

PRONOIA

JIMBARAN · BALI

21 DAYS · 3 WEEKS · ONE COMPLETE COMMITMENT

21 Hard

A structured fitness and discipline challenge in Bali, built around training, recovery, nutrition and daily accountability.

Six structured activity days and one active-recovery day each week.
Five daily commitments. One fixed duration.

ENQUIRE ABOUT 21 HARD

QUALIFICATION

This is not an unstructured holiday.

21 Hard is designed for adults ready to commit to 21 days of structured physical activity, recovery, nutrition and personal accountability. Training can be adapted to individual ability — but participants should be willing and able to participate consistently throughout the complete programme.

21 Hard is a good fit if you

- Want structure rather than an unstructured holiday
- Are willing to train consistently for 21 days
- Are comfortable following a defined nutrition approach
- Are willing to avoid alcohol for the full programme
- Want accountability
- Value recovery as part of training
- Want a disciplined reset of habits and routine
- Accept that consistency matters more than maximum intensity

It is not the right fit if you

- Want all activities to be optional
- Want a standard resort holiday
- Want maximal training every day
- Want to ignore the nutrition structure
- Intend to drink alcohol during the programme
- Want to participate only when convenient
- Expect a medical or therapeutic programme

If that describes what you are looking for, the Fitness & Yoga Retreat is the better choice — a flexible active stay rather than a fixed commitment.



Hard does not mean maximum intensity every day.

Hard means showing up consistently for the complete structure — across training, recovery, nutrition and accountability — for 21 uninterrupted days.

Consistency

Show up for the complete structure across all 21 days.

Intelligent demand

Training demand varies rather than staying maximal every day.

Recovery compliance

Recovery is a prescribed commitment, not time away from the challenge.

Accountability

Daily completion creates a clear record of consistent action.

21 Hard is not punishment, exhaustion, or training through injury. The standard is **sustained commitment** across physical work, recovery, nutrition and personal accountability.



The five commitments

These five commitments define 21 Hard. They apply every day, for the full 21 days.

01 Train with Purpose

Complete the programmed physical-conditioning session or prescribed active-recovery session.

02 Recover Deliberately

Complete the prescribed recovery practice each day.

03 Follow the Nutrition Structure

Follow the Pronoia nutrition and meal structure throughout the programme.

NO ALCOHOL FOR ALL 21 DAYS

04 Track Your Commitments

Complete a simple daily accountability check-in covering training or movement, recovery, nutrition and daily completion.

05 Complete the Full 21 Days

Commit to the complete challenge structure rather than treating programmed activities as optional. The full duration is part of the product.

Commitments are met through a simple daily check-in — no app, wearable, score or leaderboard.



WEEKLY RHYTHM

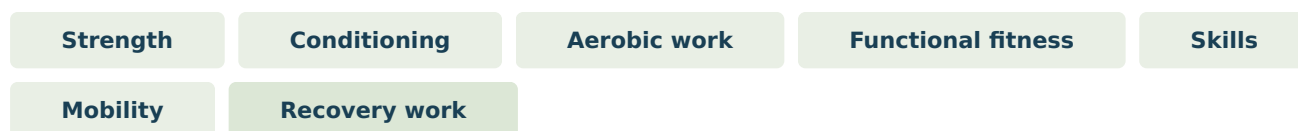
Six structured activity days. One active-recovery day.

Each week of 21 Hard follows the same rhythm. Six activity days do not mean six maximal-intensity workouts — the physical demand rotates deliberately across the week.



Conceptual weekly rhythm. 21 Hard follows a clear structure rather than a published day-by-day timetable.

The demand rotates across



The active-recovery day is still part of the challenge

It is not a day off from compliance. It is a lower-demand day, designed to support the next week of training. Nutrition, recovery and accountability commitments continue.

Three weeks, one structure

The rhythm repeats across all three weeks. Intensity changes week to week; nutrition, recovery and accountability stay daily.



ACTIVE RECOVERY — SWIMMING, MOBILITY AND LIGHT MOVEMENT

THE ENVIRONMENT

Training and recovery, in one place.

Pronoia runs a full weekly programme of coached sessions. Depending on the programme day and individual needs, available sessions may include:

Metcon	FST	WOD FIT	Hyrox Strength	Hyrox Conditioning
Gymnastics & Skills	Swim WOD	Barbell Class	Sunset Run Club	
Breathwork	Slow Vinyasa Yoga	Hatha Yoga	Mind & Body Recovery	
Sunset Gentle Yoga				

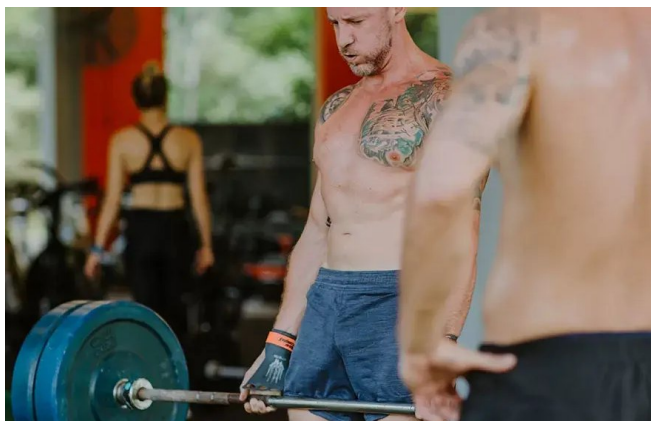
The timetable shows what is **available**.
Your 21 Hard commitments define what you are **required** to complete.

