


PRIVATE HEALTH & wellness activities

Keep your body and mind in harmony through our curated private health & wellness activities. Reservations 24 hours in advance are recommended.

Type of activities in collaboration with Bodiku: Vinyasa, Yin, Hatha, Ashtanga Yoga | Kundalini Yoga and Sound Healing | Qigong | Weight Training | Boxing | Breathwork | Tibetan Bowl Chakra Healing | Japa Mala Meditation

A photograph of three women practicing yoga in a bright, modern studio. They are sitting on mats in a row, viewed from behind, with their arms raised in a prayer position. The studio has large windows and a clean, minimalist aesthetic.

**Starting from
IDR 700,000++
per session including
up to four participants**

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FITNESS & WELLNESS IN - VILLA GUIDE



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HATHA YOGA

In a Hatha yoga class the postures (asanas) practiced will vary according to the needs and ability of the student. Whether that be on a general level such as to improve flexibility, or for relaxation and de-stressing, or for more specific needs such as for example yoga for surfing, golfing or diving. As well as to improve flexibility, a Hatha class will develop strength, stamina and concentration. This in turn brings peace and calmness to the mind on a more subtle level.

A Hatha class is suitable for all levels of ability, as an introduction to the fundamentals of yoga or to deepen one's knowledge of asana for those already experienced. Hatha yoga derives from the scriptures of the Hatha Yoga Pradipika and is the basis of the following, more specific yoga styles.

ASHTANGA YOGA

Ashtanga yoga, as taught by Sri K. Pattabhi Jois in Mysore India, is a system of yoga which uses the rhythm of the breath to move through a sequence of postures, integrating strength, flexibility, stamina and focus into a complete mind and body practice. In this class you will be taught the Primary or 1st Series of postures which are designed to purify and align the body.

This combination of breath and movement is called 'Vinyasa', and linking the asanas (yoga poses) together like pearls on a string, guides the practitioner through the sequence, starting with Sun Salutations to warm the body, then standing, balancing and seated poses, finishing with inversions and relaxation. Through the practice heat is generated, 'agni' - internal fire, which thus burns away impurities and eliminates toxins from the body. It can be a dynamic practice, so preferable to those who already have some knowledge of yoga asanas.

Our trainers offer a modified Ashtanga version.

VINYASA FLOW

In Vinyasa Flow, Hatha yoga postures are connected through breath, movement and music adding to a more dynamic class. Vinyasa Flow is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. The continuous movement (flow) of Vinyasa reflects the impermanence of all forms and the necessity of accepting change to achieve balance and completeness.

YIN YOGA

Yin yoga is a slower-paced, more meditative version of yoga. In Yin yoga, the poses are held for a long period of time - typically three to five minutes or longer - to target the connective tissues (such as the ligaments) rather than focusing on the muscles. As a result, the asanas (yoga poses) are more passive holds, with little muscular engagement. The poses are held with the muscles fully relaxed allowing time and gravity to deepen the stretch and target the fascia.

KUNDALINI YOGA

'Kundalini' is derived from a Sanskrit word meaning 'coiled snake', and refers to the latent energy found at the base of the spine, coiled up and tense in your body. Through regular, guided practice of Kundalini yoga, students prepare their bodies and allow their kundalini energy to rise from their spine up to their heads. As the energy uncoils from the spine, it aligns the chakras in the body. Though Kundalini does involve moving through asanas much like Hatha or Vinyasa yoga, it is more a mindful and spiritual form of practice rather than a physical one.

Kundalini yoga consists of ancient kriyas, or specially formulated sets of exercises which were secretly guarded and passed down through the centuries from yogi to yogi. It was brought to the West by Yogi Bhanan in 1969. Each kriya, or yoga set is designed to target specific issues, allowing practitioners to focus on exactly those aspects of their physical, mental or emotional state that need work at the current time. Kundalini yoga is a non-stressful way to promote flexibility, cardiovascular capability, weight and stress management, AND to cultivate energy, serenity, personal power and spiritual awakening through a dynamic blend of breathing, movement, stretching, meditation, mantras and relaxation.

