



# BALI BOXING CAMP

**COMMIT TO BE FIT  
AS YOU HIT RESET ON  
YOUR WELLBEING**

OCTOBER 22ND TO 27TH 2024  
COMO UMA CANGGU



## WHY YOU SHOULD JOIN

**Across the six-day retreat at COMO Uma Canggu, you can:**

- Learn the foundations of boxing – improving your self-defense skills and working up an intense sweat.
- Push yourself to your physical and mental boundaries under the guidance of two world-class boxers.
- Engage in daily exercise in a variety of different modalities, including HIIT, yoga, cardio and meditation – improving your fitness swiftly and effectively.
- Develop strength, speed, agility, hand-eye coordination, endurance, nerve, and power – without ever having to take a punch.
- Refuel with our nutritious COMO Shambhala Kitchen – leaving you feeling full and satisfied, while also ensuring you're eating the right kinds of food for your training.
- Enjoy a stay at our elegant resort; many rooms with views of the ocean or aquamarine lagoon pool.
- Have access to exceptional relaxation facilities after the training sessions, including our COMO Shambhala Retreat wellness centre where you can enjoy massages and treatments to soothe weary muscles.
- Simply enjoy the laid-back Canggu setting, with our chilled-out beach club, ocean views and Balinese village atmosphere.

This October, we are hosting a boxing fitness camp on the soft shores of COMO Uma Canggu. Across six days of exercise and fitness – under the guidance of world-class boxers Darren Barker and Ryan Pickard – you can kick-start a new fitness regime, while also immersing in Canggu's laid-back, bohemian charm.



## ABOUT YOUR BOXING COACHES: RYAN PICKARD AND DARREN BARKER

Both coaches have been boxing since they could walk. Ryan was an extremely successful amateur boxer, capturing multi-national titles. In 2003, he managed to obtain the silver medal in the Junior World Championships; and took gold in 2004 at the Youth Commonwealth. He later went on to represent England numerous times, while also captaining the national team.



Darren also had a glittering amateur career. In 2002, he won the gold medal in the commonwealth games, then – upon turning professional – proudly won the British, commonwealth and European pro titles. In 2013, he achieved his proudest moment yet: winning the world middleweight title.

They founded their Paddington based gym, 12x3, in 2015. They have clients from all walks of life, including singer Ellie Goulding, Sky Sports boxing presenter Anna Woolhouse and ex-Chelsea FC defender Wayne Bridge. Ryan is also a Nike Master Trainer so has many Nike athletes coming through the door.

# DAY-BY-DAY SCHEDULE

## DAY ONE ARRIVAL TUESDAY, OCTOBER 22ND

- 2.00pm to 4.00pm**  
Guest arrival and check-in
- 4.30pm to 5.30pm**  
Coordination and cardio  
Difficulty: Steady sweat and limbering up
- 6.00pm** Welcome cocktails  
and canapés
- 7.00pm** Dinner

Upon arrival at the airport, you will be greeted by COMO Uma Canggu before embarking on a transfer to the property through Bali's rolling rice fields. After checking in, you can spend some time exploring – whether taking a dip in our lagoon pool or a stroll through the village. “Whenever we travel internationally, we always train on arrival to shake off the flight,” says coach Darren, which is why you will embark on a light workout in the evening to induce a gentle sweat and shake off the journey the boxing way. The night will end with dinner and a welcome reception hosted by Darren Barker, Ryan Pickard and the rest of the COMO team.

## DAY TWO YOUR BOXING DEBUT WEDNESDAY, OCTOBER 23RD

- 7.00am** Core exercises
- 7.30am** Morning mindset meditation  
with COMO Shambhala  
Difficulty: Calm
- 8.30am** Breakfast
- 12.00pm** Lunch
- 3.00pm** One-hour boxing footwork  
Difficulty: Technical, steady sweat
- 4.30pm** One-hour RoadWork session  
Difficulty: Gentle but strong finish
- 7.00pm** Dinner

Start the day early with core exercises to strengthen and train your lower back, hips, abdomen and pelvis as you work together for better balance and stability. This is followed by a 30-minute morning mindset meditation to set your intention for the next few days. You'll have the morning to yourself to enjoy the peaceful setting of the resort – eating lunch at our ocean-facing COMO Beach Club or one of Canggu's many other vibrant cafés and restaurants. In the afternoon, it's time to start learning the sweet science of boxing, starting with the most important ingredient: your footwork. The day will end with a gentle jog along the beach, finishing with a competitive game of two teams before dinner.

