



RAFFLES

BALI

A DAY OF SILENCE

EXPERIENCES

FOR *Nyepi*



# A PAUSE IN TIME

In this long-awaited magical moment, Bali retreats into stillness to honour *Nyepi*, the island's revered Day of Silence. As the sun rises, life slows, lights dim, and the world beyond your villa falls quiet — leaving space for reflection, renewal, and quiet connection.

Nyepi marks the beginning of the Balinese New Year, a rare moment when nature reclaims the island, and the horizon stretches wide, untouched. This special day commemorates the end of one's old self, a self filled with worldly responsibilities, and the beginning of a new self, guided by the four teachings of *Catur Brata*.

"Catur" is Sanskrit for "four," and "brata" means "vow" or "practice".

These four principles of self-restraint, consist of:

*Amati Geni* - no fire

*Amati Karya* - no work

*Amati Lelungan* - no travel

*Amati Lelanguan* - no entertainment or pleasure

There will not be any travel, sound, or artificial light — only the gentle rhythm of the land and sea as these four disciplines are honoured for 24 hours, from 6.00am to 6.00am the following day.



# THE *Origins* OF SILENCE

For generations, Nyepi has been more than a celebration of quietude — it is a spiritual passage of time, deeply rooted in Balinese-Hindu tradition. The Balinese Hindu New Year is based on the Balinese Saka calendar, which is the traditional Hindu calendar used in Bali, consisting of twelve lunar months and 354 or 355 days in a year. The Saka calendar itself began in AD 78 and is named after the Saka Era, which the Balinese Hindu community uses as a reference to customise its own Balinese Saka calendar based on local elements to suit Balinese life and traditions.

The New Year in the Balinese Saka calendar, known as Nyepi, typically falls in March or April in the Gregorian calendar. The exact date of Nyepi changes each year and is determined by the lunar-based Saka calendar and astrological calculations.

Unlike the exuberance of New Year festivities elsewhere, Nyepi unfolds through stillness. Roads fall empty, homes rest in silence, and even the island's air and sea traffic comes to a complete stop. According to Balinese Hindu beliefs, this day is historically dedicated to the purification of Bhuana Alit (the human world) and Bhuana Agung (the universe). Observing silence is intended to fool malevolent spirits into thinking the island is uninhabited, thereby protecting it from harm. This tradition highlights the profound connection between the physical and spiritual realms in Balinese culture. The absence of noise, light, and movement reveals a different kind of celebration — reflection, simplicity, and renewal.

Over the centuries, this event has become more than just a cultural tradition; it is a pillar of Balinese identity and spiritual practice that celebrates the island's deep history and enduring faith. This demonstrates the Balinese people's commitment to preserving their religious and cultural legacy through the meticulous rituals and customs that precede and follow the Day of Silence.



# RITUALS THAT SHAPE *the season*

The days leading up to Nyepi offer a striking contrast to the silence that follows; a time when the island comes alive with rituals that embody cleansing, renewal, and balance.

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## FIRST CEREMONY

# MELASTI

Although Melasti is not always considered as the first day of Nyepi celebrations, it certainly signifies the beginning, as it falls under *Hari Baik* or “Good Day”, which initiates the beginning of the Nyepi period.

It is a spiritual purification ceremony dedicated to cleansing humans (*Bhuana Alit*) and the universe (*Bhuana Agung*). The ceremony’s objective is to purify the world of all sins and karma through a series of rituals intended to obtain *Tirta Amerta*, or the Water of Life.

A few days before Nyepi, each Balinese Hindu will thoroughly clean their home and temple. They will then wear full, traditional ceremonial attire, which is predominantly white, and gather with other people from their *banjar* or known as local neighbourhood to head to the “Water of Life” or a sacred source of purity. It can be the sea, lakes, or sacred springs, which are believed to have the power to cleanse and renew. As well as a purifying themselves, the Melasti Ceremony also involves the cleansing of sacred objects in the temple.

Led by the Hindu priest, this holy ceremony begins with the placement of sacred objects and offerings in a designated area. The priest will fill the space with chanting prayers and mantras and sprinkles holy water on the participants, their surroundings and the temple objects to purify them. Sacred items are then symbolically immersed or dipped in the water and many locals also bathe in the water as a symbolic way of washing away their sins and negative karma.

