



THE BALI TIME CHAMBER

Experience



everything you need to know.

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THE BTC CONCEPT

This is the first venue directly inspired by the Dragon Ball Z Hyperbolic Time Chamber.

If you haven't seen the series, the time chamber was a **magical place** away from the real world where individuals would come to train intensively before a big battle or challenge in their lives.



The conditions of the time chamber were like a pressure cooker: it was designed to make the people inside it **tougher, stronger** and **harder**.

The gravity was compressed, the temperatures were extreme, and time operated differently.

1 day inside the chamber = 1 year in the outside world - which meant that you could get 1 year's worth of growth in a short period of time.

The Bali Time Chamber is the real-life version of this concept.



We are located in the mountains of Bali, surrounded by nature, and we might as well be in a different dimension here.



This is not some random holiday getaway.

This is a place to get away from all the distractions, zero in on your goals, and be highly productive so you can become the best version of yourself.

Because we want to keep the energy here highly focused, this is a **male-only** experience.

Historically there have always been spaces that were only for men, and spaces that were only for women.

We believe that being around likeminded men who are on a similar journey to you will only **accelerate your growth**. This is an opportunity to live, eat and train alongside other high-achievers and leaders in their respective fields that you wouldn't meet anywhere else.





HOW IT WORKS

This isn't a regular retreat - it's more of an **immersive lifestyle experience**. There are no classes, workshops or programmed schedule.

This is a place of **radical self-responsibility**, and it is up to you to use your time here as you see fit.

- ➔ Some guys come here to focus entirely on their health and fitness.
- ➔ Others come here to be hyper-productive on their business.
- ➔ Some come to expand their network and get inspired by other successful men.
- ➔ Others just need a break from their usual environment to spark new ideas and enter a new chapter feeling fresh and focused.

The Bali Time Chamber is simply the container for you to come and take action on your ambitions - whatever those may be.

ARE THERE FIXED DATES TO COME?

No. There are no official start or end dates to this experience, because it is completely custom to each individual.

It is a minimum **1 week stay**, which is what we feel the necessary amount of time required to feel the effects of increased productivity and transformation inside the time chamber.

After that, you can choose as long as you want to stay, whether that's 2 weeks, 10 days or a month - **it's completely up to you.**

The longer you stay, the more accelerated growth you'll likely experience here.

Past participants tend to stay on average **1 month**, which we've found is an optimal time to get into the rhythm of this experience and accomplish some pretty **incredible things** in a relatively **short period of time.**



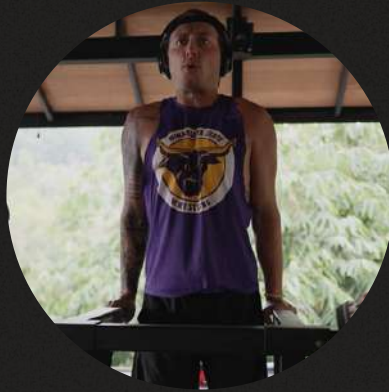
TESTIMONIAL

“I've done more in a week that I have in 3 months back home.”

@brendonspadek

WHO THIS IS FOR

- ✓ You want to get away from distractions and be in an environment that is **optimized** for your **growth**
- ✓ You need a **full reset** and somewhere to figure out the next steps of your life
- ✓ You want to **build some momentum** in a particular area of your life: whether that's health, diet, fitness, or your business.
- ✓ You already have a **solid base in health or fitness** and are comfortable working out by yourself without any external help
- ✓ You're interested in **networking** and **learning** from likeminded individuals
- ✓ You need a dedicated space to be **hyper-productive** and get a lot of work done in a short amount of time



WHO THIS IS NOT FOR

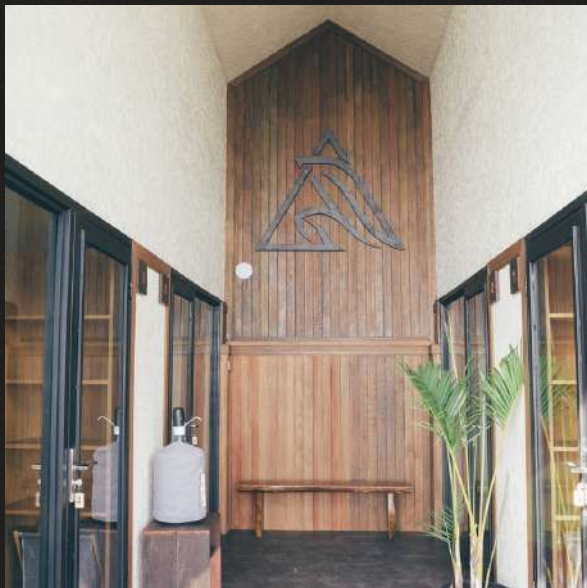
- ✗ You're looking for a **holiday** to drink, party or hook up.
- ✗ You want a **personal trainer** or structured classes to get in shape.
- ✗ You need a **program** and endless activities planned for you.
- ✗ You **don't have a goal** or a purpose to work on during your time here.
- ✗ You're not interested in **personal development** or working on yourself.



