

A lot like A HOLIDAY

♦ Festive Season 25-26 ♦



JOALI BEING



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It's beginning to look a lot like a holiday,
With every wave and breeze...

Step onto the sand — and into the spirit of the season.
Embracing the heart of the holidays, JOALI BEING unveils a joyful and mindful celebration. Our island's dreamlike beauty setting the scene for a transcendent escape — one that goes beyond ordinary festivities.

Seasonal Highlights

Come together with loved ones to reconnect with timeless traditions, while discovering imaginative new ways to celebrate. Create memories around the Holiday Tree, unwrap magical moments on Christmas, and meet your renewed self as the New Year peeks over the horizon.

Visiting Experts

As part of the festivities, several Visiting Experts will host exclusive experiences for our guests.

Discover breathwork and biodecoding with renowned healer Carlos Aparicio. Revitalise radiance with facial rejuvenation from Dr Igor Roganin. Let the healing hands of Javier De Prado awaken a transformation.

Out on the field, football icon Dimitar Berbatov helps players elevate their game with professional guidance.

Everything is Possible

Each day at JOALI BEING glows with possibility. Nostalgia makes friends with innovation. Generations gather in joy and gratitude. Wonder walks alongside wellbeing.

Happy holidays!

JOALI BEING





Carlos Aparicio

Energy Medicine & Biodecoding

Let Carlos Aparicio guide you into a state of deep healing. Energy medicine restores balance to the body and activates self-healing, while biodecoding reveals the link between emotional conflicts and physical symptoms, helping to address the root causes of illness.

Power of Breathwork

Learn conscious breathing techniques with Carlos Aparicio. A powerful practice for self-discovery and healing, breathwork helps reduce stress, regulate emotions and support mental clarity. It also allows you to access the subconscious and enhance mindfulness.

