



FITNESS & WELLNESS

Men's Performance Retreat

Bali - Indonesia

Are you being devoured by work and family agendas lately ?
Could you do with a temporary escape, to a place that is going to **level you up** in energy, productivity and enthusiasm ?

Are you ready to be charged with a flood of natural endorphins and to discover performance hacks that can open you to enhanced well-being ?

After a day of surpassing personal bests, would you like to reward your accomplishments with great food, and recovery rituals that promote deep and regenerative sleep ?

Are you ready to do this in the heart of luxury, in the company of attentive bodywork therapists, private chefs and exceptional performance coaches ?

Embrace the optimal health strategies of Pro World Champion Komang Arnawa, and enter a lifestyle of increased focus, drive and ambition. Bodiku is ready..... and our focus is on you.



Bodiku is a team of holistic health and movement professionals who guide you towards understanding, valuing and achieving your next level of energy, vitality and resilience, using methods attuned to the uniqueness of you.

Our Men's Bali Retreat program welcomes an opportunity to immerse yourself with like-minded professionals, whose experience and know-how will level up your capability to step into a new phase of existence, meeting the challenges of day-to-day living with resolute confidence.

We curate a personalised agenda which assesses your current lifestyle habits in order to determine action steps towards achieving optimal performance and health.

Our program offers an indulgent experience that will both challenge and reward you, surrounded with 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 move in the world with confidence and clarity and nourishes an enthusiasm that 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 determination and trust in your abilities.

Your host for this Performance Upgrade is Pro World Champion athlete Komang Arnawa.

www.komangarnawa.com

Bodiku's Active programs bring attention to what types of physical movement will best serve you and are most efficient for reaching your goals. They equally demonstrate the necessity of rest for overall performance.

Recovery stages are cultivated with nutritionally dense, post activity meals and daily therapeutic spa treatments.

Physical movement sessions will target strength improvements and endurance goals, including one-on-one sessions to optimise your training potential and encourage 'new personal bests'.

You will also experience a session of guided meditation and instruction in breathwork techniques, which are valuable skills to alleviate stress, enhance cognitive abilities, improve your quality of sleep and optimise a host of regenerative benefits within your body.





example daily agenda
active program

7:00	wake up
7:30	breakfast
9:00	morning endurance class
10:00	free time
12:00	lunch
3:00	gym session - strength & conditioning
	post - workout protein
4:00	free time
6:00	dinner
7:30	spa recovery experience
8:30	relaxation

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
- ◇ muay thai kickboxing
- ◇ traditional boxing

- ◇ yoga
- ◇ sound healing sessions
- ◇ qigong
- ◇ breathwork
- ◇ guided meditations





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

Careful attention is devoted to ensure 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.

