

Bali Beach

SANUR · HOTEL · 1966

HERITAGE  
COLLECTION



THE MERU

SANUR

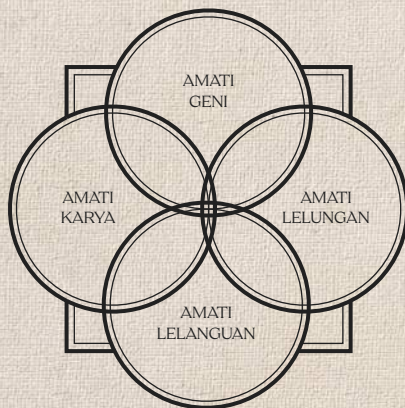


SEKALA  
NISKALA

NEW YEAR CAKA  
GUIDANCE



WELCOME TO  
BALI BEACH HOTEL, THE HERITAGE COLLECTION  
& THE MERU SANUR



Nyepi, known as the Balinese "Day of Silence," is one of the most profound and sacred celebrations in Bali. Unlike other New Year celebrations filled with festivities, Nyepi is observed with complete stillness, offering a moment of deep reflection and spiritual renewal. This annual event, based on the Saka lunar calendar, marks the beginning of a new year in Bali and is a time for self-introspection, purification, and balance.

On the day of Nyepi, the entire island comes to a standstill. From sunrise to sunrise, all forms of activity are prohibited, including travel, entertainment, work, and even the use of lights or electricity. The streets are deserted, businesses are closed, and even Bali's airport halts operations for 24 hours. The silence is meant to cleanse the island of negative energies and create harmony between humans, nature, and the spiritual world.

The observance of Nyepi is guided by four main restrictions, known as Catur Brata Penyepian:

- Amati Geni : No fire or light (Guests may use minimal lighting if necessary).
- Amati Karya : No working or engaging in productive activities.
- Amati Lelungan : No traveling outside the hotel premises including the beach.
- Amati Lelanguan : Entertainment is restricted (Guests may participate in hotel activities while keeping noise to a minimum).



# DAY *of* SILENCE



Nyepi is deeply rooted in Balinese Hindu philosophy, which believes in restoring balance to the universe. It is preceded by a series of purification rituals, including the vibrant Melasti ceremony, where sacred objects are cleansed in the ocean, and the Ogoh-Ogoh parade, featuring large, demonic effigies that symbolize evil spirits. These effigies are paraded through the streets and later burned to ward off negativity before the island enters its day of silence.

For the Balinese, Nyepi is more than just a ritual, it is a way to reconnect with oneself, nature, and the divine. The stillness and serenity create an opportunity for mindfulness and gratitude, reinforcing the island's spiritual and cultural identity. Even non-Hindus and visitors are expected to respect this sacred tradition, experiencing the rare and extraordinary moment when an entire island falls into complete tranquility.

Embrace the peaceful silence of Nyepi and immerse yourself in a journey of serenity.

# DO'S DON'TS

## DO'S DURING NYEPI DAY

01

### **Respect the Silence**

Embrace the peaceful atmosphere by keeping noise levels to a minimum, even inside your room or suite.

02

### **Stay Indoors**

Everyone, including tourists, must remain the hotel premises within 24 hours. You may freely walk around within The Sanur Special Economic Zone.

03

### **Dim the Lights**

If needed, use dim lighting that isn't visible from outside and please ensure the curtain remain closed at night.

04

### **Engage in Reflection & Meditation**

Use this time for self-introspection, reading, meditation, or journaling.

05

### **Prepare in Advance**

Businesses will be closed. **Dinner on 19 March 2026** will be served at Bali Beach Convention Center—please check the restaurant schedule. Extra water will be provided in your room.

## DON'TS DURING NYEPI DAY

01

### **No Traveling**

Roads and the airport are closed, and guests must remain within the hotel premises, including avoiding the beach pathway. Security personnel (Pecalang) will ensure compliance.

02

### **No Entertainment or Loud Activities**

Avoid watching TV at high volumes, playing loud music, or engaging in noisy activities in or out of your room or suite.

03

### **No Public Displays of Leisure**

Swimming in the hotel pool is allowed before 6 PM.

Going to the beach is not allowed.

04

### **No Work or Business Operations**

Shops, offices, restaurants, and the airport will be closed for the day. However, hotel restaurants will remain open during the day, please refer to the schedule.

