

Train hard. Eat well. Wake up on Jimbaran Bay.

Fitness & Yoga Retreat · Bali · 1–4 weeks · all-inclusive from **USD 949**

[CHECK AVAILABILITY](#)

Jimbaran · Bali · Indonesia

WHY THIS RETREAT

You could book a hotel and find a gym. This is the version where none of that is your problem.

Training, yoga, meals, accommodation, recovery, beach access and Bali experiences — brought together in one stay, on one bill.

- × No hunting for a gym that's actually good
- × No planning meals around training
- × No separate accommodation logistics
- × No choosing between training and Bali

Train in the morning. Eat well. Swim. Work if you need to.
Recover. Join yoga at sunset. Explore Bali when you want to.
Everything is already here.

TRAIN · MOVE · EAT · RECOVER · STAY · EXPERIENCE BALI



TRAIN

Real training. Every level.

We meet you where you are.

Strength, conditioning, Hyrox, gymnastics, barbell, swim, running, mobility and yoga — coached sessions throughout the week, plus the fitness centre whenever you want it.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Metcon	Mind & Body Recovery	FST	Mind & Body Recovery	FST	—	—
08:00	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Ultimate Workout	Hatha Yoga
08:30	FST	Hyrox Strength	WOD FIT	Hyrox Conditioning	Gymnastics & Skills	—	—
16:00	Swim WOD	Barbell Class	Sunset Run Club	Barbell Class	Swim WOD	Sunset Gentle Yoga	—
17:30	Breathwork	—	Slow Vinyasa Yoga	—	—	—	—

Metcon — metabolic conditioning WOD — workout of the day Hyrox — strength & endurance format

Beginners and experienced athletes train in the same room — at different intensities, with coaching that scales every session.



MOVE & RECOVER

Move. Recover. Go again.

Training works better when recovery is part of the week. That is what the rest of the schedule is for.

ON THE SCHEDULE

Hatha Yoga · Slow Vinyasa Yoga · Sunset Gentle Yoga
Breathwork · Mind & Body Recovery

INCLUDED EVERY WEEK

One Balinese massage per week

AND THE PARTS WITH NO SCHEDULE

25 m lap pool · 500 sqm chilling pool

The beach, one minute away · Downtime, whenever you want it

Mobility, breathing, flexibility and body awareness — open to every level, including complete beginners.

THE EXPERIENCE

A day here.

Your training, meals and recovery are already built into the stay. Illustrative only; sessions vary by day.
See the weekly schedule on page 3.

MORNING

A coached training session — strength, conditioning or Hyrox, depending on the day.

BREAKFAST

Included, and made to fuel the rest of the day.

MIDDAY

Beach, lap pool, coworking — or nothing at all.

AFTERNOON

A second session, a swim, or a Bali activity — depending on the day.

SUNSET

Yoga, mobility or recovery, where scheduled.

EVENING

Dinner, downtime, and the company of people doing the same thing.



One day of your stay is yours in Bali — sunset boat cruise, sunrise volcano hike, Balinese temples, or a ride through the ricefields.

Coached fitness, conditioning, skills, yoga and recovery sessions run throughout the week.

THE PLACE

Ten minutes from the airport.
One minute from the sand.

1 min walk
to the
beach

5 min to
the
city
centre

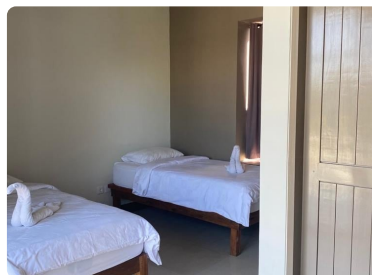
10 min
from
the
airport

10,000 SQM OF FACILITIES

Fitness centre · Yoga space · 25 m lap pool · 500 sqm chilling pool ·
Volleyball court · Soccer field · Coworking space and private offices ·
Two restaurants including Azure Beach Club

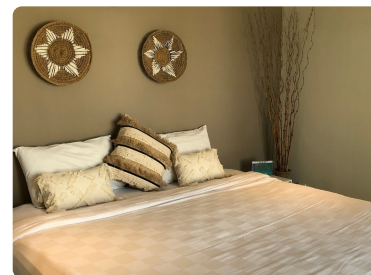
Coworking space and private offices make it easy to stay connected when
work cannot completely stop.

