

JOALI

3 - 27 APRIL 2025

*finding beauty
in hidden places*

WHERE WONDERS SOAR

EMBRACE THE EASTER SPIRIT
AT JOALI MALDIVES



DISCOVER MARTIAL ARTS WITH
MASTER SIFU

“Beyond physical fitness, martial arts are a way of life.”

A gold medallist with black belts in three different martial arts, Master Sifu is passionate about helping people learn self-defence skills, sharpen mental focus and find their inner strength.

His training has benefited police officers, athletes, actors and corporate executives around the world. His own journey began with an austere yogic immersion in the Himalayas, followed by intense training under the Muay Boran Masters of Thailand and the Shaolin Warrior Monks and Taoist Masters of China.

Besides being a martial arts expert, Master Sifu is also a certified yoga teacher and Reiki healer.

JOALI

KUNG FU

This class combines Wing Shun (Bruce Lee's fundamental style) and Shaolin Chin-Na (joint locking techniques). Along with mastering useful self-defence techniques, you will also develop mental focus and self-discipline to keep emotions such as anger and frustration under control.

60 mins | USD 300

MARTIAL ARTS RETREAT (KIDS)

A great opportunity for our youngest guests to build fitness, focus, discipline and self-confidence while learning the art of self-defence. This retreat includes Kung Fu movements; kicks, strikes and deflections; Shaolin stretches and balance training; and Qi Gong breathing techniques.

45 mins x 3 days | USD 500
45 minutes x 5 days | USD 700

KICKBOXING

This high-energy practice blends martial arts with fast-paced cardio to deliver a challenging full body workout.

45 mins | USD 250

ACTION RETREAT (TEENS)

Guided by Master Sifu, our teenage guests can build fitness, focus, discipline and self-confidence while practicing self-defence skills. Learn techniques from different types of martial arts, including Shaolin Kung Fu, Wing Chun, Hapkido, Muay Boran and Muay Thai.

45 mins x 3 days | USD 500
45 minutes x 5 days | USD 700

WORLD OF MARTIAL ARTS (ADULTS)

Martial arts offer a path to developing self-discipline and finding courage and strength within yourself. Embark on a journey that prepares you to face the many challenges of life. At this comprehensive retreat, Master Sifu will train you in techniques from Chinese, Korean, Thai and Indian martial arts.

45 mins x 3 days | USD 700
45 minutes x 5 days | USD 1,000



SHAOLIN QIGONG SET 2 – ADVANCED

Discover Serenity in 18 Hands of Buddha Qigong. Crafted by Bodhidharma (Da Mo) 1500 years ago, this ancient exercise form promotes holistic well-being. The internal exercises offer health maintenance, muscle flexibility, strength, and mental calmness. Beyond physical benefits, it calms the nervous system and aids in treating issues like insomnia and hypertension.

90 mins | USD 350

PRIVATE MARTIAL ARTS SESSION

Join Master Sifu for a one-on-one introduction to martial arts. Immerse in the warrior lifestyle as you work on enhancing discipline, finding courage and reinforcing the great strength within yourself. Become ready to handle life's unexpected challenges.

Adult: 60 mins | USD 300
Child/Teen: 45 mins | USD 200

WOMEN'S SELF DEFENCE

Designed especially for JOALI's women guests, this session equips you to handle unexpected situations of violence. Ignite the warrior instinct within as you sharpen awareness and alertness, learn striking techniques, and practice effective body language.

45 mins x 3 days | USD 700
45 minutes x 5 days | USD 1,000

MARTIAL HARMONY AT JOALI

Immerse yourself in the tranquillity of Tai Chi Chuan, a non-competitive, gentle, and graceful form of internal martial art. This unique experience blends meditation in motion, offering a serene pathway to harness vital energies and attain both physical and mental equilibrium. Join us in this retreat, where we embrace the essence of Tai Chi, cultivating fitness, focus, discipline, and self-confidence through its artful movements and serene stretches.

45 mins | USD 200

SHAOLIN QIGONG SET 1 – BASIC

Nourish Your Mind and Body with Ba Duan Jin Qigong. As the foundational form in Shaolin Qigong, Ba Duan Jin harmonizes movement with deep, deliberate breathing. This synchronization induces relaxation in the muscles and serenity in the mind. Through this practice, the brain finds respite, paving the way for increased oxygen and nutrients to reach each individual cell, fostering overall well-being.

45 mins | USD 200



Please contact your Jadugar to book a session with Master Sifu.
All prices subject to 10 percent Service Charge and 16 percent Government Tax.