

HOST YOUR FITNESS CAMP



VIDA BOA
Lodge

Are you a fitness instructor / personal trainer with a loyal clientele looking to host a fitness camp abroad? Vida Boa Lodge can help!

ACCOMMODATION

Vida Boa Lodge is a staffed adventure guesthouse/retreat venue that sleeps up to 21 people. The Lodge has a sociable outdoor area & a 12m swimming pool surrounded by comfortable loungers & day beds.

Within the grounds, we also have a shaded lawn area & terrace suitable for outdoor yoga & workouts. The Lodge also has an indoor honesty bar where guests can help themselves to the drinks & snacks at any time, as well as an outdoor snack & bar open to guests throughout the day. We also have our onsite chef to provide evening meals that can cater to any dietary requirements.

FITNESS

Don't fancy hosting all the classes yourself? Don't worry! We work with all types of fitness professionals, from boot camps, strength & technique, weightlifting, boxing, pilates, yoga & much more.

ACTIVITIES:

We can assist with excursions during the retreat based on what interests you have, ranging from surfing, hiking, cooking classes, coasteering, spa time & much more.

WE'RE ALWAYS HERE FOR YOU:

Our retreat expert will assist in putting together a custom retreat itinerary from beginning to end and be onsite throughout the retreat should you need any further assistance.

