



# LIFT SURF RELAX

FORGET *EAT, PRAY, LOVE*. THE ISLE OF THE GODS IS THE PERFECT PLACE TO KICKSTART A WHOLE NEW YOU – BODY AND SOUL – WITH FITNESS PROGRAMS THAT WILL HAVE YOU POSTING YOUR BEST #FITSPO #SELFIE EVER

WORDS HUI FANG



**Just for the girls**

For the woman who's up to roll a few barrels, hang some lefts and still find her zen, Goddess Retreats offers two personalised wellness-centric holidays – Surf Goddess Retreats and Bali Goddess Retreats. The original 13-years-strong boutique women's surf and yoga retreats are held in Seminyak, Bali, where a tailored retreat program helps guests cultivate a love for surf, the ocean and the island's culture. In between the surfing and yoga sessions are massages and spa treatments, along with daily meditation to refresh the mind and restore guests' Goddess bliss. And the all-inclusive week-long retreat doesn't scrimp on luxury – expect gourmet, organic meals and a "Follow Your Bliss Day" that offers a choice from a range of 12 activities to blend a little Bali life into the week, for a well-rounded view of the Isle of the Gods. Also, 5% of profits are donated toward their "Woman-Kind" give-back program.

You don't have to be a mad-keen surfer – or under 30 – to have a great time, either. Barb, a 67-year-old attendee during July, said, "I really loved that the retreat could be tailored to suit my needs. It was great to try



**BALI BODHI**  
Clockwise from left: saluting the sun on a Goddess Retreat; massages and workshops feature at Ninja Camp; maintain your hard-won muscle at Motion Fitness; a gourmet meal at Goddess Retreats

surfing, but paddle boarding is much easier on my hips. While paddle boarding, we even managed to catch a few waves. We've started to plan our next adventure – a stand up paddle board trip to the Gili Islands."

**From US\$2,345 (S\$3,223) per person; surfgoddessretreats.com**



**Boot camp with a side of luxury**

It's not "exercise" if you're having fun sweating it out and doing it in the lap of luxury, right? That's the attitude of Ninja Camp in Bali, anyway. Its week-long, all-inclusive holidays are designed, not as punishing boot camps, but rather as "thoughtful training designed around wellbeing and health goals." Ninja Camp blends adrenaline-spiking activities (think waterfall rappelling, canyoning, free diving, wakeboarding and surfing) with professionally designed programs that include gymnastics, parkour, swimming, yoga, trail running and Olympic lifting.

All that activity is fuelled with gluten- and refined-sugar-free meals, and balanced with life coaching and some local sightseeing. Applicants are thoroughly screened so that instructors understand their individual goals, and group sizes are

**Flexible fitness**

The brainchild of German-born trainer Melanie Bomba, Motion Fitness allows visitors to Bali a fully flexible way to keep fit and not pack on the holiday kilos. Take advantage of the variety of drop-in classes run several times daily at their centrally located studio in Jalan Petitenget. Or, if you prefer more privacy, you can hire a personal trainer to design you a bespoke program (weight loss/gain, Brazil Butt, Tabata, TRX or Kettle Bell, to name a few) and conduct one-on-one or small-group sessions within your villa.

Fully committed? Try an all-inclusive "Fit & Slim Lifestyle Program," which will house you close to the studio and provide unlimited access to classes. Meals are concocted according to your dietary needs, and packaged with a tailored selection of personal training sessions and some active excursions around Bali as well – so you're doing more than just shedding centimetres. **Group classes from IDR120,000 (S\$12.25), Fit & Slim Programs including accommodation from US\$950 (S\$1,315); motionfitnessbali.com**

**"I really loved that the retreat could be tailored to suit my needs. It was great to try surfing, but paddle boarding is much easier on my hips. We've started to plan our next adventure – a stand up paddle board trip to the Gili Islands"**



capped at eight people. Repeat guests looking for a new challenge can check out the Ninja Camp programs in Guatemala and New Zealand. **From US\$4,700 (S\$6,409) per week; ninjacampbali.com**

**Detoxing in the Barn**

Right in the heart of Ubud sits Yoga Barn, a tranquil piece of paradise impossible to replicate, with a soul-nourishing vibe and close-

knit community. The Barn is well known to the local and overseas yoga communities for its robust schedule of 90-minute classes, teacher training and workshops in areas like AcroYoga, Oneness Awakening, mudra and reiki. Don't miss the raw-food Garden Kafe, either, with its full Ayurvedic menu, smoothies and delicious raw desserts.