KUNDALINI YOGA & SOUND HEALING

Kundalini yoga and sound healing is a technology of consciousness. It is a medium that helps to facilitate the unification of infinite forces, through asanas (yoga poses), breaths, concentration, mantras and affirmations, and helps to awaken the pure potential energy that sleeps within us. In this practice, Kundalini yoga is complimented with sound healing therapy which uses music (Tibetan bowls, rain sticks, wind chimes) as the main medium to provide calm, deep relaxation and an increase in energy vitality. The sound resonance helps to clear blocked energy and to provide emotional and mental balance.

RESTORATIVE YOGA

Restorative yoga is known for its relaxing, calming and healing effects and is an ideal sequence of movement for those recovering from injuries or illnesses. Classes are relaxing and slow paced. Props are also used often, in order to allow the body to be in the most comfortable, supported position possible. This form of yoga stimulates the parasympathetic nervous system, which slows the heart rate, regulates the blood pressure and relaxes the body. As such, it is considered particularly beneficial for those suffering from anxiety, insomnia or headaches, as well as other stress-related conditions. This practice is considered an ideal balance to a hectic, modern lifestyles.

YOGA GENERAL GUIDELINES

Please inform the instructor of any illness or injury, menstruation or pregnancy before commencing.

Please wear loose or comfortably fitting clothing.

Do not practice on a full stomach.

Please allow four hours after a heavy meal, two hours after a light meal.

To avoid injury do not force the body beyond its capacity.

MEDITATION GENERAL GUIDELINES

In mindfulness meditation, we're learning how to pay attention to the breath as it goes in and out, and notice when the mind wanders from this task. This practice of returning to the breath builds the muscles of attention and mindfulness.

When we pay attention to our breath, we are learning how to return to, and remain in, the present moment - to anchor ourselves in the here and now on purpose, without judgement.

The idea behind mindfulness seems simple - the practice takes patience. The most important tools you can bring with you to your meditation practice are a little patience, some kindness for yourself, and a comfortable place to sit.

Take a seat

Find a place to sit that feels calm and quiet to you.

Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel - all are fine. Just make sure you are stable and in a position you can stay in for a while.

Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered - in a few seconds, a minute, five minutes - simply return your attention to the breath.

Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Close with kindness

When you're ready, gently lift your gaze - if your eyes are closed, open them. Take a moment and notice any sounds in the environment. Notice how your body feels. Notice your thoughts and emotions.

JAPA MALA MEDITATION

Japa Mala Meditation uses a 'mala' as the pillar of this meditation practice. Mala, a Sanskrit word, is the term used for a string of beads used to focus thoughts and intention during meditation or prayer. This practice consists of repeating a mantra such as Om So Ham (I Am, That I Am) and moving the beads through your fingers, to encourage your mind to gradually focus itself into the practice, and reduce any incessant thoughts that intrude on remaining present within any situation. Instead, the mind merges into the mantra and with time, you experience your true self.

TIBETAN BOWL CHAKRA HEALING MEDITATION

Chakra psychology is the study of how the chakras, or metaphysical centres of energy in the body, influence the mind and human behaviour. There are seven major chakras located along the spinal column commencing from the Root chakra at the base of your spine, to the Crown chakra located just above your head. Each chakra is believed to affect an individual's mental, spiritual and physical well-being. A blocked chakra has a non beneficial effect, while an activated chakra allows prana (life force energy) to circulate throughout the body.

Tibetan Bowl Chakra Healing Meditation is an assisted meditation and healing practice that helps to balance and stimulate the energy flow throughout your body, and within your seven major energy centres (your chakras.) Using specially crafted Tibetan resonance bowls, our Master facilitator evokes the extraordinary power of verbal mantras with sound resonance and breathing guidance, to stimulate the energy level inside each chakra. After this practice, you will feel lighter, very relaxed and more in balance, with a heightened sense of calm and serenity.