Recovery is part of compliance

Prescribed recovery practices help regulate training demand across the three weeks and form part of daily completion. Recovery facilities and services available within the Pronoia environment include:

Mobility	Stretching	Breathwork	Sauna	Cold plunge
Magnesium recovery pool	Myofascial work	Yoga	Scheduled massage	

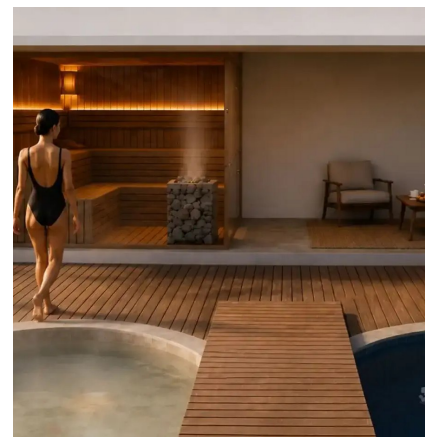
Your 21 Hard package includes complimentary use of the facilities included within the 21 Hard experience, three Balinese massages, and the recovery practices prescribed as part of your daily commitments. Access to individual services is confirmed on arrival.



TRAINING



RECOVERY



ENVIRONMENT

What is included

- 01 Airport pick-up and drop-off
- 02 Welcome dinner at Azure Beach Club & Restaurant
- 03 **Three** personalised fitness or nutrition consultations
- 04 Daily meals prepared with fresh, farm-sourced ingredients and dietary choices
- 05 Unlimited access to fitness classes
- 06 Unlimited access to yoga classes
- 07 **Three** Balinese massages
- 08 **Three** paddleboarding activities
- 09 Complimentary use of the facilities included within the 21 Hard experience
- 10 **Three** adventure days, selected from a sunrise volcano hike, a North Bali UNESCO site, and rice-paddy biking



TRAIN



EAT & RECOVER



EXPERIENCE BALI

Training, meals, recovery and accommodation are brought together in one environment, reducing the friction of organising each part of the challenge separately.

HOSTED AT PRONOIA • JIMBARAN, BALI

An environment built for completion.

Training, recovery, meals and accommodation sit within one environment — so the structure is easier to keep for 21 days than it would be to assemble yourself.

FOUR WAYS TO STAY

Accommodation

Select the setting that suits your stay. All four categories are available within the 21 Hard booking journey, subject to availability.



SHARED TWIN ROOM



PRIVATE HOTEL ROOM



LUXURY VILLA ROOM



PRIVATE VILLA

All accommodation is subject to availability.

Everything in one place

Training, recovery, meals and accommodation sit on one site in Jimbaran, so the daily structure is easier to hold for three uninterrupted weeks.



21 DAYS / 3 WEEKS

Pricing

The programme duration is fixed. Choose one of four accommodation categories. All prices cover the complete 21-day / 3-week programme and are quoted in US dollars.

ACCOMMODATION	PRICE
Shared Twin Room 21 DAYS / 3 WEEKS	USD 3,000
Private Hotel Room 21 DAYS / 3 WEEKS	USD 4,400
Luxury Villa Room 21 DAYS / 3 WEEKS	USD 4,950
Private Villa 21 DAYS / 3 WEEKS	USD 5,700

BOOKING POLICY

Deposit	USD 150 or IDR 2,400,000
Remaining balance	Due at check-in
Payments	Non-refundable
Date transfer	One transfer permitted
Availability	Subject to availability
Notice	At least 7 days before the original arrival date

ENQUIRE ABOUT 21 HARD

Prices are quoted in US dollars and cover the complete 21-day programme. All bookings are subject to availability.

NEXT STEP

Ready for the 21 days?

Continue to the retreat enquiry form and the Pronoia team will confirm available dates and accommodation for your 21 Hard stay.

- 01 Continue to the retreat enquiry form
- 02 Select 21 Hard Retreat
- 03 Choose your preferred accommodation
- 04 Duration is fixed at 21 Days / 3 Weeks

ENQUIRE ABOUT 21 HARD

WHATSAPP PRONOIA

Programme page · pronoiacommunity.com/21-hard-retreat

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