



BLISSOLOGY

100 & 200 Hour
Yoga Teacher Training
Bali, 2023

BALI GUIDE



Welcome to Bali!
Selamat datang di Bali!
We are so happy you are here!

*Here is a very personal list of places we ☐
like in Canggu, Ubud and beyond.*

It is by no means comprehensive, but it does include lots ☐ of
insights from Blissologists over the years and soon it will
include your recommendations as well!!!

NAMASTE + ALOHA,
The BLISSOLOGY Team





BUDGET STAY

Tribal

Gg. Tribal Jl. Pantai Pererenan, Pererenan, Kec. Mengwi

Euforia Guesthouse

Jl. Pantai Pererenan No.125, Pererenan, Kec. Mengwi

Wasabi Hotel

Jl. Pantai Pererenan, Pererenan, Kec. Mengwi

Pererenan Beach Homestay.

Pererenan, Canggu

The Bali Dream Villa & Resort

Jl. Pantai Pererenan, Pura Dalem Lingsir, Br. Pengembungan,
Pererenan, Echo Beach, Canggu, Badung, Pererenan

Villa Alisha

Jl. Babadan No.330, 80351, Canggu, Kec. Mengwi

Pererenan Nengah Guest house

Jl. Munduk Kedungu No.30, Pererenan, Kec. Mengwi

Nova Guest House

Jl. Dalem Lingsir No.7, Pererenan, Kec. Mengwi

Agung Wiwin Homestay.

Pererenan, Mengwi, Badung Regency, Bali 80351, Indonesia

HIGH END

The Wave Pererenan

Jl. Munduk Kedungu No.1, Pererenan, Kec. Mengwi

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Enigma Bali Villa

Jl. Pura Gede Batur No.2, Pererenan, Kec. Mengwi

*The Area you are looking for is "PERERENAN, Canggu".
You can always compare the location of your Accommodation
to the Restaurant called "the Woods" for reference of distance
(this Restaurant is across "The Path").*





COFFEE AND RESTAURANT HEAVEN

☐ *Canggu // Batu Bolong Area* ☐☐ (“Radiantly Alive”)

- 1- Cafe Coach - fresh, delicious Brekkie & Brunch options, right across “Radiantly Alive”
- 2- Cafe the Daun - Yummy Breakfast Plates close by “Radiantly Alive”
- 3- Kynd - Vegan delicious food within walking distance to “Radiantly Alive”
- 4- Doppio - really good Breakfast and Brunch for just 55k - close to “Radiantly Alive”
- 5- Revolver - great coffee in town, around the corner to “Radiantly Alive”
- 6- Superfoods - Best Salad Bowl in Canggu, just 5 min walking to “Radiantly Alive”
- 7- Crate - everything on this healthy menu is 55k IDR / can get pretty busy
- 8- Bali Buda - healthy and cheap meals + grocery shopping
- 9- Copenhagen - create your breakfast plate, so yummy - often crowded
- 10- Motion Fitness Cafe - clean and healthy eating/protein shakes for 30k at happy hour
- 11- Monsieur Spoon - for a treat we take Ananda here on Sundays for a croissant
- 12- I am Vegan Babe - Vegan heaven - all-you-can-eat Pancakes on Sunday
- 13- Shady Shack - try the vegan burger and any of the bowls
- 14- Mad Pops - BEST vegan Ice cream for a sneaky treat
- 15- Dreamwave Donuts - Eoin’s favorite Donuts in town
- 16- Times Warung - oceanview morning coffee
- 16- La Baracca - amazing authentic Italian Food
- 17- Secret Spot - healthy vegan food

Pererenan Area (“The Path” Yogacenter)

- ☐ 1- Rize Cafe - Best Indian food for lunch - we love their Doshas & Chai Tea
- ☐ 2- Zali - Lebanese food, has a taste of Beirut
- ☐ 3- Touché - Great coffee in Pererenan, close by “The Path”
- ☐ 4- Almond - Great coffee right around the corner to “The Path”
- 5- Red Gunpower - new and such delicious Indian Food around the Corner
- 6- The Woods - amazing Tea Selection, around the corner to “The Path”
- 7 - Mostly - great Interior Design with amazing Brekkie, Dinner & Lunch
- 8 - Baked - Croissants and all sorts of sweets





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- 8 - Baked - Croissants and all sorts of sweets
- 9 - Tribal - Great co-working space but also very good Food
- 10- Arte - Try the wood fire Pizza close by the Beach (Reservation mostly needed) ☐☐
- 11- The Hula - Nice atmosphere, great food
- 12-Shelter - amazing food for Meat and Seafood lovers
- 13-Sol Rooftop Bar - Enjoy the sunset & very yummy food while overlooking the ocean
- 14- Roots - one of our favorite Breakfast places with the most colorful bowls ever