BREATHWORK

Breathwork involves the use of breathing exercises to bring about an improvement in mental, physical and spiritual health. It helps to cleanse the energy channels throughout your body and revive energy throughout numerous bodily systems including your circulatory, nervous and digestive systems. When practiced regularly, breathwork enables you to be in better control of your own nervous system. It is very supportive for stress, tension, overwhelm, anxiety, depression, fear, grief, sadness, anger, trauma and insomnia however, it is equally nourishing for someone who is feeling well, and open to cultivating heightened feelings of internal peace and gratitude.

“ONE OUNCE OF PRACTICE IS WORTH TONS OF THEORY”

Swami Sivananda

PERSONAL TRAINING - CIRCUIT

Circuit training uses a combination of high intensity interval training and body resistance movements to provide an invigorating and full body workout. Bodiku instructors are on hand to guide and monitor your movement and to ensure training is maintained at sufficient levels to optimise maximum fat burning potential. Individual movements and circuit combinations are curated according to your fitness level and abilities, with assisted cool down stretching.

TRX SUSPENSION TRAINING

TRX suspension training uses a portable system of ropes and suspension cables that leverage gravity to allow you to work against your own body weight. Movement is executed with the aim of improving strength, balance and flexibility simultaneously. Suspension training develops physical strength whilst using functional movements and dynamic positions. Suitable for all fitness levels.

MARTIAL ARTS - QIGONG

Qigong is a Chinese form of self-healing whose purported aim is to ‘stimulate’ and ‘balance’ the flow of qi (chi = ‘vital energy’) through the body’s meridians (‘energy pathways’). Qigong practice is recorded in hieroglyphics 7,000 years ago, and in Chinese books 3,000 years ago. It involves contemplation, visualisation (imagery), assumption of postures, and stylised breathing and body movements. ‘Gong’ is a Mandarin word that pertains to skill. Its Cantonese equivalent is ‘kung,’ as in ‘kung fu.’ The word ‘qigong’ literally means ‘breathing exercise,’ ‘to work the vital force,’ ‘practicing with the breath,’ and ‘working with the energy of life.’ Interpretations of the word include ‘energy skill’ and ‘energy mastering exercise.’ Our ancestors practiced Qigong to keep themselves in harmony with the universe, in good physical health and in a state of peacefulness. In these simpler times people lived closer to the earth.

Like many types of yoga, Qigong has an emphasis on coordinating breath with movement. A typical Qigong practice will involve slow, flowing movements, coordinated with deep breathing in order to create a moving meditation. Qigong movement has been known to improve hypertension, reduce pain symptoms, manage stress or depression, boost healing and clear emotional and spiritual blockages. It is a practice that cultivates balance and harmony to mind, body and spirit, and with consistent practice, allows access to higher states of consciousness, helping to bring the practitioner closer to realising their true nature.

QIGONG GUIDELINES

The entire practice requires you to be able to move smoothly and freely without any obstructions.

Practice in a clean, well-ventilated place.

Practice at a time and in a place where you will not be disturbed.

Avoid eating meals thirty to sixty minutes before practice.

At the same time, do not practice when hungry. Your body should be comfortable and relaxed.

Please wear loose-fitting, light and comfortable clothing ideally made from a cotton fabric.

It is better to remove dangling earrings, necklaces and arm bracelets since they create distractions for you and others during the Qigong session.

You can choose to either practice barefoot or in flat-soled shoes.

MUAY THAI - KICKBOXING

Muay Thai is a striking art that originated from Thailand and is widely considered to be the most effective striking martial art in the world. It is known as the 'Art of Eight Limbs', this refers to the body parts used whilst training in Muay Thai, the hands, elbows, knees and shins.

Muay Thai began as a close combat fighting skill for use on the battlefield. In more modern times, it is great for self-defence due to its nature of teaching practitioners how to effectively use the body as both a defensive and offensive weapon.

This class will introduce beginners to the basic fundamentals of Muay Thai such as stance, footwork, basic punches, punch combinations and defence. It is an excellent workout developed to improve conditioning and muscular endurance. All levels are welcome.

ENGLISH BOXING

Bodiku's boxing class is a heart pumping, fist punching, ab tightening, adrenaline rushing, metabolism boosting, fat burning, fun and disciplined workout that can have you burning 800+ calories. Each class is carefully tailored to your ability and level of fitness.