## SECOND CEREMONY

# PENGERUPUKAN

The day before Nyepi, known as the Day of Silence, is when the festivities take place. “Pengerupukan” comes from the root word “*rupuk*”, which means fragile or weak. This ritual aims to drive away negative energy and *Bhuta Kala* — the immeasurable forces of the universe and time — to restore balance for the New Year.

Balinese people begin this day with “*Mecaru*” at their residences. The word “*caru*” itself means “harmony”. It is a ceremony to cleanse a space of negative energy and to ensure that the family’s personal environment is purified and ready for the 24 hours of silence, meditation, and self-reflection on Nyepi Day. Each household prepares an offering to honour *Bhuta Raja*, *Bhuta Kala*, and *Bhatara Kala* at specific places around the house, such as each home *pelinggih* or temple and the house entrance, as these are traditionally considered meeting points for spirits. The “*caru*”, or offering, consists of five-coloured rice, “*brumbun*” or colourful chicken, and *tetabuhan arak*.



As the sky darkens, the person in charge of the household leads the ceremony by saying prayers to address the spirits and offering them the ‘*caru*’ and asking for balance and protection. After the prayers, the main physical part of the at-home ritual begins. Balinese people spread the blessed rice around their homes and yards. To force the spirits out, people make a lot of noise. They move around the house using torches or coconut branches and use household items like bamboo drums, pots and pans, or simply shout to scare away any remaining bad spirits.

Finally, the biggest celebration begins. On Nyepi Eve, each neighbourhood fills the streets with magnificent handcrafts — the “*Ogoh-Ogoh*”. A month or two before this special day, each community decides on a design, typically a frightening figure representing “*Bhuta Kala*”, evil spirits or demons, or negative human traits such as greed and envy. These large effigies, often reaching several metres in height, are constructed using lightweight materials such as bamboo or wood. Meticulous detailing, vibrant paintwork, and sometimes mechanical features or LED lights are added to enhance their visual impact.



Dating back to the early 1980s, particularly to 1983, the tradition of “Ogoh-Ogoh” on the eve of Nyepi became widely practised, developed, and grew in popularity. Back then, the shapes of these creations were simpler than they are today, and they were known as “Onggokan”, meaning “lifted”. Derived from a Balinese word meaning “to shake”, the “Ogoh-Ogoh” parade is a powerful and noisy spectacle designed to attract and confuse evil spirits. Each village’s giant statue is secured to a bamboo platform and carried by men who move the effigy through the streets and major junctions, illuminating the night. The procession is extremely lively, accompanied by loud gamelan music, chanting, and firecrackers. Crucially, the carriers shake and spin the effigies counterclockwise at crossroads. This chaotic movement makes the statues appear to dance, disorienting the spirits so that they are unable to find their way back.

At the conclusion of the evening, most Ogoh-Ogoh are taken to a cemetery or an open field and ritually burned to ashes. This act of burning symbolises the destruction of all negative energies and evil spirits that the effigies have absorbed, purifying both the environment and the human soul.



## THIRD CEREMONY

# NYEPI

Twenty-four hours are strictly reserved for self-reflection and quietness, starting from 6.00am to 6.00am the following day. It is a complete shutdown when the lively streets fall silent, the only sounds being the wind sweeping through the trees and the gentle whispers of nature. As the twinkling streetlights fade, they are replaced by an enchanting blanket of stars. All activities cease, and there is no movement, entertainment, or light. It is a day of prayer, fasting, and meditation to strengthen one's relationship with God (*Hyang Widi Wasa*). Nyepi is traditionally a day of absolute silence, observed by Balinese Hindus and non-Hindu residents alike, based on the four precepts of *Catur Brata Penyepian*.



### ***Amati Geni:* No fire or light, including no electricity**

This symbolises anger and ego. The reason for this practice to be followed is to help create a quiet and serene atmosphere across the island and to allow the island to have the ultimate relaxation it deserves.

### ***Amati Karya:* No work**

The intention is to prevent distractions from the usual daily life so people can concentrate on introspection and inner peace. It offers a total rest from the hustle of daily life, helping to restore internal peace and consolidate positive energy for the future.

### ***Amati Lelunganan:* No venturing outside or traveling.**

A natural effort to significantly reduce carbon food print and pollution, this period of stillness is meant to help restore balance between humans, nature, and the gods, contributing to overall cosmic harmony.

### ***Amati Lelanguan:* Fasting and no revelry, self-entertainment, or general enjoyment.**

The aim is to shift focus away from worldly affairs and connect more deeply with oneself, God and nature through self-reflection, prayer and meditation.

