



Wellness Cuisine Retreats Stays Days Events & Specials



## Welcome to Nyepi, the Day of Silence

Dear Sasha,

Nyepi, the Balinese New Year and "Day of Silence," represents a new spiritual beginning. The days surrounding Nyepi involve purification and reconciliation with God, Nature, and our loved ones. At the core of Nyepi is our relationship with ourselves. By confronting our inner challenges, we are able to move toward greater clarity, peacefulness and optimism for a new beginning.

The Balinese Hindus follow a ritual called the Catur Brata Penyepeian, roughly the 'Four Nyepi Prohibitions'. These include amati geni or 'no fire', amati lelungan or 'no travel', amati karya 'no activity', and amati lelangan 'no entertainment'. Some consider it a time for total relaxation and contemplation, for others, a chance for Mother Nature to 'reboot' herself after 364 days of human pestering.

**During this Nyepi Holiday, we invite you to take time for yourself and travel into a deeply relaxed state.**

Creating the space for Life Transformation and Love in Action,  
Your Fivelements Family

## Special Offers



### Silence Within – 2-Night Nyepi Retreat

Use the promo code **NYEPI20** for your online reservation and enjoy 20% savings.

[Reserve now](#)

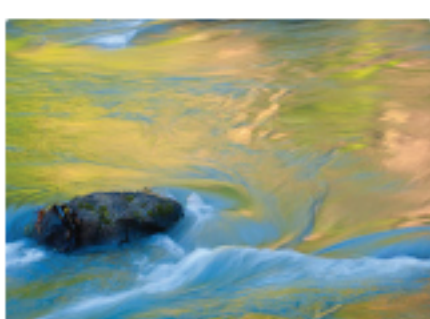
## Inspiring Blogs



### Nyepi – a time for self-reflection

*"It is indeed a very special experience to watch the different atmosphere on this day. It feels like being in another world."*

[Read more](#)



### Finding Practical Answers in Tri Hita Karana

*Tri Hita Karana* tells us that the real work in life is to maintain our relationships with all aspects of the world...

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