OUR HOST

**Putu Mahagiri** is passionate about maintaining and preserving her Balinese cultural roots. She is USADA's cultural liaison, born and raised in Peliatan, Bali. Besides, Putu is also committed to help empower women, especially Balinese, by offering sharing circles.

In USADA's workshops, Putu, in her charming way, introduces the Balinese traditions and religious etiquette. She is delighted to share this workshop with us!

## EVENT ACTIVITIES:

- Talk about Balinese culture
- Learn about the 9 most significant Pura's in Bali
- How to wear proper temple attire
- Learn to make offerings out of organic materials, called Canang
- Introduction to prayers and the meaning behind them



**INCLUDED IN YOUR BOOKING:**

- Welcome drink
- Vegetarian lunch by DAPUR Usada
- Explanation about Bali temples and etiquette
- Making Canang
- Sarong and sash for use during workshop

**LOCATION:**

The FORUM at Usada Bali

**DURATION:**

Approx. 2 hours

**COST:**

250,000 IDR / person.

Please note that a minimum of 6 persons is required for this experience.









# A JAMU Workshop

## Preparing an Indonesian Elixir

### **ABOUT THE WORKSHOP**

Learn how to make your own Jamu, the 'Obat tradisional' - the ancient Indonesian medicine, a delicious drink made of healing ingredients and spices.

In this workshop you will be guided through each step of the techniques of making Jamu so that at the end, you can take the knowledge back home and prepare this beneficial drink on your own. Our recipes come from an ancient knowledge that has been passed down from generation to generation.

## OUR HOST

**Onet** is the founder of Jamu Sehati, which was set up in 2014.

Jamu Sehati is re-creating recipes from the heritage of our ancestors for improving the health of modern day generations. Onet and her organization believe that health is 'a most precious belonging'.

## EVENT ACTIVITIES:

- Introduction to JAMU
- Get to know each of the ingredients used
- Learn the steps to make this elixir
- Create 3 kinds of Jamu: Balance, Energize & Detox JAMU



**INCLUDED IN YOUR BOOKING:**

- Welcome drink
- Ingredients and use of necessary equipment
- 3 bottles of JAMU for take-away

**LOCATION:**

DAPUR Usada, Bali, Ubud

**DURATION:**

Approx. 3 hours

**COST:**

400,000 IDR / person.

Please note that a minimum of 4 persons is required for this experience





# DAPUR USADA

DAPUR Usada, our restaurant, honours the philosophy of food as medicine and in a playful and innovative way presents dishes created almost exclusively out of local ingredients.

DAPUR was born out of a collaboration between Simon of New Earth Cooking School along with an enthusiastic team of Balinese chefs and USADA.

Dr. Sujatha Kekada, the head physician and co-founder of the Amrtasiddhi Ayurvedic Centre here in Bali, is in charge of the Ayurvedic content at DAPUR.









# CONTACT

USADA Bali also offers talks on culture, environmental issues and social projects in our FORUM space in our premises in the heart of Ubud. These talks that can be arranged for your clients and private groups, in our own space or at your location.

USADA Bali also offers movement classes and guided meditations and provides teachers for Qi Gong, Yoga and meditation, dance, Pencak Silat (Indonesian martial arts) and painting and drawing therapy, amongst others.

For enquiries contact us at:

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