



FITNESS & WELLNESS

Women's Retreats

Bali - Indonesia



For just a moment, let us tempt you into a world where life centres around you.

Where days exist entirely of blissful pampering, dreamy sunsets, delicious dining and activities focused on nurturing exhilaration and resilience within you.

Where you have an opportunity to speak with professionals who can guide you towards feeling great, and developing a vitality that allows you to move forward with clarity and confidence.

Welcome to Bali where our dedicated team curate a personalised retreat experience that examines your current lifestyle habits & initiates action towards achieving optimal health & sustainable energy via easy and actionable steps.

Our program offers an intimate and meaningful experience, nestled in a luxurious ambience, in the heart of Seminyak.



Bodiku transformation programs are harmonious with the Balinese interpretation of balance.

We awaken and cultivate within you a mindset that inspires you to view fitness as a prominent and enjoyable part of your lifestyle.

This state allows you to look and feel great and nourishes a mental clarity which opens your life to huge potential.

Eating becomes a healthy pleasure, physical activity becomes an enjoyable and integral part of your daily life and stress becomes manageable, fuelled with a renewed self confidence and determination.

This is a healthy lifestyle approach for long-term weight management and improved wellbeing.



Retreat Options

Each retreat program is tailor-made to suit your wellness needs in terms of nutrition, holistic treatments and workouts. Our staff will guide you every step of the way.

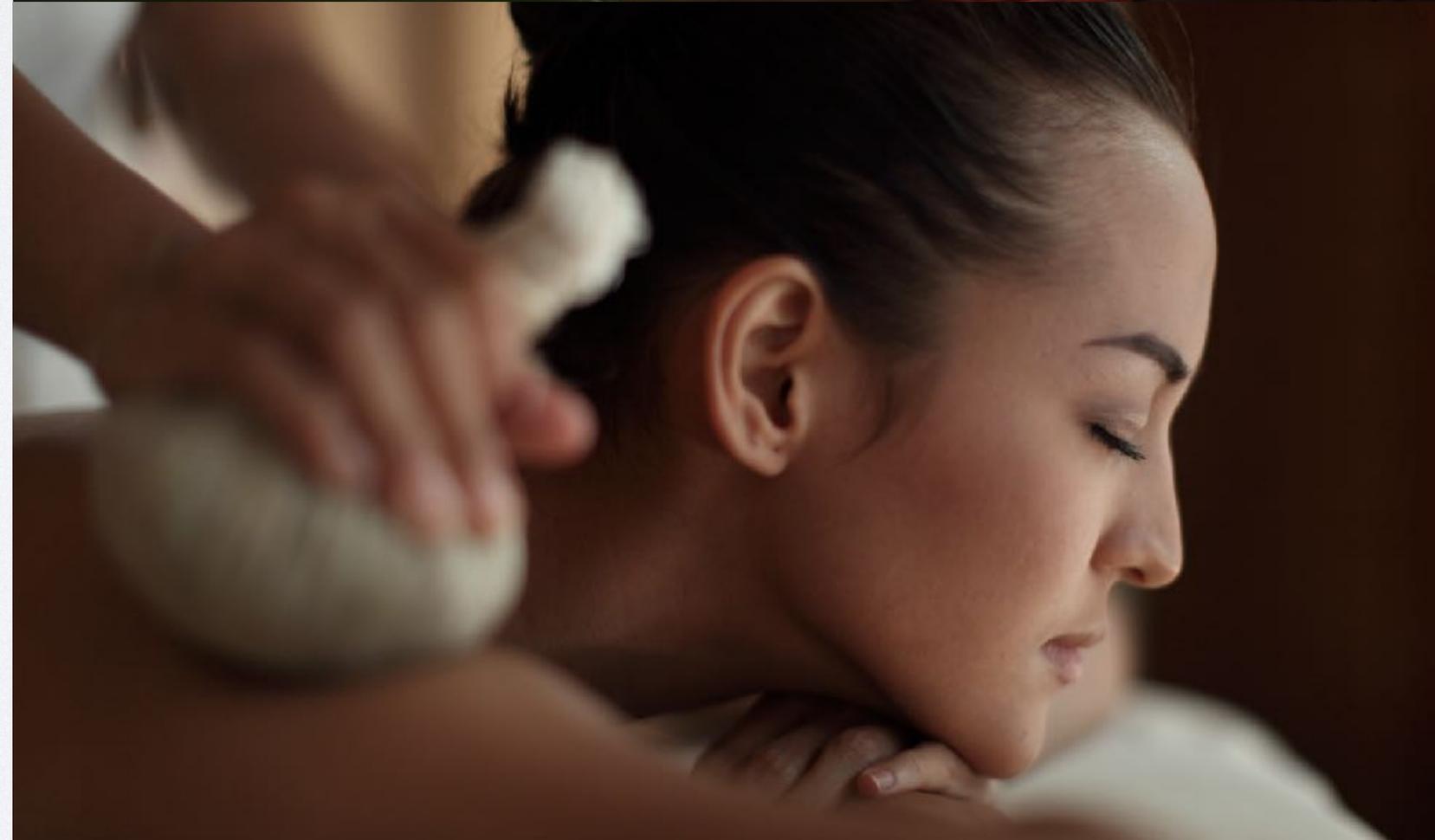
Lifestyle programs focus on evoking a state of calm, recovery and relaxation, fuelled with nutritious, organic meals.

