

# Guest Activities

Daily changing activities, regular land, educational activities & sport activities

All the activity Reservation needs at least 24 hours in advance

**Fitness & Gym Activities:** For guests' convenience the Gym located at the pool side area can be used 24 hours

Please wear sports shoes at the gym. **Table Tennis:** Available at the gym room

**Watersport Activities & Lumba - Lumba Kids Club** Open Daily Hours from 09.00 - 17.00

TIME & DURATION	VENUE / MEETING POINT	REMARKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07.15 (60 Min)	Pool Area		Fitness Village & Beach Walk		Fitness Village & Beach Walk			Fitness Village & Beach Walk
08.00 (60 Min) Morning Session	Lobby	Free	Bicycle Tour		Bicycle Tour		Bicycle Tour	
09.00 (60 Min)	REMPAH <sup>2</sup>			Fruits Carving		Fruits Carving		
09.00 (60 Min)	Beach	Private Session Available (Reservation needs)	Yoga (Max. 8 person)	Yoga (Max. 8 person)	Yoga (Max. 8 person)	Yoga (Max. 8 person)	Yoga (Max. 8 person)	Yoga (Max. 8 person)
11.00 (60 Min)	WANTILAN			Balinese Religion & Culture		Balinese Religion & Culture		
11.15 (90 Min)	WANTILAN (Adult Session)		Cooking Lesson (Menu: Ayam Pelalah)		Cooking Lesson (Menu: Pepes Ikan)		Cooking Lesson (Menu: Sate Lilit Ikan)	
11.15 (90 Min)	WANTILAN (Kids Session)			Cooking Lesson (Menu: Nasi Goreng)		Cooking Lesson (Menu: Nasi Goreng)		Cooking Lesson (Menu: Nasi Goreng)
12.00	Room	Reservation Needs	Balinese Costume & Taking Picture					
14.00 (60 Min)	WANTILAN		Batik Painting Lesson	Wood Carving Lesson	Balinese Offering Lesson		Wood Carving Lesson	Balinese Offering Lesson
15.00	Pool Side	Complimentary	Cucumber Eye Cooling & Fruit Service					
16.00 (60 Min) Afternoon Session	Lobby	Free		Bicycle Tour		Bicycle Tour		
16.00 (60 Min)	Fitness Centre	Private Session Available						Balinese Dance Lesson
16.15	Pool Side	Additional Cocktail For Cocktail Rp 150.000,-/drink	Mixology Mocktails (Monday to Sunday)					

# Water Sports Activities

Open Daily Hour 09.00 – 17.00 and available based on tide, wind, and weather.

**Ocean Kayak, Catamaran, Wind Surfing, Standup Paddle and Snorkeling** are ready at the beach.

## Kayak

Depending on the  
tide and sea condition  
/ weather

**Please Note:**

- The wearing of a Life-Jacket is compulsory.
- All participants must be able to swim.
- The minimum age requirement for **Kayaking** in Samabe is 8 years old. For Children under 12 years old **Kayaking** may be practiced accompanied by a Parent or Guardian.
- There is **NO LIFEGUARD** on duty at the beach.

## Snorkeling

Depending on the  
tide and sea condition  
/ weather

**Please Note:**

- The wearing of a Life-Jacket is compulsory.
- All participants must be able to swim.
- The minimum age requirement for **Snorkeling** in Samabe is 8 years old. For Children under 12 years old **Snorkeling** may be practiced accompanied by a Parent or Guardian.
- There is **NO LIFEGUARD** on duty at the beach.

## Wind Surfing

Depending on the  
tide and sea condition  
/ weather  
For beginner's  
need take Lessons.

**Please Note:**

- The wearing of a Life-Jacket is compulsory.
- All participants must be able to swim.
- The minimum age requirement for **Wind Surfing** in Samabe is 10 years old. For Children under 12 years old **Wind Surfing** may be practiced accompanied by a Parent or Guardian.
- There is **NO LIFEGUARD** on duty at the beach.

## Catamaran

Depending on the  
tide and sea condition  
/ weather  
The catamaran use  
is only available  
with the instructor.

**Please Note:**

- The wearing of a Life-Jacket is compulsory.
- All participants must be able to swim.
- The minimum age requirement for **Catamaran** in Samabe is 8 years old. For Children under 12 years old **Catamaran** may be practiced accompanied by a Parent or Guardian.
- There is **NO LIFEGUARD** on duty at the beach.
- Duration 15 – 20 minute, Min. 1 & Max. 4 passenger.

*The sailing is only possible when the tide is good and the wind is not so strong.*

## Standup Paddle

Depends on the  
tide and sea condition  
/ weather.

**Please Note:**

- The wearing of a Life-Jacket is compulsory.
- All participants must be able to swim.
- The minimum age requirement for **Stand Up Paddle** in Samabe is 10 years old. For Children under 12 years old **Stand Up Paddle** may be practiced accompanied by a Parent or Guardian.
- There is **NO LIFEGUARD** on duty at the beach.

