

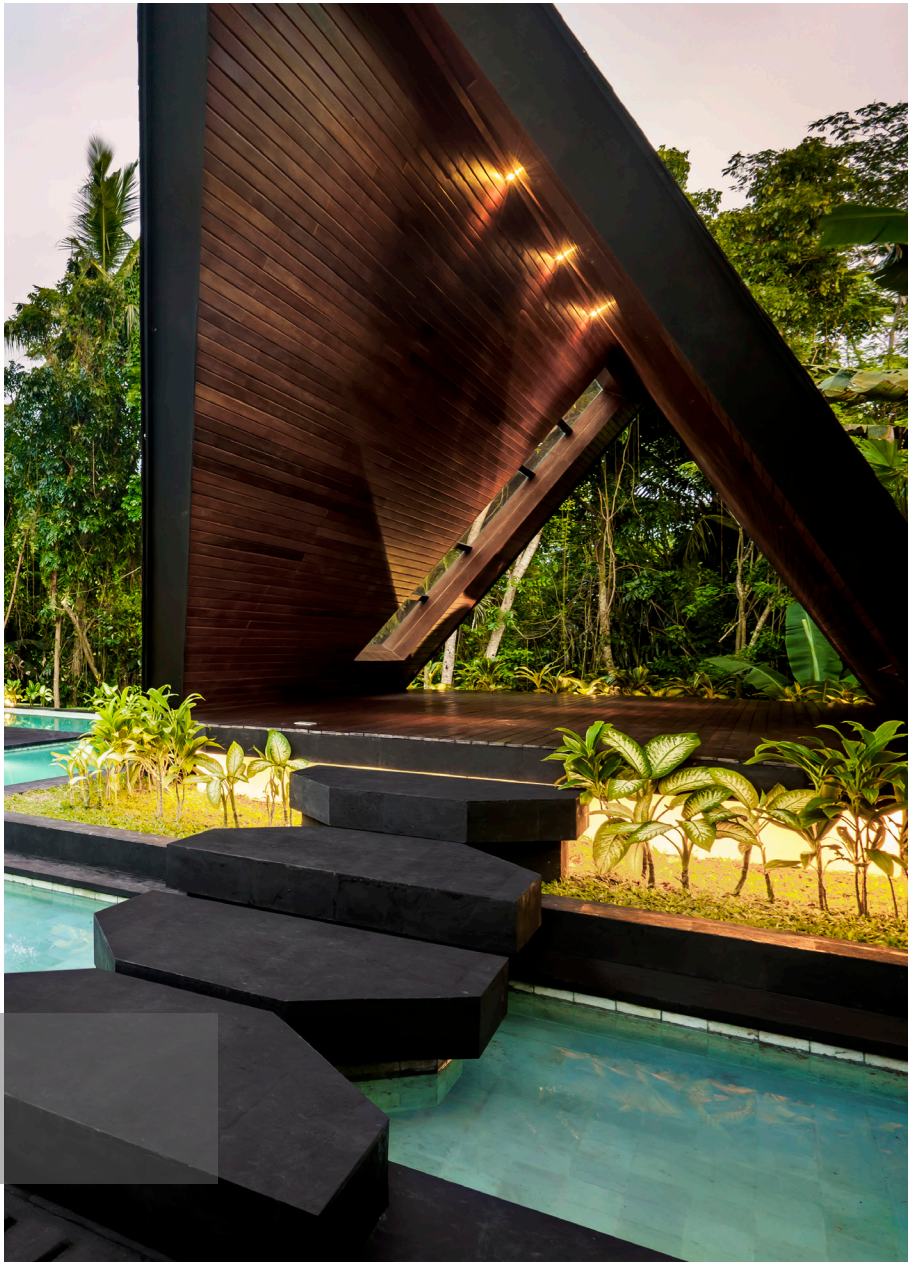


VILLA YOGA SHALA

GUIDE

📍 Ubud - Bali





The Content

Welcome to Villa Yoga Shala	2
Villa Location	4
Villa Informantion	5
What to do around Ubud	7
Bali Essentials	10
Breakfast, Lunch and Dinner	12
Restaurants & Places around your Villa	13
Services, Activities and Tours	14