ACCOMMODATION

Standard Cabins

We currently have 4 mountain-facing cabins at the BTC, with 4 individual rooms in each cabin, accommodating 16 participants in total.





Each room has a **bed** (that doubles up as a massage table), a **wardrobe** and a **private working desk** that you can use as a sitting or standing desk.



On the lower level you'll find the shared bathrooms with 2 showers and 2 toilets per cabin.

There is **strong WiFi** both in the rooms and throughout the property, so you'll have plenty of areas to work from.

Rooms are cleaned every **3 days**, and **laundry** services are also included in your stay. We will also provide you with **towels and soap**, so no need to pack these.



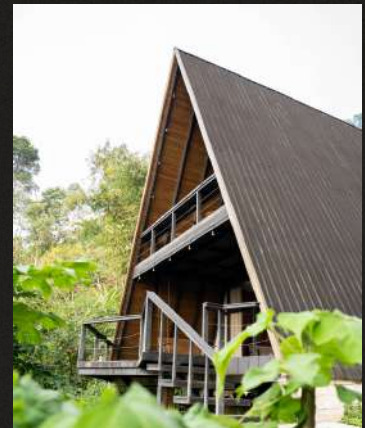
PREMIUM ACCOMMODATION

Luxe Cabins

There are 2 extra cabins available as a luxury private accommodation, for those that want more space and privacy.

The Luxe Cabin is an A-frame cabin that features 2 floors, with a **master bedroom** downstairs and an **ensuite bathroom** with a shower and bathtub.

On the second floor there is a large **living space** with a **fully equipped kitchen**, a fridge and a **terrace** outside with a mountain view.



This cabin can be booked for **1 or 2 guests**.

If there are 2 guests staying here, there is a king sized bed on the lower floor, and a sofa bed on the upper floor.



THE BTC FACILITIES



You have **everything** you could possibly need onsite to reach your goals and free up your time for the important things.

All your **meals** are prepared for you, you have a **gym** and **recovery centre** right next to your room, and there is endless **nature** on our doorstep to explore if you need a reset.

All of our facilities are exclusive to our guests, and you are free to use them any time of the day.

If you want to see detailed videos of all our facilities, feel free to take a look at our story highlights on our Instagram - you can click [here](#) to see them.

TESTIMONIAL

“It is a game changer: the perfect food you could ever imagine, the perfect gym setup, and everyone is here to help.”

@dj2strength

THE GYM

Our private gym is open 24/7 and is fully equipped for you to become stronger and fitter than ever before.



Here is a breakdown of the equipment onsite:

- Squat racks
- Barbells
- Dumbbells
- Power lifting and bumper plates
- Rings
- Dip bars
- Stationary bike for cardio
- Boxing bag
- And other accessories such as weighted belts, monkey feet, tib bar, bands, yoga mats and more.



THE RECOVERY CENTRE

Recover in paradise in our spa overlooking the Balinese mountains.

The recovery centre includes a wood-burning **sauna** with red light, and a unique ying-yang shaped pool with a **jacuzzi** and **ice bath**.



No better place to relax, recover and optimize your health, all while being surrounded by nature.





THE BTC RESTAURANT



All meals are included in your experience.

With our menu you can **build your own plate** and there are really high limits, which means you can get up to **1kg of meat per day**, as well as **sides, 3 desserts and 3 drinks**.

Most of our guests never go over the limits and they're all training and eating a lot.

However if you do want to eat more than what's included, you'll see the prices on the menu for the extras if you go over the limits.

**These prices are in Indonesian Rupiah, the currency here in Bali.*

You can download the menu [here](#).



Other important things to note regarding the food:

- We only use the highest quality ingredients, and we never use vegetable oils
- All of our meat is halal
- We do not serve any alcohol on our premises
- Our menu is not suitable for vegetarians or vegans

WHAT TO DO IN THE AREA?