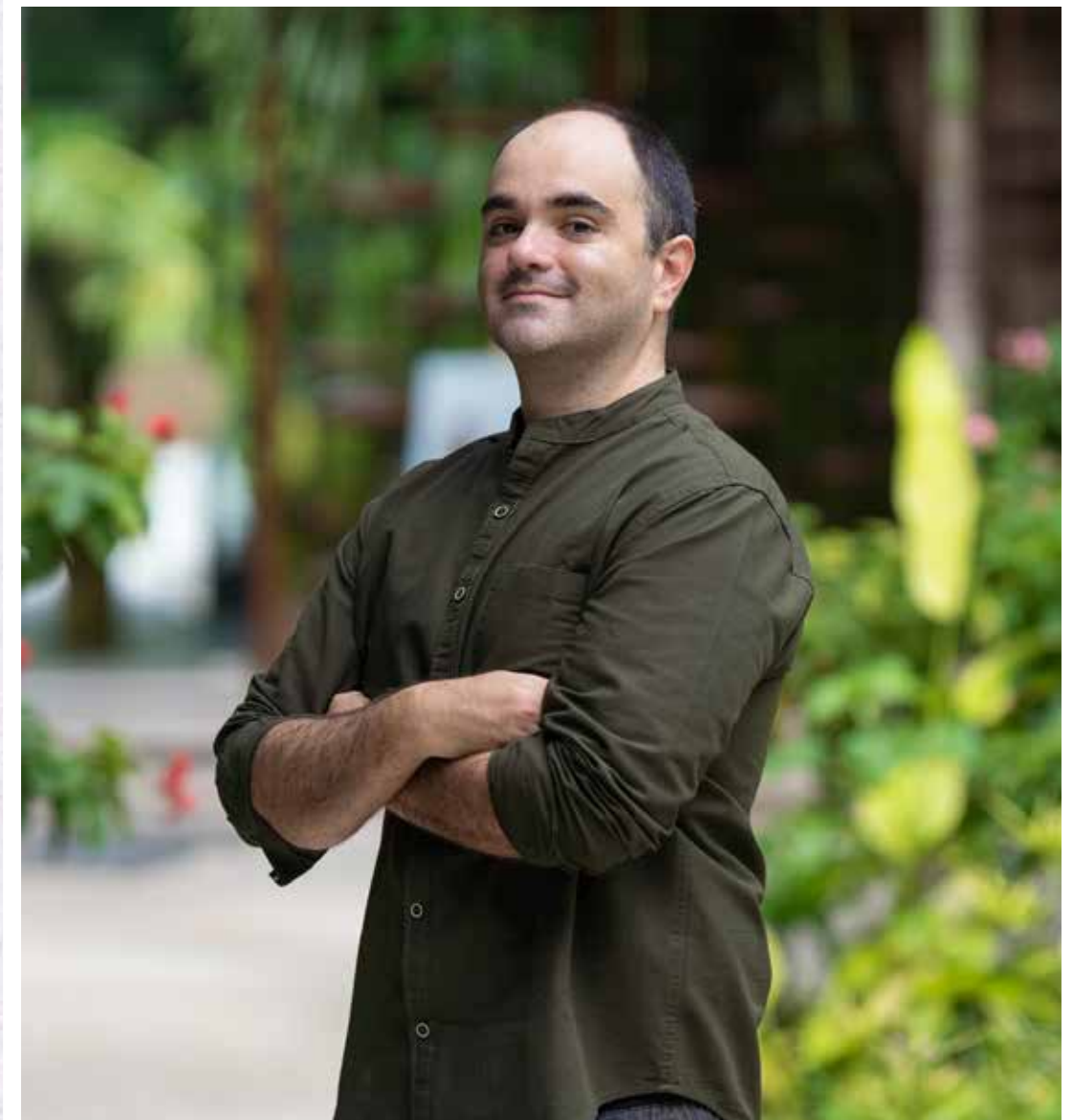
The Quantum Journey

Discover the power of marrying clear intentions with elevated emotions. At this Wellbeing Conversation, Carlos Aparicio introduces Biocuánticam an original technique that shifts perceptions and nurtures Brain-Heart coherence.

Javier de Prado

Breath of Life

Meet Javier de Prado to explore the profound connection between breath and emotions. Learn to reset your nervous system and reconnect with your inner vitality through movement and a short yet powerful guided meditation.



Dimitar Berbatov

Football Workshop

Take your skills to the next level with football icon Dimitar Berbatov. Known for his technical mastery and calm presence on the pitch, this former striker for Manchester United is a two-time Premier League Champion and has served as captain of the Bulgarian national team.



Dr Igor Roganin

Awaken Balance and Longevity

Restore your inner balance with Dr Igor Roganin, a pioneer in holistic medicine. Merging Traditional Chinese Medicine with modern diagnostics, his tailored therapies support graceful ageing, energy flow, and long-term wellbeing.



The Magic Begins:

Holiday Tree Lighting

A glowing ceremony lights up the heart of our island. The air hums with excitement as our “weightless” Holiday Tree twinkles to life, signalling the start of the festivities.

A Very Merry Morning:

Christmas Breakfast

Wake up in paradise and welcome Christmas Day with a laidback breakfast. Infused with island warmth and festive cheer, today’s special spread promises a jolly good time.

Under the Palms:

Christmas Picnic

Parties are great — but have you ever had a Christmas picnic? Dreamy ocean views frame this scrumptious spread, served under open skies. Our curated hamper elicits “oohs” and “aahs” of delight.

Holiday O’Clock:

Greeting Hour

Sip, sparkle and celebrate! Raise a toast to the spirit of the season at this elegant evening of festive drinks, gourmet bites and joyful company. Can you feel the holiday magic?

Around the Table:

Christmas Eve Dinner

Gather with your favourite people in the world for an unforgettable feast. Bask in the glow of love and togetherness as you share timeless holiday dishes and JOALI BEING classics.



Heart of the Holidays:

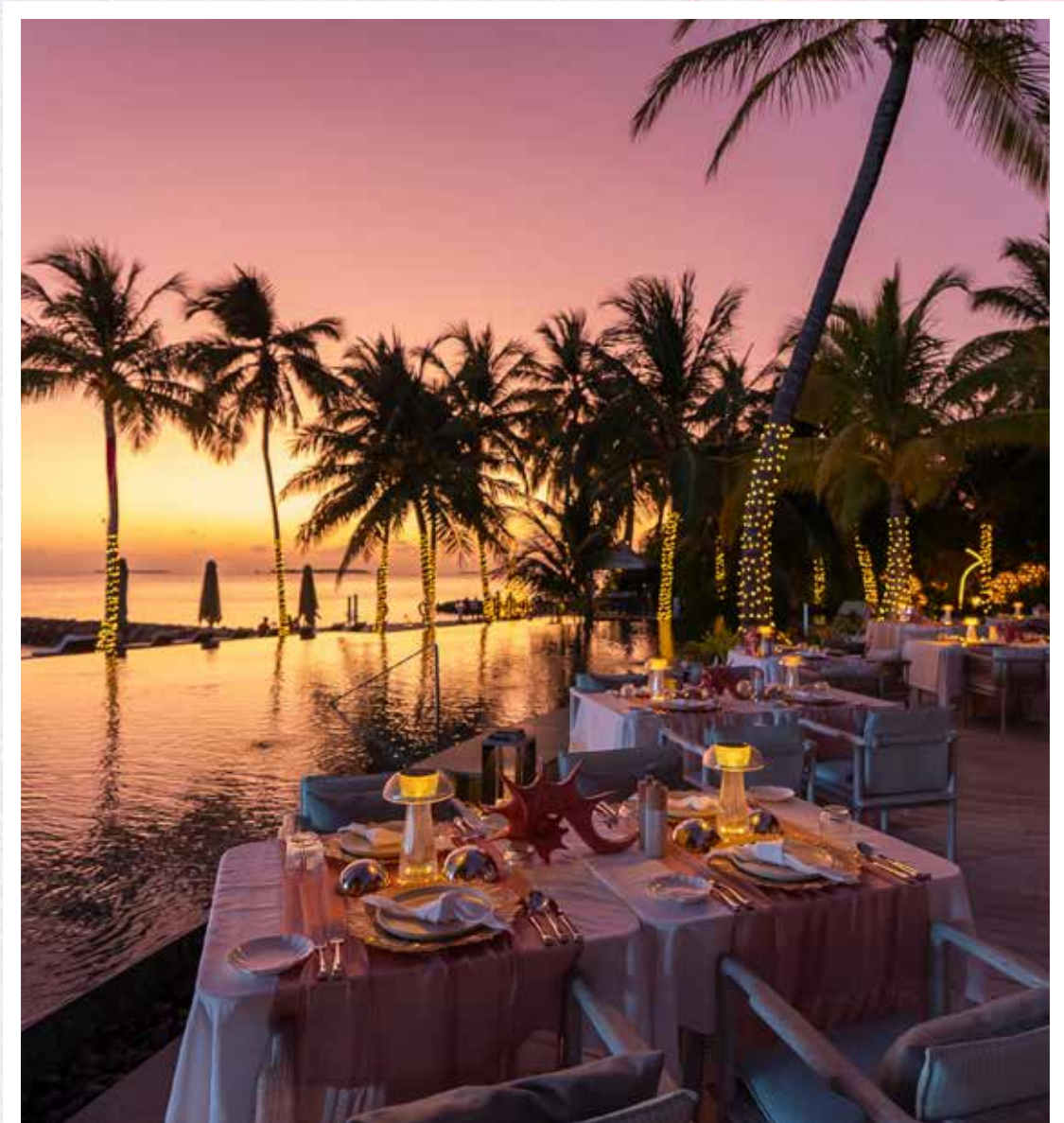
New Year's Eve Celebration

Welcome to a transcendent celebration, curated to bring a sparkle to your soul and senses. Ring in 2026 with live music, extraordinary flavours and an abundance of holiday spirit. As the clock strikes midnight, raise your glass to JOY — the heartbeat of our festivities.

The Countdown Begins:

Greeting Hour

Begin New Year's Eve in style with a sparkling social hour that sets the stage for an unforgettable night. Get to know your fellow JOALI guests over signature cocktails and canapés.



Festive Feastings:

Orthodox Christmas Eve Dinner

Celebrate tradition, togetherness and timeless flavours. Gather with loved ones for a night rich in meaning, where we honour the spirit of Orthodox Christmas with seasonal favourites and regional specialities.

Chef's Table:

An Adventure in Southeast Asia

Celebrating the vibrant tastes and traditions of Southeast Asia. Join us on a flavourful exploration of bustling night markets, street food festivals and coastal kitchens.

Culinary Masterclass:

Sourdough Pizza

Make authentic sourdough pizza from scratch. Our expert chef takes you through the basics of fermenting, mixing and shaping the perfect base, finished with your favourite toppings.



Rhythm at the Gate:

High-Impact Fitness

Move, sweat and find your flow — at the edge of the world. Welcome to an electrifying fitness experience at the Gate of Zero, our symbolic starting point for transformation. Set against the vast ocean, this high-impact session moves to the hypnotic beats of a live DJ.

Moving Meditation:

Qi Gong

What begins as exercise becomes a shared experience of tranquillity. This ancient Chinese practice guides you into profound calm with slow-flowing movements and deep rhythmic breathing.