Welcome to Villa Yoga Shala

Network: **Villa Yoga Shala**

Password: **Shala123**

We welcome you to your home away from home, to your very own paradise on the island of Gods. Our villa is fully equipped to handle all of your every need, if you require any further assistance please do not hesitate to contact the villa attendee,

Dewi Mandasari
+62 812 3709 7070

All the information that you will need is available in this booklet, including villa facilities we hope that you thoroughly enjoy your stay with us!

Emergency number : 112
Fire department: 113
Police: 110
Ambulance: 118
Tourist Police: 0361 224 111



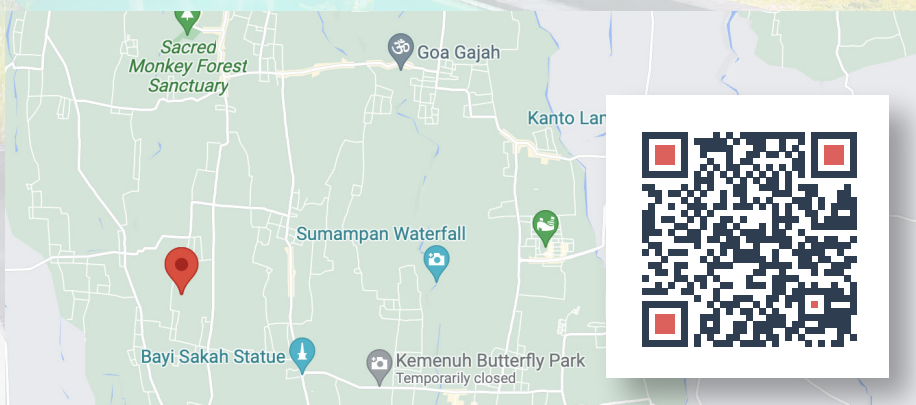
Villa

Location

Jl. Raya Gelogor, Kel. Lodontuh, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571

Located northwest of Denpasar, Ubud perches atop the city and is naturally slightly colder due to its altitude. Enjoy various day trips and come back to your home away from home, your luxurious sanctuary to get away and relax.

Your villa is perfectly situated in green nature, with unquestionably serene, peaceful and calm atmospheres radiating through every portion of this blessed land. Even with such peace, you are still always minutes away from all the best restaurants, cafes, and attractions Bali has to offer.



Villa Information

Smart TV

Are available in your villas, these TVs are equipped with an easy to use user interface, allowing you to access your favorite shows on **Netflix** or your favorite web series from **YouTube**, **Spotify** and many other apps are also available, don't forget to sign out if you are about to leave the villa!

Housekeeping & Laundry

Services are available within your villa, our cleaning staff conducts a cleaning service based on your request (**Day time only**). Bed sheets, linens and towels are also changed every **3 days**. Laundry services can also be done if required. Please contact the villa attendant for more information.

Losses & Damage

Equipment, facilities and furniture are to be in the same working conditions as they were before your arrival. You are liable to report any damage or missing item/s directly to our staff.

Insects & Repellent

There are a number of insects which may enter your villa according to the season, moths can enter your villa if there is light during the **rainy season**. **Mosquitoes** are also a common find in all of Bali, but worry not! You will find **ample mosquito repellent** in the villa. Please ask the villa attendee for any assistance.

Monkeys

Please be extra careful of the **monkeys** which are located around the **Ubud area**, especially around your villa. We strongly recommend **NOT** putting any food out in the open areas of your villa, doors are to be **CLOSED** when you leave your villa.





