

Jungle Massages

THE RESET

Begin your naturally detoxifying foot soak with a 10 minute shoulder massage followed by an invigorating scrub and a relaxing foot massage to reset top to bottom.

30 MINUTES 125.000 IDR

THE REFRESH

This seated, head, neck & back massage will leave you feeling refreshed and ready. Clothing removal is not required. May be enjoyed in the garden.

30 MINUTES 125.000 IDR

THE RENEWAL

Nothing replaces the traditional Balinese massage to soothe tense muscles and calm the mind.

60 MINUTES 200.000 IDR

THE REBIRTH

Completely indulge in this extended traditional Balinese massage to release the old and welcome the new.

90 MINUTES 300.000 IDR



Retreats & Rentals

Sacred Mountain may be reserved for your private group, class, event or retreat.

Contact us to learn more.

Sacred Mountain

at YEH MAMPEH WATERFALL

Get in Touch

SACRED MOUNTAIN

at

Yeh Mampéh Waterfall, Les, Tejakula, Bali

hello@sacredmountain.co.id

www.sacredmountain.co.id

W/A: +62 821-4454-4247

FB/IG: @sacredmountainbali



Book Online

SACREDMOUNTAIN.CO.ID

Open daily 8 am to 4 pm weather permitting

Prices subject to change without notice.

All Sales Final.

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YOGA OR GUIDED MEDITATION

Beginners welcome. No experience necessary. Designed for beginner and advanced yoga practitioners alike. Families welcome. Yoga equipment provided.

MORNING OR AFTERNOON

Morning Session: 7:30 AM to 11:30 AM
Afternoon Session: 12:00 PM to 4:00 PM

Proposed schedule is flexible and can be altered for a later start time or full day experience. Private bookings available. Advanced booking required.

LUNCH

Organic, vegetarian lunch with ice tea or infused water. May include cashews. Menu may vary depending upon availability of local ingredients.

SUGGESTED

Bathing suit or clothing that can get wet. Optional change of clothes. Teva style shoes or sturdy footwear with traction that can get wet. Flip flops are doable but less than ideal. Sunblock. Bug spray. Water. Camera.

NOTE

This is a gentle walk but has a fairly steep uphill incline part of the way. Mostly paved walking area. Some areas are rocky and require crossing ankle deep water. If desired, limited number of walking sticks available. For those less inclined to walk to the waterfall, feel free to enjoy a massage. One towel per person. Cold water shower available. Limited cell service and no WiFi on the mountain. Waterfall entrance fee included. Transportation not included.

Yoga & Waterfall Excursions

**SACRED WATERFALL * YOGA * MEDITATION * ORGANIC LUNCH * GUIDE
TOWEL * LOCKER * BOTTLED WATER * PRIVATE RESTROOM * SHOWER
EXCELLENT PHOTO OPPORTUNITY 550.000 IDR**

- Invigorating yoga or tranquil, guided meditation followed by refreshing infused water
- Stow your gear, grab a towel & enjoy the easy, 15 minute hike to one of Bali's highest waterfalls with your English-speaking guide
- Enjoy up to an hour at the sacred waterfall and take unforgettable photos
- Return to Sacred Mountain for a fresh, organic, vegetarian lunch with ice tea

Base Camp!

Add a **Day Pass** and leisurely enjoy the rest of your day at Sacred Mountain. Read a book. Take a nap listening to the water. Leave your gear. Explore.
150.000 IDR

SAMPLE MORNING SESSION (4 HOURS)

7:30 Arrive at parking area
7:45 Arrive at Sacred Mountain
8:00 Yoga (1 Hour)
9:00 Finish yoga - hydrate
9:15 Walk to waterfall
9:35 Arrive at waterfall (1 hour at waterfall)
10:30 Return for lunch
10:45 Lunch (45 minutes)
11:30 Wrap up. Optional Day Pass or massage.