

Alila | MANGGIS  
BALI

NYEPI AT  
ALILA MANGGIS





## WELCOME TO ALILA MANGGIS

In Bali, Nyepi marks the beginning of the Saka New Year, a sacred day dedicated to stillness and renewal. Rooted in the practice of Catur Brata Penyepian, this profound tradition invites the island into 24 hours of complete silence, a moment for deep reflection and spiritual harmony.

At Alila Manggis, we embrace this time-honored ritual in its purest form. The day is observed with four guiding principles:

- **Amati Geni** – A pause from fire and artificial light, allowing the night sky to shine in its natural brilliance.
- **Amati Karya** – A retreat from daily tasks, offering space for rest and reflection.
- **Amati Lelungan** – A stillness in movement, where the world outside slows to a peaceful halt.
- **Amati Lelanguan** – A quieting of distractions, inviting mindfulness and presence.

As the island surrenders to silence, Alila Manggis becomes a sanctuary for renewal. Tradition is honored through the art of offering-making and shared moments of quiet contemplation. Begin the day with sunrise yoga, let children experience the simple joy of fish feeding, and savor a thoughtfully curated Nyepi menu, celebrating the purity of locally sourced ingredients.

As dusk falls, the absence of artificial light reveals a breathtaking expanse of stars, a rare and humbling sight. Here, by the ocean's edge, Nyepi is not simply observed—it is felt.

We invite you to experience the beauty of silence, the depth of tradition, and the renewal of spirit at Alila Manggis.

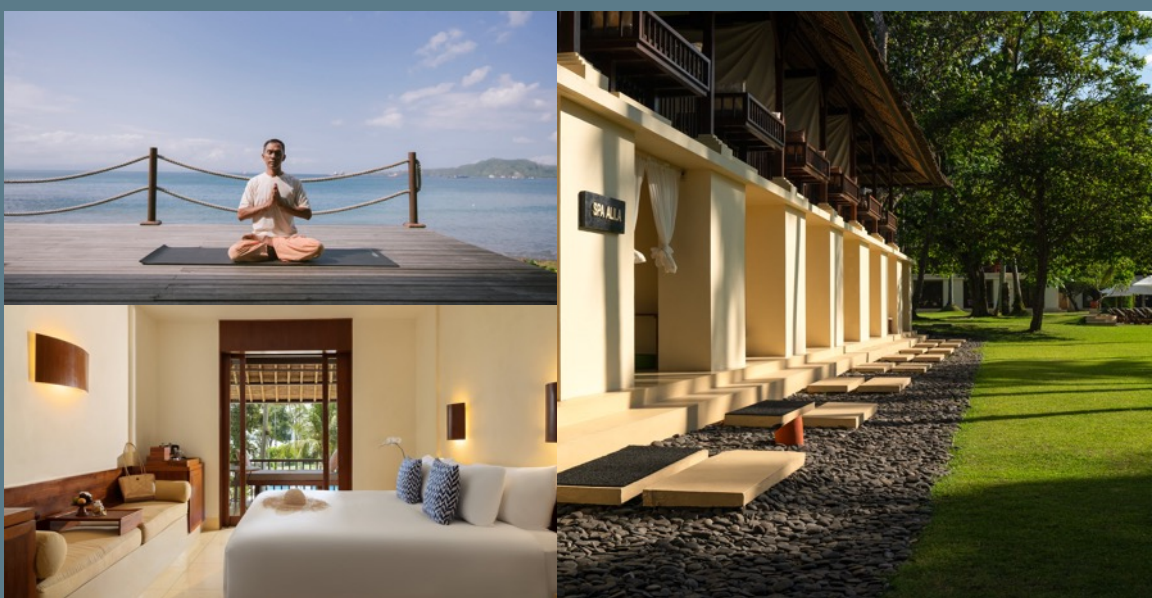
Discover a collection of thoughtfully curated experiences designed to honor the silence and stillness of Nyepi at Alila Manggis. Embrace a day of reflection, renewal, and connection with nature as you immerse in traditions that bring a sense of peace and harmony.

## INHOUSE ACTIVITIES:

- Morning Flow at Yoga Shala 06:00 – 07:00  
(Maximum 20 pax per session)
- Fish Feeding (kids) 09:00 – 10:00
- Balinese Offering Making at Coconut Grove 10:00 – 12:00
- Stone Painting 11:00 – 12:00
- Balinese Coloring Pages (kids) 14:00 – 15:00  
At Lobby Lounge
- Afternoon tea at Ocean Bar 15:00 – 16:00
- Jamu Demonstration at Coconut Grove 15:00 – 16:00
- Fish Feeding for children 16:00 – 17:00
- Hatha Yoga at Yoga Shala 17:00 – 18:00  
(Maximum 20 pax per session)

## OUTLETS WORKING HOURS:

- Seasalt Restaurant 07:00 – 21:00
- SPA ALILA 09:00 – 19:00
- Pool Service 07:00 – 18:00
- Ocean Bar 12:00 – 19:00



For more information and reservation, please contact us at [manggis@alilahotels.com](mailto:manggis@alilahotels.com) or WhatsApp at +62 811-3808-159  
[www.alilahotels.com/manggis](http://www.alilahotels.com/manggis)



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