Swimming Pool

Your villa is equipped with a swimming pool with **1.4m** depth, please ensure that any children are to be supervised when using the pool. The swimming pool is cleaned **3 times** per week



Smoking

is **not permitted** in any of the indoor sections of the villas, **smoke detectors** are in place to prevent smoking. Ashtrays are also available throughout the designated smoking **outdoor / open areas**



Noise Levels

You are nestled in some of **Ubud's** most peaceful **rice fields**, please ensure that noise levels are kept at a minimum especially after **10 PM**. The peace of the surrounding area and nature must be maintained, as loud noises may eventually disturb the local communities.



Drugs

The usage, storage, possession of **drugs** is strictly prohibited in our villa as well as Indonesia. Such crimes are unquestionably punishable by imprisonment or even **death**, Incidents which involve drugs will immediately result in expulsion from our villa without any form of refund.



Parties & Events

are not always allowed within our villas, however, any plans and their nature of the party must be communicated to us during the booking process to minimize any trouble or risk with any surrounding **local authorities**. Extra fees will be charged & will also include a security deposit.



What To Do Around Ubud

Ubud is home to some of the greatest spots around **Bali**, including one of **Bali's greatest Monkey Forests**, a sanctuary to hundreds of monkeys which swing, jump and have made the **forest** their home. Open from **9 AM - 5 PM**. Alongside the **Ubud Art Market** (Open from **9 AM - 6PM**), well known from around the world! Find anything and everything here, bags, accessories, clothes, souvenirs, you name it!

Within an arm's reach of the **Ubud Art Market**, you are to find the '**Ubud Royal Palace**', also known as **Puri Saren Agung**. This intricately designed, photogenic spot holds some of the greatest Balinese architecture and design from the **1800s**, Visiting both the **Ubud Art Market** and **Ubud Palace** in the morning is recommended as they can become quite crowded with tourists by afternoon or evening time.

The unforgettably cultural experience doesn't end there! There is also a traditional Balinese dance which is held at **7:30 PM** every night, which has a duration of **1.5 hrs** and costs about **IDR 100,000***



Massage

We do offer in-house massage services that are just done by a **professional masseuse**, please contact us for more information regarding pricing and availability.

If you prefer going for a **massage** outside your villa, we would highly recommend the following locations:

- Jaens Spa Ubud
- Widjane Massage & Spa
- Putri Ubud Spa
- Ubud Bodyworks Centre
- Spa Bali Ubud



