

BALI BOOTCAMP 2013

review



Sharing Bali - Ayung Sari Indah

FITNESSNRG[®]

TRAIN HARD - EXPECT SUCCESS

fitnessNRG.com.au

OUR BALI BOOTCAMP EXPERIENCE

JUNE 23-28 2013

DAY 1

We arrived at a remote village after a winding drive along the roads from the airport. Motorbikes and cars were busily driving, beeping horns, not in annoyance but for courtesy to let other drivers know they were there. Families of 4 or 5 rode on the one motorbike as they commuted doing their daily routine. Tiny babies asleep in mums arms as dad was in charge of riding. Often , you would see up to 2 other little ones , sitting in front of the rider or between mum and dad. .It's a sight to see. Eventually the roads became

quieter and the beautiful green landscape was captivating. Locals working in rice paddies, women carrying numerous packages on top of their heads as they walked gracefully alongside the road. How they managed not to drop the packages high on their head was amazing.

We were greeted by the smiles of the staff at Sharing Bali taking our luggage to our designated bungalows. Lemongrass and ginger tea was served and we had a hot flask of this refreshing tea available in our rooms everyday .

Walking through a village



To settle in and to get to know our surroundings our first training session was a powerwalk along the road outside our doorstep. We were right in the heart of a village. People smiled and waved the whole time. Along the road, locals were having their evening bathing ritual in the running water. The village did not have plumbing and they relied on this water for all their needs, including washing clothes and dishes. They cooked food on a wood fire. It felt quite strange walking back into the retreat with our lovely quirky bathrooms and

toilets in each bungalow. We had our own water unit which is transported to the retreat via trucks.. We used this water to drink and brush our teeth. Karen and Wayan (The owners) have created a beautiful unique paradise keeping in mind the western expectation. The meals everyday, were made from local fresh produce and there was so much of it!!! All healthy, delicious, and authentic Indonesian cuisine. The banana pancakes for breakfast were the highlight. Everyday our bungalows were cleaned and fresh towels were placed with pretty little flowers on our beds. If laundry was requested they would have it back the same day, folded and smelling fresh. It certainly came in handy considering we were training morning and late afternoon most days.



Each bungalow was different



The Barlay meeting place to sit to read



Outdoor eating area



Banana Pancakes. A breakfast favourite

DAY 2

Jack gladly took the job of sounding the gong 5.50am to wake the troops for the 6.30am training. Every morning the magical sound of the gong rang through the retreat. Perhaps not so magical at that time of the morning haha !! But I should point out we were usually in bed by 9pm most nights. No TV ,no computer. Only the sounds of frogs, running water, and whatever the night life was, out there. Our training session was a team challenge. We had an assortment of equipment made of bamboo. It was a lot of fun as a trainer to design programs completely different to what I normally work with. The teams took it all on and went full speed, helping each other across the monkey bars pushing tree logs and performing the "Sloth". An exercise designed by Jack.. I loved it. !!! Each day the teams would change. Team names were Brahma and Ajuna after Hindu gods. Brahma had the red and black wrist bands and Ajuna had the white and

black wrist bands. After our training we met for breakfast. Mid morning we were off for a jungle trek. One of the guides surprised us by climbing a tall coconut tree and cut some coconuts, slicing them open , making drinking vessels out of leaves for us to drink the coconut water. That afternoon we had an option for either white water rafting or relaxing at the retreat then we finished the day with a core and stretch class

Jungle Trek



The Coconut Relay

DAY 3

6.30 am training with coconuts... Mmmm ...That was a challenge!! For the trainer!! After the training it was a quick shower and we piled into cars having breakfast at a café with a view of the volcano we were going to climb the next day. We visited a place where coffee was made from the poo of some sought of mongoose... Yes yes that's right . The mongoose ate a plant and when it pooped, the seed would be sifted out to be ground into coffee..Very weird !!! We were all offered a taste sample . Actually it's not too bad. Then we had our bike ride. We rode alongside villages and the hills, past rice fields and we were allowed to go into a family compound. It was an eye opener. They have so little but are very happy. There was an option to finish with a challenging hill ride... It was awesome. Love those hills!! Michael and Lindy Klim, joined us in the afternoon. It was a thrill to meet them.. Michael an Olympic swimming champion and Lindy a Balinese princess and a model. They are very down to earth people. We took special attention to our dress that night for dinner. We all scrubbed up quite well .



