

Alternative Awareness at Alila Manggis ...

“Every Hour is Earth Hour and Every Day is Earth Day“

In 2010, EARTH HOUR is for 60 minutes between 8.30pm and 9.30pm on 27th March and EARTH DAY is on 22nd April.

At Alila Manggis, we intend to observe and celebrate Earth Hour, not only as a single hour of discipline but as several hours of ***‘Alternative Awareness’*** to those of us who wish to make a long lasting difference.

The many ***‘Alternatives’*** that are now available at Alila Manggis help us reconnect with our own beings as well as the Earth beneath our feet. It reminds us of the wonders of the earth and how we can enjoy it without destroying it. With this awareness, we hope that in the future, every hour of every day would indeed be Earth Hour.

On 27th March 2010 and on 22nd April 2010, the natural peace and tranquility of East Bali and Alila Manggis is further enhanced. We invite you to indulge in ***‘Alternative Awareness’ from 4.30pm to 10pm on both dates.***

Flickering flames and Yoga

An hour of Hatha Yoga in candlelight by the ocean under the stars.

Re-vitalising Ice Treatment

An hour of frozen water guided over your body helps promote blood circulation and over all vitality.

Fresh Foods and Reflexology

An hour of attention to those pressure points on the soles of your feet with amazing feedback on how you can overcome some of the deficiencies you may own. Sample a smorgasbord of fresh and healthy foods and learn of their benefits.

Natural Drinks to Cure

The ‘Jamu lady’ introduces you to traditional herbal medicinal drinks from the region. Learn about the curative properties of Mangosteen – our signature fruit.

Human Touch to Heal

An hour with the local Balian, a traditional healer using the ancient Balinese touches and practices to cure those aches and pains.

Soul Soothing Meditation

An hour of drifting into a more relaxed and peaceful state of mind.

On Earth Day, a visit to the Bali Starling Conservation Project.

On 22nd April 2010, we will also include a boat ride to Nusa Penida to admire the Bali Starling and its Conservation Project, an initiative that we at Alila Manggis support.

Prices

Earth Hour and Earth Day – ‘Alternative Awareness’ - USD 100 per person to become more aware through all or any of the above.

Earth Day - Alternative Awareness including visit to The Bali Starling Conservation Project – USD 200 per person.

Alila Manggis will donate the proceeds of the above two events to ‘Bali Starling Conservation Project’ at Nusa Penida.

Contact www.SpaTravel.com.au for more information and reservations contact 1300 13 11 16.