



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

Where you are welcomed into 5-days of blissful pampering, movement activities based on your interests and abilities and meals to satisfy....and re-establish dessert as a healthy food group!

Where you have an opportunity to speak with professionals who can guide you towards feeling great, and developing a resilience that encourages 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 & actionable steps.

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

BALI



LOCATION



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

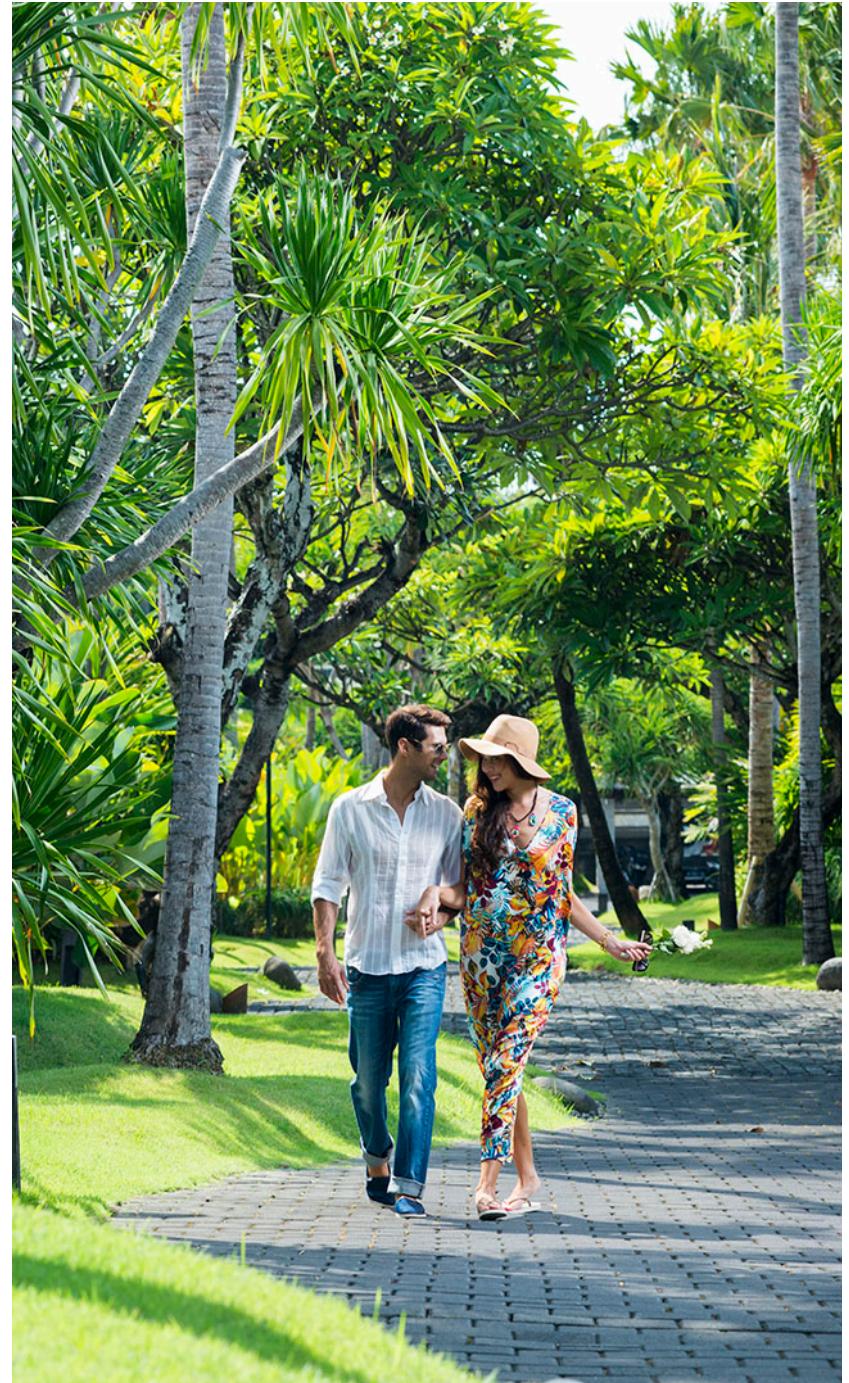
Boutique shops, trendy cafes and a white sandy beach famed with world class sunsets, are within a short walking distance from the retreat venue.

Accommodation

Peppers Seminyak

Your private four-bedroom villa offers total privacy surrounded by pristine gardens and 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. An attentive, yet unobtrusive butler service will assist with any requests you have both within and outside of the retreat agenda.



Retreat Inclusions

VIP entry into Bali

private return transport to the retreat venue

4 nights accommodation - presidential pool villa

welcome dinner - day 1

daily physical movement sessions - yoga | pilates | gym

relaxing spa treatments

stress reliance workshop & meditation class

6 x optimal health seminar experiences *

breakfast & lunch prepared by your personal chef

afternoon tea refreshments

health elixirs & night caps

24-hour retreat concierge service

daily transport service between 6pm – 9pm *

24-hour complimentary WiFi

* denotes premium level programs only



Sample of Daily Agenda

- 07:30 morning movement activity
- 08:45 a-la-carte breakfast inside your villa
- 10:00 health & wellness seminar
- 11:00 break
- 11:15 health & wellness workshop
- 12:45 lunch
- 13:30 personal time
- 15:00 private session of personal training *
- 16:00 post workout spa treatment
- 16:00 afternoon refreshments
- 17:30 personal time
- 19:00 dinner at your leisure & preferred venue

* included in Advanced movement package only



LIFESTYLE RETREAT PROGRAM

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

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 the flexibility to enjoy the afternoons (from 2pm onwards) 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.

Official retreat activities of the Lifestyle program take place from 7:30am to 2pm daily. Activities, transport and meals outside of the retreat agenda, are incurred at the additional personal expense of the participant.



ACTIVE PROGRAM

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



PREMIUM LEVEL PROGRAM

Premium programs incorporate the elements of both Lifestyle and Active retreats combined, plus an additional 6 hours (over three days) of educational presentations.

These mini seminars are very intimate and hosted in the comfort of your villa. They cover topics associated with achieving optimal health and sustainable energy, strategies for improved cellular resilience and enhanced cognitive function using science based principals.

A Premium level retreat program will give you a clear understanding, and an appreciation of the 4 pillars of optimal health – Nutrition, Physical Movement, Recovery & Mindset. You will acquire the knowledge and resources (and a plan of action) to take personal control of your health and build strength and resilience with the goal of achieving your best potential.

Premium Level participants also have a personal driver allocated from 6-9pm to accommodate the transport arrangements of any evening leisure time or dining engagements.





CONTACT US

www.bodiku.com

mobile +62 812-381-8701