The BTC is located in the north of Bali, in an area called **Munduk**.

Due to our unique concept - many of our guests stay onsite to make the most of their time here.

However, if you need a break there is lots to explore in the area.



We are situated on a secluded mountaintop that is only accessible via a small footpath.

There are plenty of **mountain trails**, **rivers** and beautiful **waterfalls** to discover quite literally on our doorstep.


You can either explore by yourself or ask our team to book a guided trek (please enquire about prices of this once you arrive, our staff can help you to arrange this).


It is also possible to **rent scooters** while you are here if you want to discover the surrounding areas by bike.



WHEN IS THE BEST TIME TO VISIT?

There are 2 main seasons in Bali, dry season and rainy season:

 **Dry season** is from April to October

 **Rainy season** is from November to May



Since we're in the mountains, it's not as humid as it is on the coast, and temperatures are really good all year round, between **25-30 degrees celsius**.



Even during raining season it doesn't rain all day and there's still **sunshine** for a large portion of the day.

All of our facilities are covered, so if you do choose to come in **rainy season**, the weather won't affect you too much.

GETTING TO THE BTC



When booking flights here you should travel to the main airport here in Bali which is: Denpasar Ngurah Rai Airport.

We are located in Munduk, which is in the north of Bali.



Transport from the airport is included in your ticket. Once you have your flights, we'll organize a private driver to pick you up.

When booking a flight please take one that arrives no later than **5pm** in Bali, as our venue is a 3 hour drive from the airport and we don't accept check-ins after 8pm.

If you are already in Bali, we can also arrange the pick up at the **hotel** of your choice.

BTC RULES



The Bali Time Chamber is an experience centered around health and becoming the best version of yourself. This is why we do not allow the consumption of any of the following things on our premises:

- ✗ Alcohol
- ✗ Cigarettes or vapes
- ✗ Any other kind of drug

We ask you to respect these rules for the benefit of everyone attending.

Please be aware that if our staff sees you partaking in any of the above activities at the BTC you will be asked to leave the experience.

IMPORTANT DOCUMENTS



You are responsible for ensuring that you have all of the appropriate documents before traveling to Bali.

Indonesia requires you to have **6 months validity on your passport** to enter the country, so make sure you have this already before booking your spot at the Bali Time Chamber.

VISAS

To stay here for under 1 month, you can take the **visa on arrival**, which has the option of extending for another 30 days while you are here.

We can put you in touch with a trusted visa agent that can help you organize this before coming, as it may vary depending on what country you are from.

TRAVEL INSURANCE / VACCINATIONS

We strongly advise purchasing travel insurance so you are covered in the event that anything should happen during your stay in Bali.

You are also responsible for making sure you meet all of the necessary vaccine requirements for Indonesia before entering the country.

WHAT'S INCLUDED

This is an all-inclusive experience. Here is a list of everything that is included in your ticket:

- ✓ **Accommodation**
- ✓ **All meals** during your stay
- ✓ **All facilities access** (gym / recovery centre / communal areas / bonfire)
- ✓ **Transport** to and from the BTC (either from the airport or another location of your choice in Bali) **Flights are not included.*
- ✓ **1 massage** - (with the option to book more if you wish at an extra cost)
- ✓ **1 BTC t-shirt**
- ✓ **High speed Wi-Fi** throughout the venue.
- ✓ **Free waterfall access** to all nearby waterfalls.
- ✓ **Amenities** such as **towels, soaps** and more.
- ✓ **All laundry & cleaning** services.



PRICING

It's 1 week minimum stay, but it is possible to stay for a **custom amount of days**, whether that's 10 days, 14 days, or 20 - it's up to you.

However, the longer you stay, the more discounted the price is.

Our prices are in the **euro currency.*

Standard Cabin

1 WEEK <i>(7 nights)</i>	1,290 €
2 WEEKS <i>(14 nights)</i>	2,390 € <i>5% discount</i>
3 WEEKS <i>(21 nights)</i>	3,390 € <i>10% discount</i>
4 WEEKS <i>(28 nights)</i>	4,290 € <i>15% discount</i>

Luxe Cabin

1 PERSON

*1 king size bed
with ensuite*

1 WEEK <i>(7 nights)</i>	2,590 €
2 WEEKS <i>(14 nights)</i>	4,990 € <i>5% discount</i>
3 WEEKS <i>(21 nights)</i>	6,990 € <i>10% discount</i>
4 WEEKS <i>(28 nights)</i>	8,790 € <i>15% discount</i>

2 PEOPLE

(price is per person)

*1 king size bed on lower floor
1 sofa bed on upper floor*

1 WEEK <i>(7 nights)</i>	1,990 €
2 WEEKS <i>(14 nights)</i>	3,790 € <i>5% discount</i>
3 WEEKS <i>(21 nights)</i>	5,390 € <i>10% discount</i>
4 WEEKS <i>(28 nights)</i>	6,790 € <i>15% discount</i>

TESTIMONIALS OF PAST PARTICIPANTS

If you prefer video format - you can head to our Instagram Story highlights to see what this experience was like for many of our previous guests. [Click here](#) to watch.