If you're in Bali at the right time, book in to Yoga Barn's monthly Detox Retreat. (Alternatively, a self-organised retreat is doable.) The week-long guided retreat program combines a juice fast and colon hydrotherapy sessions with sound healing, energy work and meditation sessions – and, of course, yoga classes! – to rejuvenate your body, mind and soul. There are also group workshops, Ayurvedic foot massages and a visit to Tirta Empul, a sacred Balinese water temple.

Andrew, a recent attendee from the UK, shared: "This program is so much more than just a detox – it's about



## \*Insight BALI FITNESS BREAKS

wellness and vitality of mind, body and soul.”

**Retreat only from US\$1,250 (S\$1,717), or US\$1,820 (S\$2,500) with airport transfer and accommodation for eight nights; theyogabarn.com**

### **On yer bike**

Get your crank on for your own Tour de Bali, courtesy of Infinity Mountain Biking. Offering an array of different trips within Bali, Infinity will help you realise your king-of-the-mountain dreams whether you're a seasoned mountain-biker or a “squirrel” newbie. Infinity prides itself on its bike quality, too, offering your choice of Giant ATX Pro hardtail, Trance 26” dual-suspension or Anthem 29er bikes – all upgraded annually.

Day rides range from family excursions (Mount Batur to Ubud),



**HEAVEN ON WHEELS**  
An Infinity Mountain Biking guest rolls through Bali's lush landscape

to long cross-country jaunts (Jatiluwi to the ocean), through to adrenaline-fuelled adventures (a downhill volcano-trail ride). “Short breaks” go for two to three days around areas like the scenic Tabanan province and Mount Abang. For longer trips, consider the seven-day/six-night MTB Boot Camp, where you're in the saddle for 35 to 50km daily, climbing and free-wheeling your way through the best of Bali, Mount Abang, Mount Agung and

Batur Crater, with the wind in your face.

**Day trips from US\$70 (S\$95) per person, MTB Boot Camp US\$1,350 (S\$1,840) per person, both including bike hire, meals and drinks; infinitymountainbiking.com \***

#### Travel Info ↓

Jetstar flies daily from Singapore to Bali.

Visit [jetstar.com](http://jetstar.com) to book

## Want more? Check out these programs across the Asia-Pacific



### **Heli-hiking, New Zealand**

Once you've conquered a few mountains, why stop there? Why not take up the challenge of scaling a glacier and experience the majestic beauty of seracs and crevasses? The Franz Josef Glacier is a 12km-long river of ice best attempted between the months of November and March. The three-hour excursion – with two hours of ice time – is well worth it, despite the glacier being 5½ hours' drive from Christchurch, on the western side of the South Island's Southern Alps. The Franz Josef Glacier Guides provide a range of guided hikes, but the heli-hiking option is one for the memory books we think, giving you the opportunity to drink in the beauty of this remote part of New Zealand from up high. [franzjosefglacier.com](http://franzjosefglacier.com)



### **Metasport Triathlon Training Camps, Indonesia**

While they're not traditional fitness holidays, Metasport's all-inclusive weekend triathlon training camps have become well known among amateur triathletes in South-East Asia, some of whom fly over to Singapore to make a vacation out of it. The camps run throughout the year – usually in Bintan, Indonesia, a short 55-minute ferry ride from Singapore. Attendees are put through their paces for half- or full-distance ironman training, with endurance sessions for swimming (2 or 4km) and cycling (90 or 130km), plus brick sessions (40km cycle plus 10km run or 60km cycle plus 15km run), all under the tutelage of highly qualified, discipline-specific coaches. [metasport.com](http://metasport.com)



### **Phuket Cleanse, Thailand**

With programs ranging from three days to one month long, a Phuket Cleanse combines raw-food meals with HIIT sessions and various detox protocols that use structured water (aka H3O3), saunas, herbs and clays to “body engineer” your health and fitness. Expect three to five hours of exercise and health-coaching sessions daily, with activities including kickboxing, TRX, HIIT classes, hot yoga and weekly sessions at the world-class Thanyapura Health centre. If you prefer a slower pace, there's a “Yoga, Meditation and Zen” program with add-ons. All programs include massage treatments, ice-bath and steam sessions, and daily excursions around Phuket. [phuketcleanse.com](http://phuketcleanse.com)