

# WELLNESS ESCAPE 2026



## A Curated Wellness Experience in Bali

As we step into 2026, we're excited to share what's ahead for **Bodiku** – and more importantly, to invite you into something truly special.

From **April to October 2026**, Bodiku presents the **Bodiku Wellness Escape** – a thoughtfully curated retreat designed for those who crave balance, presence, and meaningful connection.

Hosted in beautiful private luxury villas across Bali, this experience is an invitation to slow down, breathe deeply and return to yourself – without pressure, performance, or overwhelm.

## The Experience

Each Wellness Escape is intentionally intimate, welcoming **small groups of 6 to 8 guests**, ensuring every moment feels personal and unhurried.

Over **5 days and 4 nights**, guests are guided through a gentle rhythm of movement and stillness, including :

- Yoga
- Breathwork
- Sound healing
- Boxing for vitality
- Spa therapies
- Moments of quiet rest

Everything flows naturally, allowing space for both renewed energy and deep relaxation.





## Nourishment & Connection

Nourishment is at the heart of the experience. Guests gather in the villa dining area as a private chef prepares **fresh, organic meals on-site** – a behind-the-scenes moment where stories are shared, curiosity is sparked and food becomes a ritual rather than a routine.

## Who It's For

The Bodiku Wellness Escape is designed for **friends, couples, or like-minded groups** looking to experience wellness together in a refined yet welcoming way.

**Bookings are open for groups of a minimum of 6 guests**, making it ideal for :

- Private group retreats
- Celebrations
- Meaningful time away with people you care about



## Key Details

- ✦ **Availability** : April - October 2026
- ✦ **Group Size** : Minimum 6 guests
- ✦ **Location** : Private luxury villas in Bali

To reserve your group or explore dates and details, please email us via **[fit@bodiku.com](mailto:fit@bodiku.com)**  
We recommend confirming at least **two months in advance** to ensure the best villa and program fit.