A day enveloped in quietness believed to purify the mind of negative influences and prepare for the new year with a clean slate.



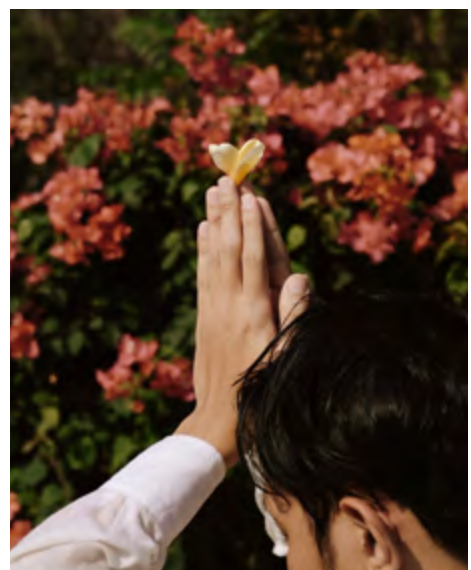
## FOURTH CEREMONY

# NGEMBAK GENI

A victorious day following Bali's Day of Silence, "Ngembak Geni" means "relighting the fire". This day marks the end of Nyepi, when people return to their daily lives and resume their activities. It symbolises their victory over the temptation to disobey the Catur Brata Penyepian practices and interrupt the discipline of 24 hours of reflection and meditation.

The atmosphere gradually transitions from quiet solitude to joyful re-engagement and a renewed sense of spirit. Balinese Hindus celebrate this day with family and friends through house visits, exchanging well wishes and asking for forgiveness for the past year so that everyone may begin the New Year afresh.

And the island comes alive once more, this time brimming with clarity, pure thoughts, and renewed energy.





# *Nyepi* AT RAFFLES

As the lively rhythms of Bali soften, a quiet magic settles over the resort. Nyepi invites discoveries to be made in your own time and way, guided gently by our specialist in-house curators who craft experiences with thought and sensitivity.

Amid the allure of the exotic—where nature, culture and stillness come together—our impeccable Butler service remains ever-present yet unobtrusive, ensuring every moment feels considered and effortless.

It is a rare time to pause, to sense the beauty of silence, and to let the world reveal itself in a softer cadence.



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## 18 MARCH 2026

5.00pm onwards

**Jimbaran Ogoh-Ogoh Parade & Village Walk**

\*Jimbaran Village

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## 19 MARCH 2026

8.00am – 9.00am

**Bhuana Giri Meditation**

The Secret Cave

9.00am – 10.00am

**Birds & Butterflies Watching**

\*Resort Area

10.00am – 11.00am

**Art Tour**

\*Resort Area

11.00am – 12.00 noon

**Jamu Making**

Loloan Beach Bar & Grill

2.00pm – 3.00pm

**Canang Sari Making**

Signature Meditation Terrace

3.00pm – 4.00pm

**\*\*Cocktail & Mocktail Making**

Loloan Beach Bar & Grill

4.00pm – 5.00pm

**Tai Chi**

Beach Lawn

4.30pm – 5.30pm

**Botanical Tour**

\*Resort Area

8.00am – 8.00pm

**\*\*Bathing Experience**

In-Villa

10.00am – 5.00pm

**Painting Activity**

Private Dining Room – Outdoor

\*Meeting Point: Lobby

\*\*Charges apply

## KIDS ACTIVITIES

10.00am – 11.00am

**Pizza Making Class**

Loloan Beach Bar & Grill

4.00pm – 5.00pm

**Cookie Decoration**

Loloan Beach Bar & Grill

### All Day Activities

Canang-making, origami using coconut leaves, board games, colouring book, puzzles, glow-in-the-dark decoration.

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- All activities are offered as a gracious courtesy to our in-house guests and are subject to availability on a first-reserved, first-served basis, as well as weather conditions.
- To ensure a seamless experience, we highly recommend securing your reservations in advance.
- Please reach out to The Butlers should you require any assistance.

# Experiences DURING NYEPI

The days leading up to Nyepi offer a striking contrast to the silence that follows; a time when the island comes alive with rituals that embody cleansing, renewal, and balance.

