



# Balinese Spirit Dancing



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📍 Indonesia - Pejeng (Ubud)

Join and learn the traditional Balinese cultural dancing called spirit dancing in a fun filled way with the locals.

Balinese Dance has historical and cultural importance to the Balinese people and its story goes back to hundreds of years. This dance style involves performing stories using bodily gestures with fingers, hands, head and eyes. You will learn the spirit of Balinese dancing with gorgeous costumes used in these performances.

Culture

Learning

Leisure

Community Engagement

Physical Demand



## Program Description

Balinese Spirit Dancing is specially for individuals who have a passion for dancing and learning new cultures and traditions. This program will not only bring you closer to the Balinese culture but also it will soothe your mind and body and top of it all you will take back a whole new experience.

This program will give you the knowledge about the history of Balinese instruments and dancing. You will follow a schedule where you will learn the history and the basic knowledge and then you will receive practical training sessions everyday.

## Program Duration & Availability

**Min duration (weeks):** 1

**Max duration (weeks):** 4

## Aims & Objectives

To introduce Balinese Spirit dancing to the world and give a more cultural and traditional experience to the participants.

## Schedule

### Monday to Friday

After breakfast you will get training on Traditional Balinese Spirit Dancing and after lunch you will have practise sessions.

8:00 Breakfast

9.00 – 11.00 Training sessions

12:00 Lunch

13.00-16.00 Practise sessions

18:00 Dinner

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

Jan 7th	Jan 14th	Feb 4th	Feb 18th	Mar 4th	Mar 18th	Apr 1st
Apr 15th	May 6th	May 20th	Jun 3rd	Jun 17th	Jul 1st	Jul 15th
Aug 5th	Aug 19th	Sep 2nd	Sep 16th	Oct 7th	Oct 21st	Nov 4th
Nov 18th	Dec 2nd	Dec 16th				

## During 2020

Jan 6th	Jan 20th	Feb 3rd	Feb 17th	Mar 2nd	Mar 16th	Apr 6th
Apr 20th	May 4th	May 18th	Jun 1st	Jun 15th	Jul 6th	Jul 20th
Aug 3rd	Aug 17th	Sep 7th	Sep 21st	Oct 5th	Oct 19th	Nov 2nd
Nov 16th	Dec 7th	Dec 21st				

## Participant Criteria & Requirements

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

## Additional Requirements

Participants below 18 are required to provide parental consent letters and participants above 65 should have the medical clearance.

## Additional Equipment

No specific equipment necessary.