WHERE YOU SLEEP



SHARED TWIN ROOM

Two twin beds · ensuite · balcony ·
pool view



PRIVATE HOTEL ROOM

King bed · ensuite · balcony · pool
view



VILLA

Luxury Villa Room or Private Villa ·
private pool · full kitchen · king bed

WHAT'S INCLUDED

It's all included.

One price covers the training, the food, the room, the recovery, the transfers and a day out in Bali.

TRAIN

- Fitness classes
- Yoga classes
- Access to Fitness & Yoga Retreat facilities: fitness centre, yoga space, 25 m lap pool and chilling pool

EAT

- All daily meals
- Organic, farm-sourced cuisine
- Community dinner at Azure Beach Club & Restaurant

RECOVER

- One Balinese massage per week
- Pools and beach access

EXPLORE

- Paddleboarding
- One adventure day of your choice: Sunset Boat Cruise · Sunrise Volcano Hike · Balinese Temples · Bike Through Ricefield

PERSONALISE

- One personalised consultation: fitness or nutrition

ARRIVE & STAY

- Airport pick-up
- Airport drop-off
- Accommodation for your selected package

NOT INCLUDED Flights · Visa on arrival · Personal expenses



PACKAGES

From USD 949 for one week.

The longer you stay, the lower the weekly cost.

Every package includes accommodation, all daily meals, unlimited fitness and yoga classes, airport transfers, a weekly massage, a personalised consultation and an adventure day.

STAY	SHARED TWIN	PRIVATE HOTEL ROOM	LUXURY VILLA ROOM	PRIVATE VILLA
1 WEEK	USD 949	USD 1,499	USD 1,699	USD 1,999
2 WEEKS	USD 1,700	USD 2,600	USD 3,058	USD 3,598
3 WEEKS	USD 2,400	USD 3,800	USD 4,333	USD 5,097
4 WEEKS	USD 3,000	USD 4,700	USD 5,368	USD 6,317

LONGER STAYS COST LESS PER WEEK

A Shared Twin is **USD 949** for one week — or **USD 750 per week** when you stay four.

PLAN AHEAD

Confirm 60 to 89 days before arrival and save 10%
Confirm 90 or more days before arrival and save 15%
All stay lengths and accommodation categories
Deposit locks discount · Not combinable with other promotions

CHECK
AVAILABILITY



GUEST PROOF

Ask the people who came.

“I spent three weeks at this fitness retreat and absolutely loved every minute of it. The classes are fantastic — well structured, challenging but adaptable, and delivered by a coach who is incredibly knowledgeable, supportive, and motivating.”

JAZZ STRASZYNSKI · STAYED 3 WEEKS · ★★★★★

“It was my first time travelling solo and can honestly say it’s great for a solo traveller. You meet people who are also at the retreat or members of the Pronoia community that come for the fitness sessions. I never once felt lonely.”

CASSIE MCKINSLEY · STAYED 1 WEEK, SOLO TRAVELLER · ★★★★★

“Morning workouts with Coach Dhani, then yoga at sunset, massages, peaceful beach walks — the perfect balance of effort and rest.”

TRIPADVISOR

BOOKING

Check your dates.

- 01 Choose your stay**
Select your duration and accommodation.
- 02 Check availability**
Message the Pronoia team.
- 03 Confirm**
Deposit: USD 150 or IDR 2,400,000.
Required to confirm your booking and lock any early-booking discount.
- 04 Arrive**
Pronoia coordinates your airport pick-up.

CHECK AVAILABILITY

BEFORE YOU ASK

How big is the group?

Intentionally kept small, so the experience stays personal.

Can I extend my stay?

Yes, subject to availability — please request in advance.

What is the cancellation policy?

The deposit is non-refundable, but the booking may be transferred once to another available date, subject to availability, provided the change is requested at least 7 days before the original arrival date.

Can I work while I'm there?

Yes — coworking space and private offices are on site.

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