Island Awakening:

Morning Run

Start your day by connecting with the natural rhythm of the Maldives. Soft breezes, sunrise skies and mindful strides come together at this guided run, with scenic pauses along the way.

Cosy Creatives:

Gingerbread House Decoration

An invitation to slow down and share the simple pleasure of holiday traditions. Come together to decorate our Gingerbread House, an activity rooted in joy, presence and connection.

Secret Realms:

Semi Submarine

Explore the underwater world without getting wet! Descend into the sea for up-close views of the rich marine life around our island. Experience the feeling of being in a submarine — a treat for all ages.

Earth's Elixir:

Cacao Ceremony

Cacao ceremonies are one of the oldest holistic healing practices in the world. At this transcendent session, we call on the potent properties of cacao to guide you through a heart-opening meditation.



Voyage to Wonder:

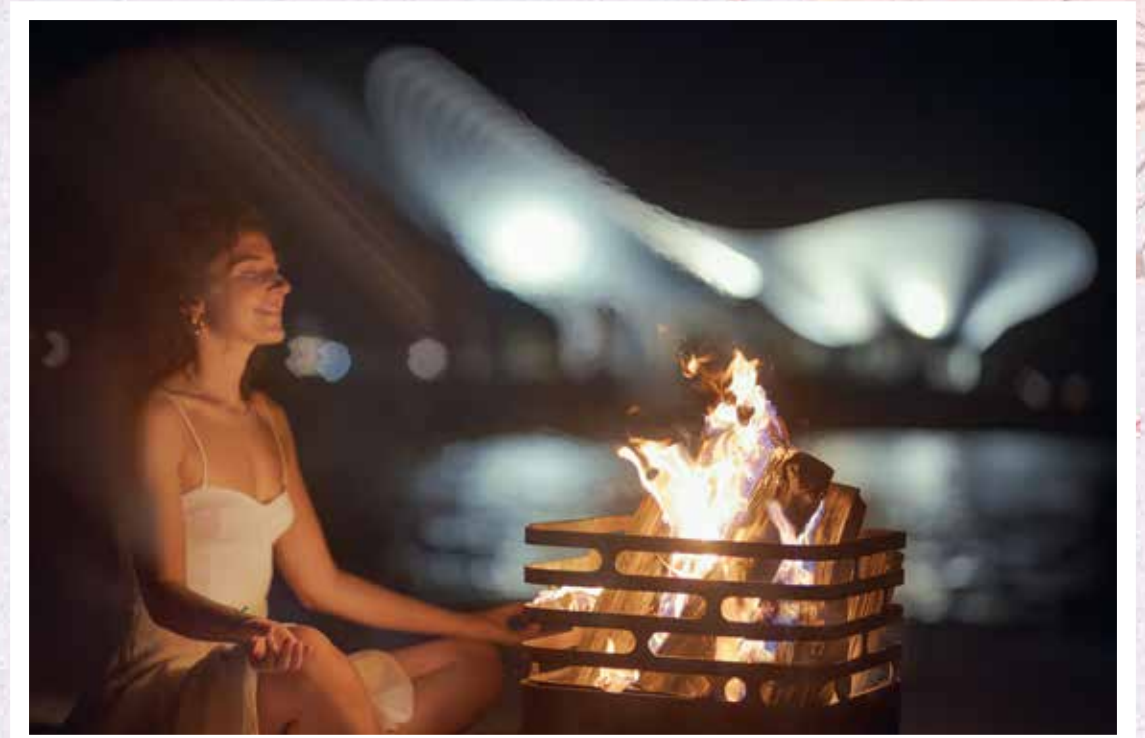
Dolphin Cruise

Come sunset, we set off in search of dolphins. Playful, friendly and intelligent, these creatures are a delight to see as they swim alongside the boat — a brush with pure wonder for guests of all ages.

Skewered, Sliced & Riced:

Boxing Day Japanese Dinner

Our skilful chefs bring the artistry of Japan to your table. Savour the refined simplicity of sushi, sashimi and yakitori, crafted with the freshest ingredients and time-honoured techniques.



Lunar Renewal:

Full Moon Yoga

Breathe, move and realign around a bonfire, under the glow of the full moon. Guided by cosmic energies and gentle yoga elements, this grounding session invites deep reflection and emotional release.

Fire and Tide:

Beach Grill Pop-up

Available for one night only, our pop-up beach grill promises a sizzling feast. Bring your appetite for top-notch meats and seafood, prepared live over charcoal flames and served a la carte.