# STAY

## *Balanced and Healthy*

IN SAMABE BALI SUITES & VILLAS



Keep up with your workout routine while on holiday, bring back balance to your life, realign your sense and rediscover inner peace in Samabe Bali Suites & Villas.

***Conducted by professional and certified trainers.***



# Private Yoga Class

*Conducted by Certified Yoga Teacher*

with the choices of :

**HATHA YOGA** *For an 'all-round' balanced practice, a great place to start.*

Hatha yoga is usually a slower-paced practice where poses (asana) are held for a few breaths. A Hatha class will often include breathing techniques and meditation.

**VINYASA YOGA** *Helps build overall strength and flexibility*

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The class may be dynamic and focus on strengthening postures, or it may be a slower flow with an emphasis on mobility and flexibility in the spine or the hips.

**YIN YOGA** *Is a quiet contemplative practice.*

Yin yoga works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

**YIN YANG YOGA** *For balancing energy, flexibility and strength*

Yin Yang Yoga blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

Price is at

**IDR 350.000,- / Session**

(1 Session, 1 Hour and Max 4 Persons)

\*Venue : Your own (Garden) Villa, Beach and GYM (based on availability)

\* All Above Activities Require 1 Day in Advance Reservation

\*\* All the Prices are inclusive of 21% Government Tax & Service Charge

# Private Taichi Class

*Conducted by Professional Taichi Master*

with the choices of :

## **TAOLU** *One of the reasons is to develop body awareness.*

Taolu (solo "forms") is a choreography that serves as the encyclopedia of a martial art. Tai chi is often characterized by slow movements in Taolu practice. Accurate, repeated practice of the solo routine is said to retrain posture, encourage circulation throughout students' bodies, maintain flexibility, and familiarize students with the martial sequences implied by the forms. The traditional styles of tai chi have forms that differ in aesthetics, but share many similarities that reflect their common origin.

## **QIGONG** *Breathing exercises*

Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi (pronounced approximately as "chi" or "chee"), translated as "life energy".

Price is at

**IDR 350.000,- / Session**

(1 Session, 1 Hour and Max 4 Persons)

\*Venue : Your own (Garden) Villa, Beach and GYM (based on availability)

\* All Above Activities Require 1 Day in Advance Reservation

\*\* All the Prices are inclusive of 21% Government Tax & Service Charge





# Private Dance Class

*Conducted by Professional Dancer of Devdan Show*

with the choices of :

## **ZUMBA**

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

## **HIP-HOP DANCE**

Hip-hop dance is a range of street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It is influenced by a wide range of styles.

## **SALSA DANCE**

Salsa is a Latin dance associated with the music genre of the same name which was first popularized in the United States in the 1960s in New York City. Salsa is an amalgamation of Cuban dances such mambo, pachanga, and rumba as well as American dances such as swing and tap

Price is at

**IDR 350.000,- / Session**

(1 Session, 1 Hour and Max 4 Persons)

\*Venue : Your own (Garden) Villa, Beach and GYM (based on availability)

\* All Above Activities Require 1 Day in Advance Reservation

\*\* All the Prices are inclusive of 21% Government Tax & Service Charge





# Personal Trainer

*Conducted by Certified Personal Trainer*

Price is at

**IDR 350.000,- / Session**

(1 Session, 1 Hour and Max 4 Persons)

**Available for Outdoor or Indoor Exercise**

\*Venue : Your own (Garden) Villa, Beach and GYM (based on availability)

\* All Above Activities Require 1 Day in Advance Reservation

\*\* All the Prices are inclusive of 21% Government Tax & Service Charge



# Night Entertainment Weekly Schedule

Day	Entertainment	Time	Venue
Monday	Kecak Dance	20.00 – 21.00	Rempah <sup>2</sup> Restaurant
	Night Art Market	19:00 – 22:00	Green Lagoon / Rempah <sup>2</sup> Restaurant
Tuesday	Duo Acoustic	18:15 – 21:30	Rempah <sup>2</sup> Restaurant / Te.Ja.Co / Crystal Blue
	Gender Wayang	07:15 – 10:15	Lobby
Wednesday	Duo Acoustic	18:15 – 21:30	Rempah <sup>2</sup> Restaurant / Te.Ja.Co / Crystal Blue
Thursday	Legong Dance	20.00 – 21.00	Rempah <sup>2</sup> Restaurant
	Night Art Market	19:00 – 22:00	Green Lagoon / Rempah <sup>2</sup> Restaurant
	Gender Wayang	07:15 – 10:15	Lobby
Friday	Duo Acoustic	18:15 – 21:30	Rempah <sup>2</sup> Restaurant / Te.Ja.Co / Crystal Blue
Saturday	Duo Acoustic	18:15 – 21:30	Rempah <sup>2</sup> Restaurant / Te.Ja.Co / Crystal Blue
	Gender Wayang	07:15 – 10:15	Lobby
Sunday	Duo Acoustic	18:15 – 21:30	Rempah <sup>2</sup> Restaurant / Te.Ja.Co / Crystal Blue

Jl. Pura Barong-Barong Sawangan 80363  
Nusa Dua - Bali, Indonesia  
[www.samabe.com](http://www.samabe.com)





# Power of Love





POWER OF LOVE

# Samabe Beach Cave

Private and Rustic

Offers romantic, unforgettable and unique private dining experience for the two of you or to enjoy with your loved ones.