## DAY THREE UNEARTHING YOUR GRIT THURSDAY, OCTOBER 24TH

- 7.30am** Breakfast
- 10.00am to 11.00am**  
'Hit and Don't Get Hit'  
Difficulty: Technical, moderate
- 12.00pm** Lunch
- 2.00pm to 4.30pm**  
The 'Real Deal'  
Difficulty: Tough
- 7.00pm** Dinner and optional  
COMO Shambhala Massage.

After breakfast, you'll learn what block, parry, slip, roll and counter mean when it comes to a boxer's defence in the 'Hit and Don't Get Hit' session – and practice each technique. We provide optional surfing lessons for those who are interested in experiencing Canggu's famous surf.

Finish the day with a final activity: 'The Real Deal'. Travel to the local boxing gym to throw yourself at some authentic boxing training. You'll combine exercises like skipping to warm up; shadow boxing to get your mind on the job; padwork and bagwork to show your coaches what you're made of; and a team circuit to finish. There will be one-on-one training from your coaches on the pads as you learn how to punch correctly. In the evening, soothe any weary muscles with our signature COMO Shambhala Massage (participants can enjoy a complimentary COMO Shambhala Massage once during their stay, on their day of choice).

## DAY FOUR UNLEASH YOUR BEAST FRIDAY, OCTOBER 25TH

- 7.30am** Breakfast
- 9.00am** Rocky-style circuit training  
Difficulty: Tough
- 12.00pm** Lunch
- 2.00pm** Balance, distance and timing  
Difficulty: Technical, steady sweat
- 4.00pm** Re-centre meditation  
with COMO Shambhala  
Difficulty: Calm
- 7.00pm** Dinner

Rise early for a tough old-school circuit training session where you will use your body in a physical test like in the *Rocky* Movies. Relax for the morning, before learning the intricacies of boxing after lunch. This session will not just focus on the basic footwork drills, but will see you working in pairs to learn how a boxer moves and the importance of balance, distance and timing. After two energetic workouts, you'll be able to settle and re-centre with a calming meditation before closing the day.

**DAY FIVE**  
**NO GUTS NO GLORY**  
**SATURDAY, OCTOBER 26TH**

- 8.30am** Breakfast
- 10.00am** 'Calm Before the Storm'  
with COMO Shambhala  
Difficulty: Calm
- 12.00pm** Lunch
- 2.00pm** 'Time to Shine'  
Difficulty: Moderate to tough
- 5.00pm** Closing ceremony
- 7.00pm** Farewell dinner

In the morning, enjoy a yoga and meditation class to get you in the zone. After lunch, the hard work begins: you will get the chance to climb up those infamous ropes and do what you set out to do – perform in the ring and give it your all. Tailored to each individual, you will

put what you have learned into practice. This will finish with a team circuit to celebrate the end line. On the final night, we will wrap up with a closing ceremony: a campfire on the beach, where you can gather and chat about the experience, as well as set goals to try and stick to when you return back home.

**DAY SIX**  
**YOUR WORK HERE IS DONE**  
**SUNDAY, OCTOBER 27TH**

**8.00am to 11.00am**

Enjoy your last morning at COMO Uma Canggu, whether a run along the beach, a swim in the ocean or a final stroll through the village. Breakfast is followed by free time until departure.



