

JOALI BEING



WORLD MENTAL HEALTH DAY

10 October 2025

“The joy of a calm, clear mind”

Any pursuit of wellbeing falls short without mental health.
Discover curated experiences to nurture and support the Mind, one of our
Four Pillars of wellbeing.

VIBRANT UNDERWATER LIFE SNORKELING

Immerse yourself in the healing rhythm of a healthy reef. Float weightlessly as you breathe slowly, watching corals and schools of fish moving in harmony. Let the reef remind you of nature's resilience and reconnect with your own inner calm.

10:00 am to 12:00 pm

Marine Centre

USD 145 per person

PARASAILING: PEACE IN THE SKY

Rise gently into the air and experience a new perspective: weightless, quiet, and free. The turquoise Indian Ocean waters stretch endlessly beneath you, the horizon reminding you of limitless possibility.

11:00 am to 11:30 am, 2:30 pm to 3:00 pm

Marine Centre

USD 250 per person

ON THE MAT, IN THE MIND: YOGA WORKSHOP

Tap into the healing synergy of breath, movement and stillness. Research-based evidence shows that yoga enhances mental health by easing stress, restoring focus and creating inner serenity. Emerge feeling light and calm.

11:00 am to 11:45 am

LOTUS

Complimentary

MOOD ON A PLATE: CULINARY WORKSHOP

Join our chefs for an enriching workshop that highlights ingredients known to support mental wellbeing. Nourish your Mind Pillar with serotonin-boosting foods – where each mindful morsel renews balance and joy.

11:00 am to 12:00 pm

Culinary Learning Centre

Complimentary

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For information or reservations, please contact your Jadugar.

Please note that all prices are in US\$ and subject to 10% service charge and applicable taxes.