Ubud Area ☐☐☐

- 1- Kafe on Jl. Hanoman ☐
- 2- Sage Bistro - beautiful space and nice for dinner ☐
- 3- Alchemy - best salad bar ever ☐
- 4- Sayuri’s Raw Food ☐
- 5- Seeds of Life - known for tonics and elixirs and clean food ☐
- 6- Clear Café - really lovely restaurant that will appeal to everyone, vegetarians ☐ and omnivores alike ☐
- 7- Moksa - plant-based cuisine ☐
- 8- Elephant in Campuhan – sister restaurant to Green Ginger in Canggu ☐
- 9- Milk & Madu - try their Pizza ☐
- 11- Zest - most stunning location in Ubud with awesome vegan dishes ☐





LOCAL WARUNGS

- 1- Dandelion
- 2- Warung Local ☐☐
- 3- Warung Bu Mi
- 4- Oma Jamu (healthy vegan Nasi Campur - no GMO, Palm Oil) ☐

FOR A NIGHT OUT

- 1- The Lawn - for a stunning Sunset ☐
- 2- Black Sands Brewery - for a dance
- 3- Secret Spot at Batu Bolong - different Events during the week (movie night, live music, surf movie night) ☐☐
- 4- Single fin - for an amazing ocean view ☐

TO DO IN BALI

1- Go Surfing: get a board and/ or lessons at Batu Balong beach, Old Mans. This is the best nearby spot for beginners. Rentals are approx. \$5/ hour. Please let us know if you want to book a surf lesson, we have an awesome surf instructor.

2- Hike Mount Batur: a very popular hike, find records at various tour places around Canggu. Could be fun during the break with a group

Visit one of the Hindu Temples

- 1- Tirtha Ganga - the water temple north of Ubud
- 2- Pura Luhur Uluwatu Temple - the Temple is at the southernmost tip of Bali. ☐If you go for the Sunset, get sure to see the traditional Kecak Fire Dance ☐
- 3- Besakih Mother Temple - a temple village in the middle of the Island

Visit Uluwatu

1- Surf in Uluwatu if you are a more experienced Surfer or at Baby Padang, for a more beginner-friendly wave. The water is crystal clear and you will ☐love the walk down to either of these spots. ☐

2- Have a beach day at Thomas Beach, Melasti Beach, or Pandawa. ☐The water is turquoise blue and beautiful, perfect for a relaxed beach day.





TO DO IN BALI

Visit Bali's neighbouring islands / Travel to the North of Bali ☐ ☐☐

Nusa Lembongan/ Gili's/ Nusa Penida ☐

1- Book a 1-day trip and go on an incredible snorkeling adventure. These trips are well organized, all you need to do is to go to Sanur and catch a Ferry. We are sure you will fall in love by swimming with Manta Rays while watching the coral reef and different fish species. ☐☐☐

Ps: Sanur has a beautiful beach to relax afterwards

2- Plan a trip to stunning waterfalls in North Bali. It is the jungle dream out of the books!! Contact VO- Vacation (ask us for the number)

Visit Ubud

1- Walk the Campuhan Ridge Hike early in the a.m.

☐

2- Go and visit the monkey forest and hike beyond ☐

3- Take an herbal walk with Nadi's Herbals and learn about traditional Indonesian ☐herbal medicine ☐

4- Go to the Pyramids of Chi for a sound bath experience – it is amazing!!! ☐

5- Visit a Balinese Healer: Ketut at Bodyworks is famous ☐

6- Visit the Russian Dacha for a sauna and massage ☐

7- Visit the Ubud Palace and watch the Kecak Dance ☐

8- Visit the Market and get totally cured of ever wanting a macramé wall hanging ☐ or a dreamcatcher!

SPA TIME!

Get some quality time for yourself and visit one of these great Spa's in Bali. ☐ ☐

1- Gold Dust - on Batu Balong ☐

2- Spring for massages - on Batu Balong ☐

3- Therapy right at Echo Beach - Soothing, calm space. Good therapists. ☐

4- Esthetic for everything - on Jalan Pantai Pererenan ☐☐ 5- Bening Spa - at Batu Belig: great Balinese massage ☐

5- Bening Spa at Batu Belig - great for 4 years

6- Colors Bali at Batu Bolong or in Berawa - treat yourself with a Mani/ Pedicure and get 50% off on Tuesday (Appointment necessary)

7- Maria Curau - non-toxic, cruel- free and vegan natural nail care - show your Lanyard for a discount