In the care of bodiku professionals, you will spend 5-days treated to an array of first-class pampering, intimate group movement activities and delicious cuisine.

The proposed agenda offers you flexibility to enjoy the afternoons from 2pm, and evenings at your personal leisure.

On request, our onsite management team will help to accommodate your preferred 'leisure time' agenda, opening fun and exciting opportunities to explore, shop or simply retire into the blissful surrounds of your villa's natural landscape.

Retreat activities included in the Lifestyle program commence from 8:00 am to 2pm daily. Activities, transport and meals outside of the retreat agenda, are incurred at the additional personal expense of the participant.





Active programs build onto the Lifestyle Retreat agenda and incorporate additional personalised physical movement sessions, tailored to your interests and personal goals.

These one-on-one sessions optimise your training potential in the care of bodiku professionals, who are accredited both with decades of experience and international body sculpting titles.

You will also experience a session of guided meditation and instruction (and practice) in breath work techniques, which greatly assist in managing stress levels, enhancing cognitive abilities, improving your quality of sleep and optimising a host of regenerative benefits within your body.



example daily agenda

active program

7:00	wake up
7:30	morning wellness beverage
8:00	morning movement class - yoga
9:00	breakfast
10:00	free time
11:30	private gym personal training session
1:00	lunch
2:00	free time
3:30	healthy snack
4:00	spa experience
6:00	dinner
7:30	chakra balancing sound healing therapy
8:30	free time

Bodiku movement professionals are accredited both with decades of experience and international body sculpting titles.

Activities are based on your interests and goals and can include :

- ◇ body resistance training
- ◇ gym sessions
- ◇ traditional boxing
- ◇ yoga
- ◇ sound healing sessions
- ◇ qigong
- ◇ breathwork
- ◇ guided meditations



Ingredients used in the preparation of our retreat meals comprise of sustainably harvested, organic produce from local farmers and imported sources of animal proteins.

Careful attention is devoted to ensuring ingredients are selected to nurture cellular healing, aid metabolism and digestion, and avoid inflammatory reactions within the body.

Protein sources include grass fed beef & lamb, wild caught, low mercury fish, pasture raised poultry and eggs.

To enhance cognitive performance, and address the balance of Omega 3:6 ratios in the body, we favour antioxidant rich, medium chain profile oils such as avocado, MCT oil and grass fed sources of butter.

Our talented chef will cater to your meal preferences.





Bodiku's wellness philosophy fully embraces the importance of recovery and cellular regeneration in a long-term health practice.

Each day of physical movement concludes with soothing and restorative spa indulgence, in the hands of our highly trained therapists and specialists.

We welcome you to choose from

- ◇ traditional balinese massage
- ◇ sports massage
- ◇ foot reflexology
- ◇ symmetry massage
- ◇ detox massage
- ◇ creambath hair treatment
- ◇ manicure & pedicure

Bodiku's retreat venue is nestled in a quiet oasis, centrally located in the trendsetting districts of Pettitenget and Seminyak, approximately 10km from Bali's international airport.

Boutique shops, trendy cafes and a white sandy beach famed with world class sunsets, are within a short walking distance from the retreat venue.





Your personal one-bedroom villa offers total privacy surrounded by pristine gardens and is positioned to offer tranquillity and total seclusion. Villa interiors are spacious and tastefully furnished with both outdoor living and indoor dining areas.

Clean, geometric lines characterise the architecture and blend beautifully with tropical, manicured gardens.

Enjoy social interaction with other retreat participants during meal times and endurance activities or seek quiet solitude in the private ambience of your personal living space during your free time. Both are available to you.

An attentive, yet unobtrusive butler service will assist with any requests you have both within and outside of the retreat agenda.



inclusions	lifestyle	active
pre-arrival questionnaire	included	included
luxury villa accommodation	included	included
private chef meals	breakfast lunch	breakfast, lunch, dinner, snacks
fitness & wellness agenda	half-day	full-day
morning movement class	daily	daily
strength & conditioning	1 session	2 sessions
circuit training session	no	1 session
spa experience	daily	daily
sound Healing Therapy	included	included
healthy dessert class	no	yes
final day personal driver	included 3-hours	included 3-hours
free time	from 2pm	intermittently

these retreats will help you to

- ◇ release accumulated stress in the body
- ◇ combat sore, tired and tense muscles
- ◇ refuel the body with healthy nutrients
- ◇ experience new levels of energy and vitality

- ◇ manage stressful situations in a more peaceful manner
- ◇ boost your immune system
- ◇ clear emotional and spiritual blockages
- ◇ feel confident in the way you look and feel

- ◇ develop a means of enhancing physical and mental stamina using 'hacks' that our performance experts will share with you



This is definitely for me....

what's next ?

Booking a bodiku retreat opens the door to customised attention towards achieving your energy, resilience and wellness goals.

We commence this immediately with an invitation to share information about your current lifestyle and eating habits with our wellness team.

Getting to know you in this intimate and confidential manner highlights your strengths and challenges, and helps us to determine what techniques and practices will best serve you.

We then curate a retreat experience that supports your well-being in equal measure with having a great time.

We look forward to meeting you soon !





for reservations or inquiries email or WhatsApp to

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2023 retreat dates

March 31
April 27
May 04
June 01
June 15
June 22
July 06
July 20

Retreat programs outside of these dates are welcome.
Terms and conditions apply.
Please contact us for details.