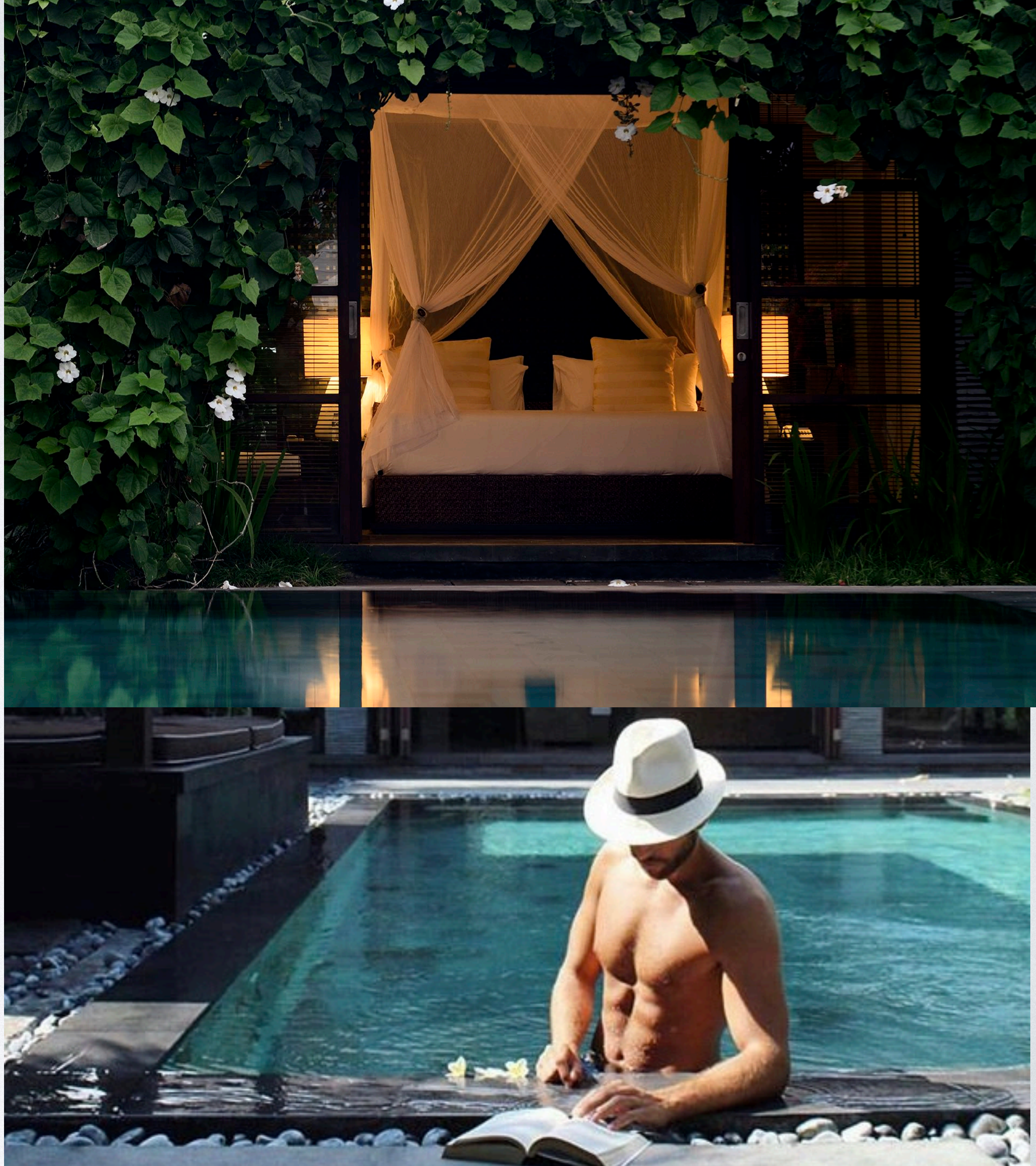


Your personal one-bedroom villa offers total privacy surrounded by pristine gardens and is positioned to offer tranquillity and total seclusion. Villa interiors are spacious and tastefully furnished with both outdoor living and indoor dining areas.

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	active
pre-arrival questionnaire	included
luxury villa accommodation	included
meals prepared by a private chef	breakfast, lunch, dinner
fitness & wellness agenda	full day
1-on-1 personal training	3 sessions
endurance optimisation	1 per day
gym strength & conditioning	Included
spa recovery experience	1 per day
breathwork training	Included
free time	Intermittently
final day personal driver	included



these retreats will help you to

- ◇ release accumulated stress in your body
- ◇ combat sore, tired and tense muscles
- ◇ refuel your 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

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

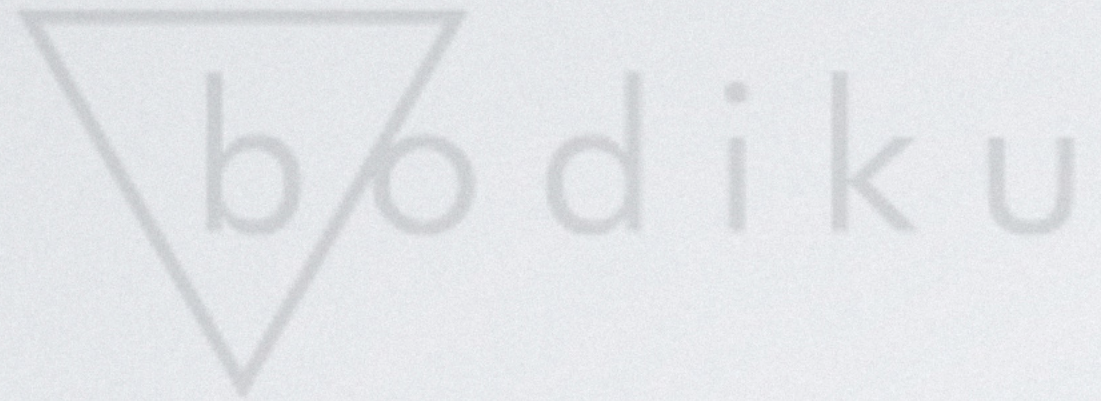
We commence this immediately with an invitation to share information about your current lifestyle and eating habits with our wellness team.

Getting to know you in this 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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bodiku.com

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.