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## Discovery Kartika Plaza Hotel, Bali to welcome annual Silence Day on 31 March 2014

**BALI, 5 March 2014** – 31st March marks the first day of the Balinese New year 1936 called Nyepi. According to the Hindu Belief, Nyepi is a day of complete silence without any noise, traffic, fire or lights. It is a day of stillness in the physical and spiritual words.

Nyepi is one of the most important and sacred holidays in the Balinese Hindu calendar signifying the end of the old year and the start of a new one. It is a day of reflection where noises are kept to a minimum throughout the island.

The night before the day of Silence, Sunday 30th March, the local communities will stage an “Ogoh Ogoh”, a cultural parade with the villagers performing as giant puppets (effigies). This is an event not to be missed!

The purpose of this parade is to frighten away and confuse the bad spirits and the negative forces of the underworld that are an intrinsic element in Balinese Hinduism. An Ogoh Ogoh is made from a wood frame with bamboo stripes intricately weaved

For the Hindus, *Nyepi* is a day spent in total silence, meditation, fasting and introspection, reflecting on the past year’s events. Hindus believe the law concerning *Nyepi* is *Catur Brata Penyepian* (four ascetic practices) They are *Amati Geni* (no fire, which is both literal and symbolic of mental and physical obstacles), *Amati Karya* (no activities, a precondition to meditation), *Amati Lelungaan* (no going out of the house or compound, and *Amati Lelanguan* (no entertainment).

Travellers are recommended to arrive two to three days prior to Nyepi Day to fully immerse into this holistic meditation experience.

Experience Balinese New Year festivities and local culture in the restful setting and luxurious secluded beachfront resort. We hope this Nyepi will bring you an unforgettable experience on the magical island of the Gods.

Book through <http://www.discoverykartikaplaza.com/index.php?specialoffer>



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### **About the Discovery Kartika Plaza Hotel**

Discovery Kartika Plaza Hotel is ideally set on the beachfront of South Kuta and surrounded by tropical gardens. With a wide choice of restaurants and excellent sporting facilities, it is close to all the main shops and entertainment and also a perfect venue for conferences.

It offers 318 rooms, suites and villas. All guest rooms have garden or ocean views, private balconies and all five-star facilities. The exclusive Discovery Beach Front Villas are stylish, elegant and spacious, this is combined with magical ocean view, and top-class service that will bring you an unforgettable moments.

For those who are looking for a perfect yet impressing getaway Discovery Kartika Plaza Hotel surely provide the answer.