We begin with 10 minutes of warm up stretching with slow moving jabs, hooks, crosses and upper cuts designed to inform beginners of the basic moves. Next is the ideal stress-busting workout (30-40 min) of blocking, punching and ducking combinations based on HIIT principles, followed with deep, soothing stretching that leaves you feeling refreshed, strong and energized.

If you are distressed by anything external,
the pain is not due to the thing itself, but to your estimate of it:
and this you have the power to revoke at any moment.

Marcus Aurelius

MUAY THAI AND BOXING GUIDELINES

Please wear comfortable, loose fitting and light weight sports attire.

Clothing that does not restrict your leg movement is ideal.

Sports footwear is mandatory for boxing classes.

Muay Thai is usually practised barefoot however this is optional.

Do not practice on a full stomach.

Please allow four hours after a heavy meal, two hours after a light meal.

To avoid injury do not force the body beyond its capacity.

Please inform the instructor of any illness or injury before the class commences.

SELF-DEFENCE

A self-defence class is a great way to build confidence and develop the basic skills to defend oneself.

Classes are carefully curated to take into account the student's gender, height and mobility.

Our instructor will gently allow you to experience a variety of choke holds, grabs and simple take downs, to which you will learn how to respond with appropriate action.

You will practise preliminary defence moves such as stun punches, foot stomps and kicks, and learn how to use the vulnerabilities of an offender's body, including pressure points, to your advantage. More advanced techniques apply momentum and body weight moves to throw an opponent off balance.

Understanding the mechanics of holds that would otherwise seem threatening, allows oneself to respond to a physical altercation with strategy instead of panic.

It is a worthy and empowering class.



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.

'When you are feeling sufficiently fit to do what you're into without undue effort, when you can handle stress without being overwhelmed, when eating is a healthy pleasure rather than an obsession and when physical activity and exercise are an integral part of your daily life, that's when you're in tune with Fitness & Wellness.'

IMPORTANT NOTES

- ✧ Ideally reservations should be made 24-hours in advance, but we receive bookings any time and try to make it feasible for you. Spaces are subject to availability.
- ✧ Reservations can be made direct to our Spa Reception during Spa operational hours (9am-9pm) by filling out the booking form.
- ✧ Payment must be processed once the reservation is confirmed.
- ✧ All prices are subject to 21% tax and service charge.
- ✧ **50% cancellation fee** when a booking is cancelled **4-hours** prior to the class / therapy.
- ✧ **Full class / treatment charge** when a booking is cancelled within **90-min** of the starting time or in the event of a no show.
- ✧ A late start to a class or therapy will result in a shorter training or treatment time.
- ✧ Bodiku, their teachers & therapists, villas and management are not liable for any injury or losses sustained during training or treatments.
- ✧ Please inform your therapists / teachers **BEFORE** class of any injuries, previous accidents, menstruation or pregnancies etc.
- ✧ Correct sports / yoga attire please be worn during all classes and practices.
- ✧ All rates are quoted in Indonesian Rupiah & are subject to change without prior notice.



IN-VILLA RATES

YOGA	page	pax	duration min	rate '000	extra / pax '000
Hatha	2	1-4	60	700	120
Ashtanga	2				
Vinyasa Flow	3				
Yin Yoga	3				
Kundalini	3	1-4	60	700	120
Kundalini Yoga & Sound Healing	4	1-4	60	1.000	160
Restorative	4	1-4	60	800	160

MEDITATION & BREATH

Tibetan Bowl Chakra Meditation	6	1-4	60	1.250	160
Japa Mala Meditation	6	1-4	60	1.000	160
Breathwork	7	1-4	60	700	120

PERSONAL TRAINING

Circuit Training	7	1-4	60	700	120
TRX Suspension Training	7	1-2	60	800	120



IN-VILLA RATES

MARTIAL ARTS	page	pax	duration min	rate '000	extra / pax '000
Qigong	8	1-4	60	700	120
Muay Thai - Kickboxing	9	1-2	60	800	120
English Boxing	9	1-2	60	800	n/a
Self-Defence	11	1-2	60	800	120