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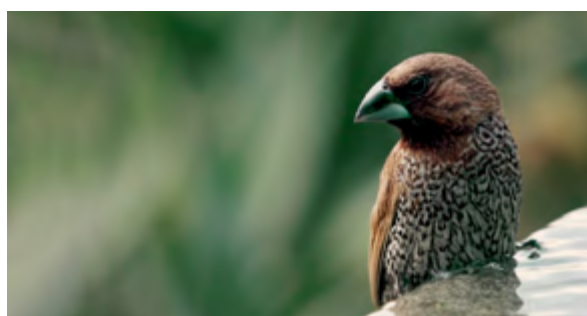
## OGOHO-OGOHO & VILLAGE WALK

Walk alongside the local community as they carry their ogoh-ogoh statues in the traditional berarak-arak procession before the effigies are set alight. This guided walk offers a rare glimpse into village life, allowing you to blend with the locals and visit small neighbourhood shops along the way.



## BHUANA GIRI MEDITATION

A gentle guided practice that reconnects breath, clarity and inner stillness, inspired by the island's sacred landscapes.



## BIRDS & BUTTERFLIES WATCHING

Guided walks reveal the rich natural diversity within the resort, where birds and delicate butterflies animate the quiet of the gardens.



## ART TOUR

A curated journey through the resort's collection, where each artwork offers a glimpse into culture, craftsmanship and the island's artistic soul.



## JAMU MAKING CLASS

Learn the art of preparing jamu, Indonesia's traditional herbal tonic, crafted with time-honoured ingredients and rooted in centuries of wellness traditions.





### CANANG SARI MAKING

Discover the meaning behind Bali's daily floral offering and create your own arrangement to place at the resort temple or in your villa.



### COCKTAIL & MOCKTAIL MAKING

Guided by our mixologist, explore the inspirations and refined techniques behind our signature beverages. Charges apply.



### TAI CHI

A harmonious practice of gentle, flowing movements that calm the mind, ease the body and cultivate quiet balance.



### BOTANICAL TOUR

Explore the resort's lush grounds with our Botanical Guru and uncover the native plants, herbs and traditions that shape Bali's natural heritage.



### BATHING EXPERIENCE

Retreat to the privacy of your villa with a curated bathing ritual designed to soothe, restore or energise, accompanied by a thoughtful refreshment of your choice. Charges apply.



### PAINTING ACTIVITY

A serene creative session allow your imagination to unfold at its own pace.



A close-up photograph capturing a traditional water-pouring ceremony. A hand holds a polished brass pot, tilted to pour a clear stream of water into a matching brass bowl held by another hand. A single white frangipani flower is perched on the rim of the pot. The background is a soft-focus view of a balcony railing and lush greenery.

# *Dining* OPTIONS

While the island is enveloped in silence, our culinary team is preparing exceptional dining experiences in peace and quiet. From in-villa dining to curated menus in unique settings, each meal reflects the artistry and understated elegance for which Raffles is known.





### IN-VILLA DINNER

Dine in the privacy of your villa with a refined selection of Indonesian specialities and international favourites — a gentle, effortless way to unwind without stepping beyond your door.



### RUMARI

A distinguished dining destination, Rumari presents contemporary Indonesian-inspired cuisine shaped by an 80/20 philosophy, with 80% of ingredients sourced locally. As Indonesia's first Krug Ambassador, Rumari offers an exceptional wine collection, ocean views, and a setting where each dish tells a story.





## LOLOAN BEACH BAR & GRILL

Casual yet refined, Loloan pairs Jimbaran's celebrated seafood with premium cuts of meat and wood-fired pizzas. As twilight falls, the torchlit bar invites you to linger over craft cocktails and the gentle sounds of the sea.

### FACILITIES OPENING HOURS

OPENING HOURS	FACILITIES
6.30am – 10.30am	Rumari – breakfast
6.00pm – 8.00pm	Rumari – dinner
12.00 noon – 5.00pm	Loloan Beach Bar & Grill
12.00 noon – 8.00pm	The Writers Bar
24 hours	In-Villa Dining
Not Available	Dining Destinations
6.00am – 6.00pm	Fitness Centre
7.00am – 5.00pm	Main Swimming Pool
9.00am – 6.00pm	The Sanctuary
9.00am – 6.00pm	Raffles Spa
9.00am – 6.00pm	The Shop
9.00am – 9.00pm	In-Villa Spa





## RAFFLES BALI

For more information, please contact us  
at [bali@raffles.com](mailto:bali@raffles.com) or WhatsApp +62 851 7110 9559

[www.raffles.com/bali](http://www.raffles.com/bali)