

MINIMAPS

- U B U D -



TREADING MINDFULLY

Bali needs no introduction, having been praised so often as an island of paradise, a revered destination for yoga, spas, surfing, creative arts and crafts, energy healing, and further made famous in 'Eat, Pray, Love' starring Julia Roberts.

I want to show you another aspect of Ubud, the creative centre and heart of this beautiful island. We can be more aware to take care of ourselves, our environment, our effect on others and the local community by treading mindfully.

-Khin.

1. UBUD PASAR (MARKET)

Place to buy arts and crafts. There are lovely wares on sale from many creative craftsmen from local villages. You should try my favourite dessert: 'ondeh ondeh'.

*Corner of Jalan Raya Ubud (main road) and Jalan Monkey Forest
Fresh produce market 06- 09h30
Arts and crafts bazaar 09h30 - 17h*

2. NADIS HERBAL SHOP

This shop sells all natural, preservative-free herbal products at very good value. Load up on body creams, incense, lotions, shampoo, and herbal teas here!

*Jalan Suweta No.15. Mon-Sun 9 - 18h
baliherbalwalk.com*

3. BODYWORKS CENTRE

The founder transformed his family compound into a serene place for massage therapy and yoga. Therapists have been trained by the founder, who's also a yogi & an energy healer.

Jalan Hanoman No. 25. Everyday 08-20h

4. BALI ANIMAL WELFARE ASSOCIATION SHOP

This charity operates a 24/7 animal rescue ambulance, and sterilization and vaccination program. You can help them with donations or by purchasing lovely animal-themed gifts.

Raya Ubud No. 10. Mon-Sun 09 - 22h.

5. HUJAN RESTAURANT

Voted best new restaurant in Ubud 2015 its diverse and extensive menu from different regions of Indonesia, not just Bali. Opposite Hujan, Fair Warung Bale, a social enterprise cafe/restaurant is also worth trying!

*Jalan Sri Wedari No. 5. Mon-Sun 12-22h30
hujanlocale.com*

6. PARADISO

World's first vegetarian organic cinema. Watch movies in a huge hall, sitting on futons, with delicious and creatively designed veggie food.

Next to 'Down to Earth' on Jalan Goutama, (off Jalan Hanoman)

7. AGUNG RAI MUSEUM OF ART

The quickest way for me to see different forms of Balinese art; the founder used to be an art dealer, and his collection provides a beautiful 'one-stop' comprehensive narrative.

*Jalan Raya Pengosekan, Gianyar 80571.
As it is also a resort, it's always open.*



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