Yoga

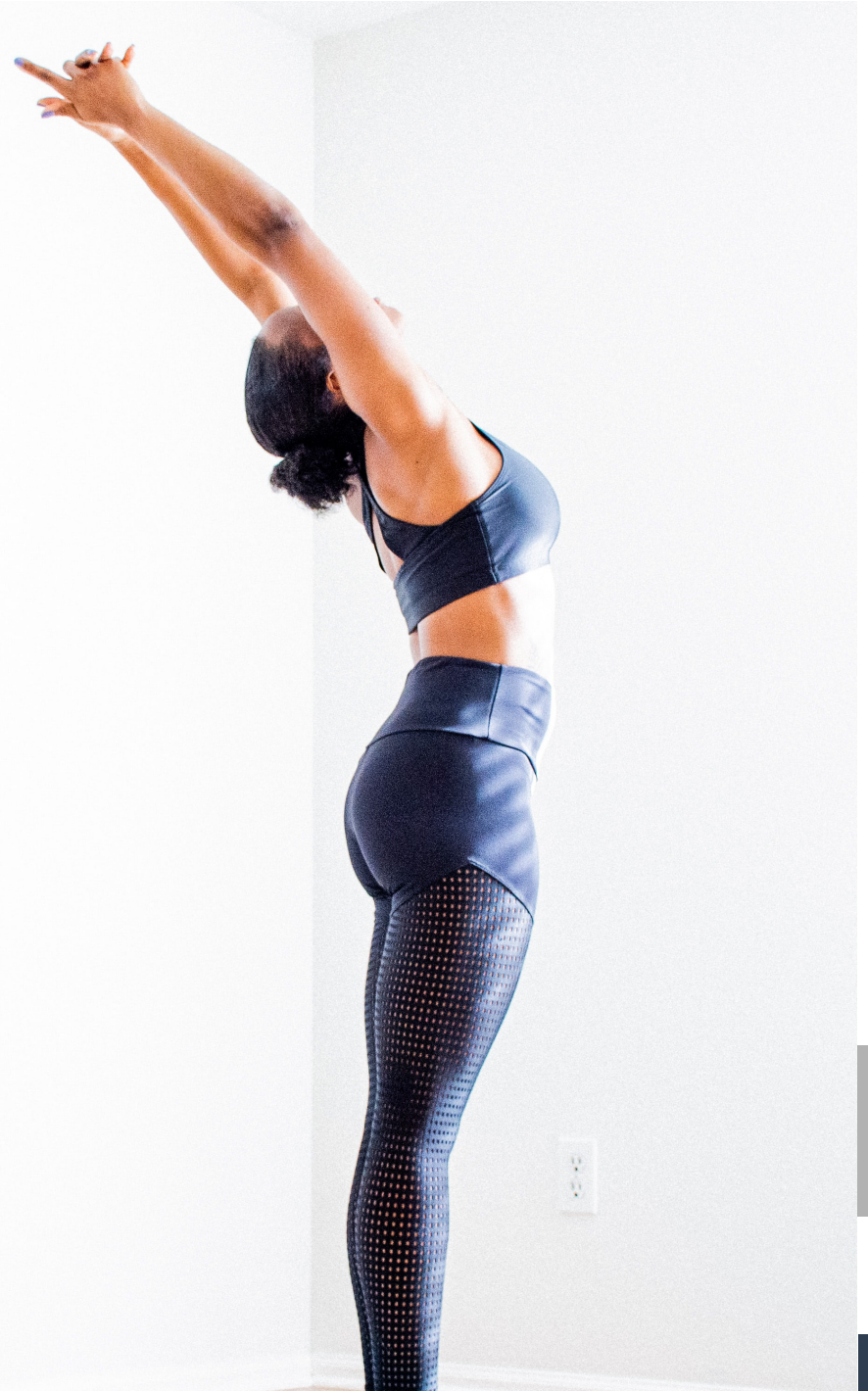
Ubud is very well known for its serenity, peace of mind and **Yoga** spots!

We also offer **yoga services** in your very own **Yoga Shalla***

Some of the greatest Yoga houses and spots are as follows

- **Power of now oasis and yoga**
- **The Yoga Barn**
- **Ubud Yoga House**
- **Radiantly Alive**
- **Intuitive flow.**

***Yoga Shallas** are only available in select villas





Bali

Essentials

Culture

Please respect **Bali's** strong culture and traditions throughout the island, especially within temples. Both male and females are required to wear **sarong**, sleeveless and short clothing is not allowed nor is it recommended

Cleanliness around Bali

Respecting the cleanliness around **Bali** is a very important aspect of **Balinese culture**, throwing cigarette butts and loitering around streets, temple entrances is seen as a disgrace and is not recommended.

Balinese Cuisine

Try the **local balinese cuisine!** Such as **nasi campur** (Mixed rice), **Sambel Matah** (Chilli in coconut oil), **Babi guling** (Roasted pork), **Gado-Gado**, (Mixed vegetables with nut sauce), **Sate Ayam** (Chicken skewers) and so many more! Many of these dishes are relatively spicier than food found in **European / Australian** regions, so make sure you plan accordingly!

Traffic Jams & Bali Lifestyle

Please don't be upset on the road, the traffic jams can be quite slow, or if your driver is not driving as fast as expected, or if food can take slightly longer to be served. This is partly due to the **balinese lifestyle** that takes place throughout the island. Also, do not be surprised if your food is served individually, it is a customary nature in Indonesia that the food is served immediately when it's ready, regardless of who gets their food first.