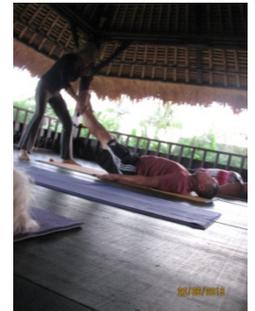
Denis doing Jack's sloth exercise



DAY 4

The gong was ringing through the retreat at 2.10am.. Ouch... That one had impact!. We had to leave by 3am to start our trek up the volcano. With our torches we set off in the dark. Some parts of the climb were tricky but we all felt such a feeling of achievement reaching the top and watching a glorious sun rise. Challenging and really worth the 2.30 am start. We had guides who helped those who needed a boost. Needless to say Marg found her Ketut.. He took great care with Marg and held her hand, helping her up through the tricky bits of the climb. It was to my pleasure when I saw Sue come up with her guide just as the sun was rising. It was a fantastic moment. We had discussions the day before whether she should climb it because of some knee issues. It was a great effort. The afternoon was spent chilling, laying around the Barlay (our communal relaxation area) either reading or sleeping. Some had massages to relieve tired muscles. The afternoon session was a yoga class taken by a delightful, eccentric German lady. She had quite an interesting way of getting us to switch on our back muscles. She slapped our lower backs just above the butt. Interesting, especially when we were on our hands and knees!! Yes ... It was a little hard to be serious. A certain young lad was lying down sneaking photos of Denis as he was getting his butt slapped and legs stretched..We finally recovered from the butt slapping and enjoyed some wonderful yoga exercises.

Sunrise on the volcano



At the bottom . Volcano in the background



Gaby ,our yoga teacher helping Denis



DAY 5

6.30am training.

Back to the workout area. This time, some different exercises with the equipment. At this stage Sue was leading, being the leader in points. Each time a team won, each person in that team would receive 4 points. But the teams changed everyday. So it was anyone's game. This day the competitive streak was in everyone. The teams worked hard . After breakfast we were all off to Ubud for the day to shop and catch up with emails getting free WiFi in an alternative style café. Ubud is full of interesting shops, It is nestled in the hills of Bali away from the hustle and bustle of the tourist areas. It has a back packer feel about it. . . We all had massages booked. The girls had a Balinese massage followed by a total body scrub and bath. I think I may have asked my masseuse 3 times to make sure she really did mean fully naked. All inhibitions were left behind lying completely starkers on my back as she went to work. . It was really different and very relaxing.. The boys had massages only, but one of the older boys didn't wear undies and well ... Apparently he was offered the virility massage by his male masseuse and he accepted not realising what was in store.. We laughed so much at the dinner table that night as he told his story. It was very funny. I will leave it up to him to tell the full story. It was all above board though. . I am pretty certain he mentioned that the times table was repeated over and over mentally in his head at the time. The afternoon training was a relax and stretch session



We had a celebration dinner this night as it was our last night. The pathways were lit by little candles leading to our table. It looked so special. Karen put so much thought into it. She had asked the locals to perform music and traditional dance. We had a feast of Balinese food and wine. That night we fell into bed feeling relaxed and buzzing from the last few days.



DAY 6

6.30am training. I decided to make the last training session a fun morning. We started with coconut throws in a basket. The other challenges involved walking and balancing with a light sand bag on the head, walking a balance beam, standing with arms out holding coconuts and a game of Bootcamp Rugby. Of course there was an ultimate winner over the 6 days of training with the most points and it went to Michelle. She was crowned with an authentic Balinese head dress. Everyone left Sharing Bali a winner. We all achieved and had such an amazing experience.

Thankyou , Denis, Sue, Bev, Marg, Michelle, Craig and Jack for embracing the idea of a Bootcamp in Bali.

Many thanks to Karen and the wonderful staff for having us at her wonderful paradise and looking after us for 6 days.



The End... For Now

Cheryle (Affectionally known as Saaarge)



Marg with Craig and Michael

“My Bali experience is one that will stay with me forever. The sheer serenity of the resort was beautiful not to underestimate the volcano trek. That, was awesome. The group of people were great! . Hope to do it again soon . Maybe 2014”.....Marg



Michelle being crowned the winner

“Sharing Bali was inspirational. Everybody came away with a goal achieved or a new outlook”..... Michelle



Denis & Sue on top of Mt Batur Volcano

“What a great week we had, lots of pain, lots of laughs. Lots of food and a lot of achievements. Thanks to everyone who travelled to Bali for the Bootcamp 2013 experience because without you it would not have been as great as it was”.... Sue and Denis

“Bali was awesome, however be aware that thanks to Saaarge it is also hard work and I cant wait to do it all again”.....Denis



Denis & Jack. Winners of the coconut toss challenge

“Train Hard-Expect Success”. That’s what we did. (Trained Hard) and that’s what we achieved (We all succeeded).I will never forget the hills of Bali and my Bali and Aussie friends that I experienced this incredible part of the world with.....Craig



Craig. Competing in the coconut toss