

# Learn Yoga

Is the perfect starting point for anyone new to the art of yoga. Our professional guide introduces you to the basics, from fundamental poses to breathing techniques, ensuring a solid foundation.

**Private, personalized in-villa session.**

1 to 8 people  
Duration : 60 min



# Relax Your Mind

Is an immersive experience designed to harmonize your mental well-being through the power of sound healing. "Relax Your Mind" offers a serene escape, fostering tranquility and a renewed sense of peace. Embrace the soothing journey and rejuvenate your spirit.

**Private, in-villa session.**  
Duration : 60 min | 1 - 2 pax



# Circuit Training

Circuit training is a dynamic and highly efficient workout method that combines resistance training with aerobic exercise, designed to increase strength, endurance, and cardiovascular fitness.

**Max 4 people**  
Duration : 60 min



# Bodiku's Program

## Energize and Activate

- **Morning Yoga – 60 min** : Start your morning with a Vinyasa flow to awaken your body and focus your mind, setting a positive tone for the day.
- **Circuit Weight Training – 45 min** : After breakfast, engage in a beginner-friendly circuit training session that targets all major muscle groups, boosting your metabolism and building strength.
- **Spa Treatment – 60 min** : In the afternoon, enjoy a rejuvenating deep tissue massage to help relieve muscle tension and enhance recovery, preparing your body for the next day's activities.
- **Sound Healing Session – 60 min** : Conclude your day with a relaxing sound bath using Tibetan singing bowls, which promotes deep relaxation and mental clarity.

## White Labeled Retreat For Coaches

We extend our hands to coaches seeking the perfect blend of excellence and paradise. Imagine bringing your clients to Bali, where Bodiku takes care of every detail. Whether it's selecting accommodations in your preferred location, arranging seamless pick-ups, curating engaging activities, or ensuring delectable food and beverages, we work closely with you to align every aspect with your expectations.

Your coaching retreat becomes more than just an event; it becomes an unforgettable, stress-free experience for both you and your clients.

Contact us :  
Email : [fit@bodiku.com](mailto:fit@bodiku.com)

Contact form '[CLICK HERE](#)



## Details & Prices Contact Us

Select your preferred fitness service, time and villa number. Booking form '[CLICK HERE](#)

Remember to reserve your session at least 12 hours in advance for seamless villa workout.

**Book Direct +62 8113884060**