Road Access

in **Ubud** is generally not in the best shape, roads are also smaller compared to those found in the **south of Bali** or **Denpasar**. Due to this, please wear a helmet if you are to ride a motorcycle and always ensure to wear your seatbelt when driving a car. You will have to pay a fine if you are not wearing a helmet or not in possession of any form of **identification / driver's license**.

Tipping and Bargaining

Most Balinese restaurants do not expect any form of tips, but you are more than welcome to do so freely. When you are purchasing something in a public market, please also be aware that price negotiation and bargains is a big part of balinese culture!

Bali is full of hidden and pleasant surprises, this is truly an island that has much more than meets the eye. People are always very welcoming towards anybody. They are always willing to answer any questions you may have, Balinese folk can typically answer a couple of questions in English, just enough to get by.

If you do have absolutely any questions, please don't hesitate to reach out to us.





Breakfast, Lunch & Dinner Section

For your breakfast at the villa, a menu has been especially created for you. Please make sure you pre-order your breakfast to our villa butler at least one day in advance and it will be directly delivered to your villa. Please find the menu by scanning the QR code of the menu in the villa or ask the villa butler for assistance.

If you prefer, our staff can prepare a **Western** or **Indonesian** Breakfast at the villa for **50.000 Rupiah** per person + the grocery cost. We can also prepare for you a floating breakfast for **430.000 Rupiah** for 4 persons.

For your lunch and dinner, if you wish to have a quality fine dining experience for a special occasion, we propose you delicious and astounding good looking meals designed by a famous star chef in **Ubud**. For more friendly occasions, we can also organize a BBQ dinner at the villa.

Also, many restaurants in **Ubud** are offering food delivery service. Please ask our butler if you need assistance.

Restaurants & Places

Around Your Villa

These are our favorites around and don't hesitate to ask us for further recommendations:

- **Local Warung “Definition of Warung“:**
Kedaton, Babi guling Ibu Oka, Naughty Nuri's Ubud, Warung Ijo Ubud, The Legend Cafe
- **Modern Indonesian Restaurant:**
Liap Liap, Green Kubu, Bebek Tepi Sawah, Laka Leke Restaurant, Cafe Wayan & Bakery
- **Italian Restaurant:**
Famous Pizza, Pizza Bagus, Umah Pizza, L'Osteria Ubud, Uma Cucina, Mozzarella Bali, Citta Ovest Bali
- **Gourmet Food:**
Spices, Mozaic, Room4dessert, Aperitif Ubud, Bridges, The Sayan House, Zest, Padi Fine Dining, Bridges Bali Restaurant, Pison Cafe, Union Restaurant Ubud, Locavor, Jungle Fish Pool Bar
- **Western Food:**
Pesona Ubud, Watercress Ubud, Milk & Madu, Soul Bites, Pizza | Burger | Liquor (PBL), Locavore to go, Soul Bites, The Shed Bali, Grandpa's Coffee and Eats, Suka espresso, Famous, Kelapa Muda, Mother, Clear Cafe, The Yoga Barn, Warung Bernadette, Alchemy cafe, Sari Organic, Seniman coffee, Monsieur Spoon

and many more just around the corner!





Services, Activities and Tours

Our butler will be happy to arrange services for you such as : **motorbike rental, private drivers, private cooking chef, massage and laundry.**

If you wish to explore Ubud and its surroundings with us, do not hesitate to check our **fantastic day tours** and **activities catalog** and contact us in **English, French** and **Indonesian** !



Emergency number : 112
Fire department: 113
Police: 110
Ambulance: 118
Tourist Police: 0361 224 111



Jl. Raya Mas No.184
MAS, Ubud - Gianyar
Bali 80571