**OPTIONAL EXTRAS**

**Mount Batur Sunrise Hike**

You can climb the local volcano, Mount Batur, at sunrise – affording spectacular views across the verdant island. The moderate two-hour hike sees you walking through the early hours of the morning (hotel collection is at 1.30am), taking you high above the surrounding rice paddies. You should reach the summit around 5.30am, ready for breakfast as the sun rises above the horizon. This is followed by a visit to a local coffee plantation, or a trip to Bali's natural hot springs (your choice).

The cost of the experience is an additional US\$125 per person and US\$150 per couple (this includes private transfer, private guide during trekking, welcome tea or coffee, breakfast, water and insurance).

**Extending your stay with COMO**

Participants who would like to extend their stay can enjoy a 20 per cent reduction from the COMO Daily Rate across any of our three Balinese hotels: beachside COMO Uma Canggu, where you have just stayed; COMO Uma Ubud, at the island's artisanal heart; and COMO Shambhala Estate, our wellness sanctuary above Bali's spiritual jungle.

## KEY DETAILS

- October 22nd to 27th 2024
- Six-day, five-night retreat on the sandy shores of COMO Uma Canggu, Bali
- The workshop is priced from US\$3,100 per person for double occupancy in a Ganggu Room, or US\$3,800 per person for single occupancy. This includes:
  - Daily training from former World Champion Darren Barker, and former GB Boxer and Ryan Pickard
  - One 75-minute COMO Shambhala Massage
  - Three yoga/meditation classes by COMO Shambhala
  - Full board meals
  - Welcome cocktail with canapé
- Airport transfers
- Maximum of 15 participants
- Friends and family not participating in the workshop are welcome to join for a supplement fee of US\$600 per person (aged 12 years and above when sharing a room). The rate includes full board meals, a welcome drink, three yoga/meditation classes by COMO Shambhala, and one 75-minute COMO Shambhala Massage.

**Please note:** The above prices are inclusive of a 10 per cent service charge and prevailing government taxes. Government taxes are subject to change without prior notice.

### TERMS AND CONDITIONS

- The price cannot be combined with any other offers or packages.

### Deposits and balance payments

- A non-refundable 30 per cent deposit is required at the time of reservation to secure the booking. The remaining 70 per cent of the booking will be required 60 days prior to arrival.
- If the booking is made within the final 60-day period, then full 100 per cent payment will be required at the time of booking.
- The hotel reserves the right to release a reservation if the required deposit amount is not received on the mentioned cut-off period stipulated in the pro forma invoice.

### Cancellation and refund

- Booking cancellations made prior to 60 days of the date of arrival will incur cancellation charges equivalent to 30 per cent of the total booking.
- Booking cancellations made within 60 days of the date of arrival, or in the event of a no-show, will incur cancellation charges equivalent to 100 per cent of the total booking.
- Cancellations must be received in writing by the hotel and confirmed by the hotel as received.
- Late arrivals, no shows and early departures will be charged in full without any exception.
- The workshop may be cancelled due to unforeseen circumstances, or if the minimum number of eight participants is not reached. Notice of cancellation will be given up to 30 days before the start date.
- If the workshop is cancelled by COMO Uma Canggu, a full refund will be offered. There is also an option to use the deposit for future booking at COMO Uma Canggu.
- COMO Uma Canggu will not be held liable for flights and travel arrangements in the unlikely event of cancellation of the workshop.

### WHAT TO BRING

Please bring clothes that you will feel comfortable training in. Please also bring a pair of trainers. Note: a laundry service is available at COMO Uma Canggu for an additional cost, should you wish to wash your workout gear.

All other training equipment relevant to the activities will be provided.

### HEALTH AND FITNESS

The workshop is open to anyone, whether they have prior boxing experience or now. However, activities within the workshop may require a certain degree of physical fitness. It is the guest's responsibility to ensure they have the correct level of fitness required for any activity that they choose to participate in. COMO Uma Canggu retains the discretion to forbid a guest to participate in any activity that COMO Uma Canggu reasonably believes the guest should not partake in, in the interests of their health. In such circumstances, we shall not be liable for any losses or compensation arising.



To book, or to find out more, please contact COMO Uma Canggu.

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