



TAKSU

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*T*aksu is Balinese for “the indescribable essence of Spirit”. Taksu is an experience of deep relaxation and connectedness that leaves you feeling deeply nourished and at peace, aware, playful and harmonious with your natural state of being. Taksu is located in the center of Ubud, hidden in a treasured jungle where you will feel far away from noise and distraction. Taksu is completely purpose built facility dedicated to the highest eco-friendly standards in every operational aspect.

Services & Facilities

- ❖ Complimentary Broadband Wi-Fi
- ❖ Lockers
- ❖ Visa and MasterCard accepted
- ❖ Free parking for cars and mini-buses
- ❖ Taxi service

Taksu Restaurant

An open air restaurant overlooking towering trees and tropical foliage where Taksu chefs blend the best of Indonesian, Asian, Continental, ethnic, vegetarian and raw culinary traditions and innovations to create an intriguing menu. A la carte breakfast and lunch menu with a wide selection of choices;

- ❖ Raw / Vegan
- ❖ Vegetarian
- ❖ Chicken
- ❖ Seafood
- ❖ Gluten Free



Tasty, healthy drinks are a Taksu tradition with wheatgrass blends and super food smoothies a specialty.

Taksu Yoga and Movement Arts

Daily yoga classes for all levels by teachers with a wonderful mix of talent from Bali and around the world. Small class sizes allow for individual attention and care. Private sessions are available by all teachers.

- ❖ *Power Yoga*
- ❖ *Balinese Yoga*
- ❖ *Woman's Yoga*
- ❖ *Beginner's Yoga*
- ❖ *Hatha Flow*
- ❖ *Restorative*
- ❖ *Mudra/Meditation*
- ❖ *Kundalini Meditation*
- ❖ *Horas Yoga*



Taksu Day Spa

A haven of peace and tranquility providing for exotic, sensory journeys and rejuvenating spa treatments. Spa services intend to awaken your joy, grace, and awareness with the gentle spirit of professionally-trained, Balinese massage therapists.

60 or 90 minute massages:

- ❖ *Taksu Traditional Balinese*
- ❖ *Esalen Massage*
- ❖ *Enhanced Deep Tissue*
- ❖ *Warm Stone*
- ❖ *Lomi Lomi*
- ❖ *Sweet Aromatherapy*
- ❖ *Thai*
- ❖ *Reflexology – Full or Partial Body*
- ❖ *Ayurvedic Yoga*

Complementary spa services include:

- ❖ *Organic and Ozone Facial*
- ❖ *Body Scrub or Body Wrap*
- ❖ *Manicure and Pedicure*
- ❖ *Floral Bath*
- ❖ *FAR Infrared Sauna*



Taksu Healing Haven

Highly intuitive therapists from a broad spectrum of professional backgrounds form the foundation of a dynamic holistic team. Sessions provide relief of physical, emotional and mental stress, a rejuvenating boost for your multi-dimensional self.

- ❖ *Cranio Sacral Therapy*
- ❖ *The Body Intuitive*
- ❖ *Balinese Kundalini Healing*
- ❖ *Myofascial Deep Tissue Integrative Healing*
- ❖ *Reiki*
- ❖ *Access Consciousness*
- ❖ *Ozone Steam Sauna*
- ❖ *Ozone Therapy*