FERNANDEZ

@fernandez_whybelt

Within the first couple of hours of arriving I had so many different conversations around **business**, around my **training practice**, around other people's training practices that completely **blew my mind**.

I'm not even just saying that - they were paradigm shifting conversations around what I could next do in my life and business.

I've never been in a spot like this where you just land and **everyone is on the same page**, everyone speaks the same language, and you just drop in straight away because you have so many things in common and we all understand that we're working towards the same thing.

Everyone is on a similar path and is here for the same reason.

All the guys are here to focus and to take their careers and their lives to the next level.

They have missions, purpose and they're living in alignment with their values.

That culture is something that's very rare to find.

TESTIMONIALS OF PAST PARTICIPANTS

PATRICK

@thepatrickbell



After writing **3 books** in the past three weeks here in Bali, AND creating a **7 Day Fat Loss mini course**, AND adding 88lbs to my Back Squat max AND learning to **juggle** AND rebuilding my **website** AND helping my friends to build their **courses** AND a lot more...

I've realized the time restraints we place on ourselves only exist in the mind. Everything I did here I've had time to do back home but it was simply a mental wall that kept them from happening.

I've been going to bed at 9 o'clock and working till maybe 5 or 6 each day. Sometimes I've called work off earlier than that. I dink around and drink coffee for 1-2 hours in the mornings talking to the guys and socializing before I do any writing.

I take a **3-4 hour break** in the middle of the day to hang out, exercise, and think.

You can do so much more in 8 hours of work everyday than you believe. You don't need to work from 6AM-9PM to "tap into productivity".

Quit fooling yourself and denying the superpower for productivity that you carry inside of you. In **4 hours of focused work** you can get more done than **12 hours** of guilt led work because "you have to hustle"

Tap into the Spirit and start working towards your purpose. You don't need a vacation halfway across the world to realize this simple truth.

...but on the flip side **the Bali Time Chamber is frickin awesome** and drinking 3 cappuccinos a day, 2 pounds of steak a day, and as much fresh squeezed watermelon and orange juice as I want is a pretty amazing place to create from 😂

TESTIMONIALS OF PAST PARTICIPANTS



ZAK

@zakwoodwardatp

This place has been unlike anything I have experienced before...
But, looking back, it was also somewhat different than what I expected.

I guess I was expecting more of a Rah-Rah, pre-season football, get hyped up and go smash your goals like your favorite rocky cut scene.

In reality though, it's much calmer here. More of a monastery than a traditional gym.

And yet... I **added 3 kg of muscle**, trained next to **two legitimate world champions**, had my **best business month ever**, spent more time on reflection, self-study, and internal work than ever before, and **gained new insight** into the goals and vision I have for the future.

All while spending more time in nature and exploring some of the most beautiful landscapes and scenery I have ever scene.

It feels strange really.

To have all this come from a place of **calm**, of quiet focus, and truly of **peace** and **happiness** rather than the bitter, determined, 'grind' most people typically associate with success and accomplishment.

It's been a big perspective shift for me. That it's ok to pause, breathe.

And that actually, it's from this state that my greatest insights, focus, and productivity come from. Don't make it harder than it has to be.

Very grateful to @themotionguy_ and the BTC staff for building such an incredible environment.

HOW TO BOOK

To apply to participate please fill in the following form: <https://form.typeform.com/to/UvnBxH3A>

If you are coming with a friend or multiple people, each person has to **individually apply** and book their spot. Please note that we don't accept more than 4 people at a time as otherwise it can affect the dynamic of the other participants.

Once you have submitted your application and have been accepted to the experience, you will receive a link to book your spot.

Keep in mind that we are usually fully booked **1 month in advance**, so make sure to plan your trip with us with enough time to ensure there is availability.



If you have any further questions don't hesitate to reach out via e-mail:
contact@balitimechamber.com