Santa's Ceramics:

Clay Modelling

Shape the holiday spirit with your own hands. At this guided pottery workshop, you'll have the chance to create your own holiday-themed pieces using colourful, easy-to-mould clay.

Chef's Table:

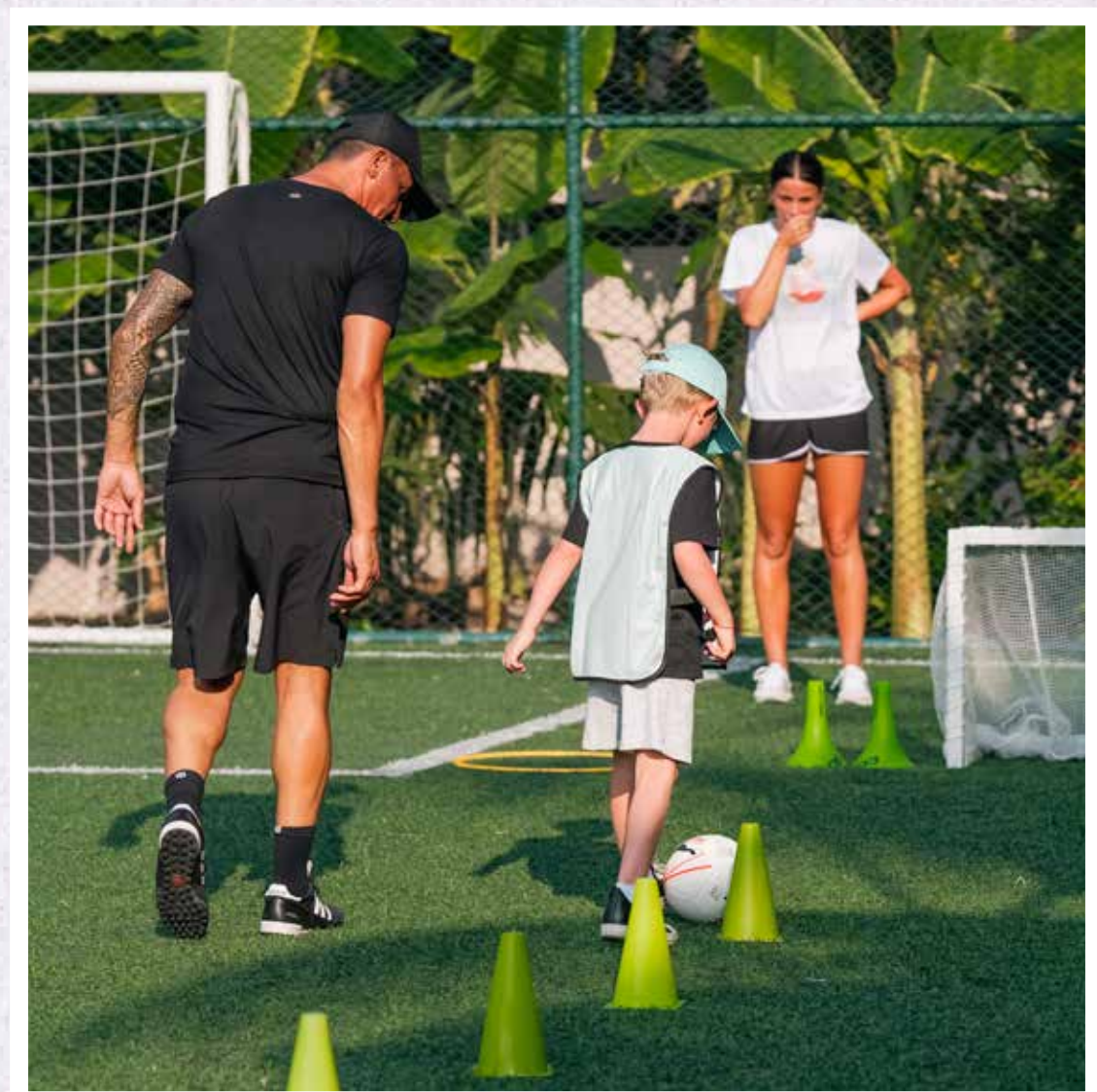
For the Love of Levant

Fall in love with the bold, vibrant flavours of the Levant. Journey through the region's rich culinary history, brought to life with fresh ingredients, aromatic spices and warm hospitality.

Football at JOALI BEING:

Football Match

Bring your energy to the field for a friendly football competition. Focused on fun, movement and team spirit, this casual match is open to all skill levels. Just show up, kick off and enjoy the game!