Perfect for 2 guests to maximum 10 guests

**RATE START FROM**

**IDR 7,900,000/couple**

Additional Adult **IDR 1,700,000 nett/pax**

Additional Child (3-12 y.o.) **IDR 675,000 nett/pax**

Kids below 3 years old eat free

The rates include our signature romantic setting in your dinner table, your very own private cook and service staff. When making reservation please select your menu 24 hour in advance. Non-refundable advance payment once event is confirmed.



POWER OF LOVE

# Samabe Pearl Chapel

Elegant Cliff Ocean Front

Offers romantic, unforgettable and unique private dining experience at the cliff top ocean front of Samabe Pearl Chapel. Perfect for 2 guests to maximum 30 guests

**RATE START FROM**

**IDR 7,900,000/couple**

Additional Adult **IDR 1,700,000 nett/pax**

Additional Child (3-12 y.o.) **IDR 675,000 nett/pax**

Kids below 3 years old eat free

The rates include our signature romantic setting in your dinner table, your very own private cook and service staff. When making reservation please select your menu 24 hour in advance. Non-refundable advance payment once event is confirmed.

# THE MENU

The Daily Menu starts with a Welcome Cocktail

## SOUP

### *Sentimental Reason*

Indonesian Oxtail

or

### Rich Shellfish Bisque

Fresh Prawn, Lobster Meat, Carrots, Zucchini, Tarragon

or

### Wild Mushroom Soup

## STARTER

### *The Power of Love*

Prawns & Quinoa

Poached Tiger Prawns, Curry Sauce, Local Fruit Salsa, Basil, Kaffir Lime

or

### Classic Caprese Salad

Assorted Tomatoes, Mozzarella, Basil, Pinenuts, Balsamic Pearls

## MAIN COURSE

### *Truly, Madly, Deeply*

Prime Cuts BBQ

Lamb Chops, Chicken & Beef Kebab & BBQ Steak

or

### Fruit of the Sea

Shrimps Skewer, 300 gr Lobster per person, Seafood Brochette

or

### Surf & Turf

250 gr lobster, 120 gr Australian Tenderloin

or

### Vegetarian

served with Mixed Vegetable Skewers, Pesto, *Ratatouille*, Grilled Tofu, Onion & Mushroom

## DESSERT

### *Sweet Love Symphony*

Sticky Thai Rice Pudding with Fresh Mango 

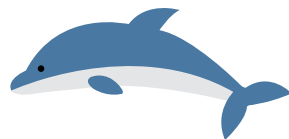
All above main course are served Thyme roasted baby potatoes, Garlic bread, Grilled Tomato & Garlic, Asparagus, Sauté mix mushrooms. House BBQ sauce, Garlic Butter & assorted *Sambal*

 Vegetarian



*Capture*  
your Romantic  
moments





## kids club

**Opening Hour: 09:00 to 17:00**

The minimum age requirement for KIDS CLUB in SAMABE is 3 years old

For children less than 3 years old must be accompanied by the parent or Guardian/baby sitter | Venue: Under the stage

### LUMBA - LUMBA KIDS CLUB ACTIVITIES

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00 - 09.15	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration	Welcome to Lumba - Lumba / Registration
09.15 - 10.00	Kids Fun Dance & Stretching	Kids Fun Yoga	Moving & Grooving	Stretching Fun Class	Outdoor Fun Games	Kids Fun Yoga	Kids Fun Sports
10.15 - 11.30	Face Painting	Cookies Decoration	Visit Temple & Canang Making	Young Coconut Leaf Creation	Cookies Decoration	Bracelet / Necklace Making	Flower Arranging
11.30 - 12.00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
12.00 - 13.00	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
13.00 - 13.30	Free Games	Free Games	Free Games	Free Games	Free Games	Free Games	Free Games
13.30 - 14.30	Origami	Drawing & Coloring	Mask Making	Movie Time	Traditional Games	Costume Making	Indoor Fun Games
14.30 - 15.30	Nail Art Decoration	Art & Craft	Bracelet / Necklace Making	Face Painting	Nail Art Decoration	Art & Craft	Balinese Dance
15.30 - 17.00	Beach Activity (Sand Castle)	Beach Activity (Sea Shell Hunt)	Beach Activity (Baby Crab Hunt)	Beach Activity (Beach Game)	Beach Activity (Sand Castle)	Beach Activity (Sea Shell Hunt)	Beach Activity (Baby Crab Hunt)

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