05

### **Mobile Phone**

Hotel WiFi will be available.

Mobile Cellular signal will be turn off by the authority.

06

### **No Use of Fire or Bright Lights**

Avoid bright lights after sunset and do not light candles in your room or suite. A flashlight is provided in your closet, or you may use your mobile phone's light.

# SILENT DAY *journey*

To honour the tradition, guests are invited to feel the serene spirit of Nyepi within the resort sanctuary by maintaining the light on minimal level at your room or suite, or shutting your curtains to avoid lights seen from outside. We also minimize lighting and sound within the communal areas. You are welcome to explore the resort and The Sanur "Special Economic Zone Complex, please be aware that leaving the resort or complex grounds, including going to the beach, is prohibited.

## **Pengerupukan Day - Wednesday, 18 March 2026**

### **Timeless Ritual of Bali's Living Heritage**

Experience the vibrant spirit of Bali's sacred traditions as the eve of Nyepi comes alive at the resort. Pengerupukan Day brings energy, color, and cultural expression a symbolic cleansing before the Day of Silence. Be captivated by traditional rhythms, the mesmerizing Ogoh-Ogoh parade, and sacred rituals that carry away negative forces and welcome renewal.

In the spirit of togetherness, guests are welcome to join the ceremonial procession and assist in carrying the Ogoh-Ogoh, with prior registration at the Activity Desk.

Meeting Point: Tirthasada Lobby

Time: 17:00

### **Spectacular Ogoh-Ogoh Parade**

Join us for an unforgettable experience as we take you to the heart of the Ogoh-Ogoh Parade

Meeting Point: Bell Desk

Time: 17:30

The road to Jalan Hang Tuah will be closed for Ogoh-Ogoh parade. Please access the hotel through the Bali International Hospital main gate.

## **Nyepi Day - Thursday, 19 March 2026**

Breakfast will be served from 6:30 to 10:30 at Arunika Restaurant for The Meru Sanur guests and at roso restaurant for Bali Beach Hotel, The Heritage Collection guests.

For lunch, our dining venues Arunika restaurant and roso restaurant will be open

from 12:00 -17:00, Sutasoma Lounge will be open from 11:00 to 00:00,

The Meru Pool Bar will be open 11:00- 17:00.

Dinner will be served at Bali Beach Convention Center, from 18:00 to 22:00.

In-room dining available until 18:00 only (Last order 17:00)

please dial 'O' for further information and reservation.



Ogoh-Ogoh are giant papier-mâché statues that play a significant role in Bali's Nyepi (Day of Silence) celebrations. These intricate and often fearsome-looking figures represent Bhuta Kala, malevolent spirits or negative energies that must be driven away before the sacred day of introspection and self-reflection.

### **The Symbolism of Ogoh-Ogoh**

Each Ogoh-Ogoh is crafted with remarkable detail, often depicting demons from Balinese mythology, creatures from Hindu epics, or even modern interpretations of societal issues. They symbolize negative forces that humans must conquer to achieve spiritual balance.

### **The Procession: Ngrupuk Parade**

On the evening before Nyepi, known as Pengerupukan, villages across Bali hold Ogoh-Ogoh parades. The massive figures are carried through the streets on bamboo platforms by local youth groups (banjar), accompanied by the sounds of gamelan music, firecrackers, and chants.

### **The Ritual of Destruction**

After the parade, many Ogoh-Ogoh are burned or symbolically destroyed, signifying the purification of the island from negative energies. This act is believed to cleanse the environment and prepare Bali for the stillness of Nyepi, a day dedicated to meditation and self-reflection.

### **A Blend of Art, Spirituality, and Community**

Beyond its religious significance, the Ogoh-Ogoh tradition showcases Balinese creativity and craftsmanship. Each banjar takes pride in designing unique and elaborate figures, often spending weeks or even months constructing them.





ລີ ຍາພາ ທີ່ງາສາບ

# SANG MAYA

# DENAWA



Sang Maya Denawa is recognized in Balinese tradition as an asura, a powerful giant figure symbolizing cunning intelligence, deception, and the force of ego. The word maya refers to illusion or trickery, while denawa denotes a class of beings driven by ambition and a harsh nature. He is portrayed as possessing great intellect, yet one that is misused for personal gain.