Culinary Masterclass:

Pasta

Step into a culinary story passed down through generations. Put on your apron, roll up your sleeves and learn how to transform dough into traditional pastas like tagliatelle, ravioli and pici.

Ocean's Bounty:

Seafood Dinner

The ocean's finest offerings take centre stage. Embrace holiday indulgence with oysters, caviar, lobster and more, paired with perfectly chilled champagne. A tribute to sea, craft and celebration.



Culinary Masterclass:

Sushi

Discover the art of sushi-making, from preparing rice the right way to mastering the perfect roll. Learn a variety of sushi styles, with our chefs offering expert tips on knife skills, flavour balance and presentation.



Sunset Social:

Greeting Hour

Raise a glass. Share a moment. Find a kindred spirit. As the sun sets and the music rises, join the JOALI BEING community for signature cocktails, fine spirits and seasonal canapés.

Culinary Masterclass:

Chocolate

Inviting chocolate lovers to go behind the scenes of their favourite indulgence. From tempering chocolate to handcrafting bonbons, make your own delicious confections guided by our expert chocolatier.

Chef's Table:

Italian Rendezvous

Meet us for a sojourn through Italy, from sun-kissed Sicilian coasts to rolling Tuscan hills. This intimate encounter shines with the key ingredients of Italian cuisine — freshness, beauty and passion.



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B'KIDULT

A playground for explorers of all ages

A warm welcome to our young guests and their families!
Are you ready to join the holiday fun?

Set off on island adventures, spark your creativity, and try out different forms of fitness. Each day brings exciting activities at our multi-generational playground.

Share the festive magic with your family and JOALI friends. Connect over joyful traditions and discover new ways to celebrate with our calendar of inspiring experiences for all ages.

Focused on early-stage learning and wellbeing, playtime at B'Kidult offers so many benefits for kids and teens. In this safe and nurturing space, young guests can connect with nature, grow in confidence, and learn vital health and fitness skills to last a lifetime.

Step into a celebration of well-living
and wonder — as a family.

B'KIDULT

JOALI BEING



I Like to Move it:

Kids Pilates

Head to the mat for a fun-filled Pilates workout. Improve posture, flexibility, balance and core strength through a series of playful, guided exercises.

The Wild Things:

Jungle Obstacle Course

Let physical challenges spark your imagination. Climb, crawl, jump and swing your way through a jungle-themed course filled with creative obstacles.

Mindful Kitchen:

Healthy Ice Cream

Calling little chefs! Let's make healthy ice cream from scratch, using fresh, natural ingredients like bananas, berries, yoghurt — and a dash of creativity.

The Laughing Boocha:

Mixology Class

Mix, muddle and shake your way to tasty, healthy drinks. Experiment with garnishes and presentation to make each drink look as amazing as it tastes.



Marine Marvels:

Sandcastle Making

Craft your own seaside masterpiece. Use natural treasures like sand, seashells and driftwood to make a unique sandcastle, inspired by the ocean.

One-Two Punch:

Mini Boxers Bootcamp

A fun, non-contact introduction to the basics of boxing. Build strength, coordination and confidence through drills, light punches with pads, and agility games.



Jingle Bells:

Christmas Movie Night

A heartwarming movie night, promising smiles and holiday cheer for all ages. Come with family or join your JOALI friends for this very special screening.

Island Christmas:

Origami Ornaments

Celebrate the holidays with a Maldivian twist. Use natural palm leaves and simple folding techniques to make beautiful, nature-inspired ornaments.





Fun with Flour:

Homemade Pizza

Welcome to our pizza lab — you're the chef today! Roll out the dough and choose your favourite toppings. Are you ready to invent your signature pizza?

Teens of JOALI:

Beach Bootcamp

Sweat, strengthen, energise! This epic full-body workout combines cardio, strength training, and functional movement — with all exercises selected specially for teens.

Wrap & Roll:

Sushi Making

A hands-on sushi experience, guided by our chefs. Learn the secrets to rolling the perfect sushi — from preparing the rice to selecting your favourite fillings.

Fun in the Sun:

Beach Game Race

Sunshine, sand and nonstop fun. Guests of all ages come together for exciting games, from beach ball relays to sandcastle contests. A day of sparkling moments and memories.

New Worlds:

Virtual Reality Discovery

Step into thrilling realms with our Virtual Reality Adventure, designed just for kids. Use children friendly headsets to dive into deep waters, explore outer space and discover magical lands.



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