Sang Maya Denawa is not merely a symbol of evil, but a cautionary figure warning of the dangers of a mind dominated by arrogance, manipulation, and power without wisdom. In Balinese philosophy, he reflects the darker side of human intellect when intelligence is not guided by dharma.

Through ritual and traditional storytelling, Sang Maya Denawa is presented not to be feared, but to be recognized and restrained, allowing balance between thought, morality, and the natural order to be preserved.



# RESTAURANT

*operating hours*

Thursday  
19 March 2026

Friday  
20 March 2026

---

## **Arunika Restaurant**

Breakfast	6.30 - 10.30	
Lunch	12.00 - 17.00	Back to Normal
Dinner	Closed	

---

## **Roso Restaurant**

Breakfast	6.30 - 10.30	
Lunch	12.00 - 17.00	Back to Normal
Dinner	Closed	

---

## **Bali Beach Bar & Grill**

Closed	Back to Normal
--------	----------------

---

## **Pool Bar**

11.00 - 17.00	Back to Normal
---------------	----------------

---

## **Sutasoma Lounge**

11.00 - 00.00	Back to Normal
---------------	----------------

---

## **In-Room Dining**

6.00 - 18.00	Re-Open 6.00
--------------	--------------

---

## **Bali Beach Convention Center Dinner Buffet**

18.00 - 22.00	
---------------	--





# WELLNESS & ACTIVITY

*operating hours*

	Thursday 19 March 2026	Friday 20 March 2026
<b>Taru Pramana Spa &amp; Wellness</b>	9.00 - 18.00	9.00 - 21.00
<b>Fitness Center</b>	Attendance: 6.00 - 18.00	Attendance: 6.00 - 21.00
<b>Niskala Kids Club</b>	9.00 - 18.00	9.00 - 19.00
<b>Bali Beach Pool</b>	7.00 - 18.00	7.00 - 20.00
<b>The Meru Pool</b>	7.00 - 18.00	7.00 - 20.00
<b>Beach</b>	Closed	Open





# MANIK GALIH

## **Seven Sacred Stone Massage**

A deeply restorative wellness journey centered around a high-tech heated crystal quartz sand bed, designed to gently cocoon the body in warmth while encouraging profound relaxation and energetic balance.

Taru Pramana Spa & Wellness  
IDR 1.560.000++ | 90-minute

For further information or reservations, please contact +62 811 3831 1983



# SILENT DAY *activities*

## **Sunrise Silent Meditation**

Beachfront Garden | 06.00 – 07.00

- Guided silent meditation (non-verbal cues only)
- Focus on breath, gratitude, and grounding
- Mats & Towel provided

## **Mindful Herbal Infusion**

Activity Desk | 09.00 – 10.00

- Warm turmeric, ginger, and lemongrass infusion
- Guidance about the benefit of the drink, and the ingredients
- Guests enjoy in silence

## **Beautiful Bahasa & Lontar Engrave**

Activity Desk | 11.00 – 12.00

- Guidance for learning Bahasa Bali, with the common word
- Continue with learn how to write with Balinese letter (Aksara Bali) on the paper
- Lastly Continue to write down the word on the traditional dried leaves (Lontar)

## **Incense & Canang Sari Making**

Activity Desk | 15.00 – 16.00

- Guidance for making incense and canang sari from scratch
- Continue to making the incense with makko powder
- Lastly make the canang sari, and give all the offerings to the nearest temple

## **Sunset Meditation & Sound Healing**

Activity Desk | 17.00 – 18.00

- Guided silent meditation (non-verbal cues only)
- Focus on breath, gratitude, and grounding, and end it with sound healing session
- Mats & Towel provided

# NISKALA KIDS *activities*

Wednesday, 18 March 2026



## **Pengrupukan Within The Resort**

Meeting Point:  
Tirthasada Lobby | 17.00  
Starts at 17.30

Thursday, 19 March 2026



## **Kids Fun Yoga**

Niskala Kids Club | 10.00

## **Pottery Painting**

Niskala Kids Club | 11.00  
IDR 175.000++

## **Canang Sari Offering**

Niskala Kids Club | 13.00

## **Balinese Folklore Story Telling**

Niskala Kids Club | 14.00

## **Paper Shadow Puppet or Wayang Making**

Niskala Kids Club | 16.00



