



JOALI BEING

*an ocean  
odyssey*

*Festive 2024-2025*

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# *an ocean odyssey*

*Festive 2024-2025*

*Awaken wonder  
and vitality*

*This festive season, embrace the mystery and magic of underwater life.*

JOALI BEING unveils an enchanting holiday celebration, inspired by the world beneath the waves. Step into a wonderland where corals and turtles meet mermaids and starfish.

Our wellbeing island invites guests of all ages to explore joyful activities and sparkling festivities. Rebalance and renew your energy with extraordinary experiences, filled with the vibrancy of marine life in the Maldives.

As night casts her spell over the island, gather with loved ones for heartwarming feasts and expressive celebrations under a sky full of stars.

Come, revel in the Joy of Weightlessness with your favourite people in the world. Here's to an unforgettable celebration of wellbeing and wonder, nestled in one of the most spectacular places in the world.

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## CALENDAR OF JOY

### Ready, Set, Glow:

#### *Christmas Tree Lighting Ceremony*

A glowing ceremony lights up the heart of JOALI BEING. Connect with the energies of the island, as you watch our “weightless” Christmas Tree sparkle to life.



To explore all festive activities and for bookings, please contact: [reservations.being@joali.com](mailto:reservations.being@joali.com)

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## **Heart of the Ocean:**

### *Christmas Eve Dinner*

Share a family-style feast in a setting inspired by marine myths and marvels. Nourish your body with food and drink, and your spirit with stories, love and laughter.



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## **A Morning of Magic:**

### *Christmas Breakfast-Brunch*

Wake up to an extended Christmas breakfast, sure to please both early birds and late risers. Savour festive flavours with our holiday classics from around the globe.



## **Here for the Holidays:**

### *Santa's Visit*

Oh, that magical moment when Santa arrives, spreading joy and cheer! Watch the kids' faces light up as they receive special gifts from the jolly old man himself.



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## **The Sea Spectacular:**

### *New Year's Eve Celebration*

Embrace the magic of life underwater! Countdown to midnight with a mesmerising celebration by the waves. As the clock strikes midnight, raise a glass to love and joy, as infinite as the ocean.

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## **A New Wave:**

### *New Year's Breakfast-Brunch*

Begin 2025 on a delicious note. Catering to early birds and late risers alike, our extended New Year's Day breakfast sets the tone for a year of joy and togetherness.



## **Soulful Seas:**

### *Orthodox Christmas Eve Dinner*

Share a family-style Orthodox Christmas feast in a setting inspired by marine myths and marvels. Nourish your body with food and drink, and your spirit with stories, love and laughter.

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## EVENTS BY WELLBEING EXPERTS



### **Javier de Prado Lizano**

15 November 2024 – 15 February 2025

#### **Wellbeing Workshop: Human Beings and Electromagnetic Fields**

Learn more about your body's incredible ability to generate and conduct vibrations. Healer Javier de Prado guides you through this fascinating electromagnetic network via movement, dance and dialogue, opening the pathway to a more expansive Self.



### **The Quantum Journey**

15 December 2024 – 15 January 2025

Discover with Carlos Aparicio the power of marrying clear intentions with elevated emotions through Biocuántica, an original technique that shifts perceptions and fosters Brain-Heart coherence, enabling you to heal yourself and manifest your life.



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## **Andrea Stuto**

5 December 2024 – 5 January 2025

### **Wellbeing Conversation: Strength for Everyday Life**

Delve into the vital role of strength in your day-to-day life. Building physical and mental strength can boost energy levels, improve quality of life and enhance overall wellbeing. This empowering session is led by Andrea Stuto, a Technogym Master Trainer.

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**B'KIDULT**

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## B'KIDULT: FOR EXPLORERS OF ALL AGES



*(10 years and above)*

### **Secrets of the Sea:** *Discover Scuba*

Get ready to discover the vast and wonderful ocean. Start your marine adventures with a dive in calm waters, ideal for beginners of all ages. Leave gravity behind and embrace the world beneath the waves.

*(6-12 years)*

### **Hello, Montessori:** *Brain Gym*

Stimulate your mind with puzzles, memory games and problem-solving tasks. This exciting session fosters skills like focus, creativity and critical thinking in young travellers.

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**B'KIDULTY**

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*(4-12 years)*

### **Under the Sun:** *Beach Picnic & Games*

Enjoy the sun, sea and sand with a delightful picnic on the beach. We've got lots of thrilling games and activities planned for you and your friends.

*(4-12 years)*

### **Stars, Screen, Action:** *Movie Night*

Movie night under the stars! Watch a holiday-themed film and share tasty snacks with your JOALI BEING friends. Parents are welcome to enjoy their own adventure.



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**B'KIDULTY**

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*(4-12 years)*

## **Frolic & Flow:** *Qi Gong*

Join us for Qi Gong, a gentle martial arts workout. Kids can learn more about themselves, boost self-confidence and find simple ways to ground their energy.

*(4-12 years)*

## **Splash it Up:** *Giant Pong Challenge*

Have a splashing good time! Team up with new friends and take your best shot as you aim balls into giant, water-filled buckets.



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**B'KIDULTY**

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*(6-12 years)*

## **On The Mat:** *Yoga Session*

A special yoga routine for kids and pre-teens. Inspired by the movements of animals, this engaging class fosters concentration, discipline and healthy habits.



*(6-12 years)*

## **The Wild Things:** *Animal Flow*

Connect with your wild side. Mimic animals through movement and exercise at this exhilarating session, filled with imaginative fun.

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## CULINARY ARTS



### Lagoon of Longevity:

#### *Blue Zones Dinner*

Embark on a nourishing voyage through the “blue zones”, homes to the world’s longest-living communities. It is no surprise that all the original blue zones are close to the ocean, from Okinawa island in Japan to Nicoya peninsula in Costa Rica... Join us for an incredible five-course feast that celebrates the longevity principles of these remarkable regions.

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## **Serene Dreams:**

### *Sleep-Scape Dinner*

Pave the way to restful sleep with our sleep-supportive dinner. Carefully chosen ingredients promote good sleep, with a focus on melatonin to help you fall asleep faster.



## **Island Reflection:**

### *Sunset Gathering Ceremony*

As the sun bids farewell, join our favourite daily ceremony. This unique JOALI BEING ritual offers an opportunity to pause and reflect in togetherness at the end of each day.



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## JOY OF WEIGHTLESSNESS

### Sea of Tranquillity: *Pranayama Meditation*

Awaken inner peace through breathwork and meditation. The rhythm of inhalation and exhalation weaves a tranquil tapestry, with every breath a thread of life, connecting body, mind and spirit.



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## **Soul Vibration:**

### *Guided Sound Exploration*

Become a sound explorer as you walk along the lush trails of our open-air Discovery Sound Path. Interact with nine innovative instruments in the wild, each a unique source of sound and musical expression.



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## **Art of Eight Limbs:** *Muay Thai Training*

Unleash your potential with a high-intensity martial arts session. Whether you're looking to challenge yourself, release stress or simply have fun, Muay Thai offers abundant inspiration.



## **Journey to Elsewhere:** *Aufguss Sauna Ritual*

Embark on a hypnotising, multi-sensory sojourn. Immerse in a symphony of heat and vapour, essential oils, fanning and music — all brought together by the flair of our Aufguss Master.

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## **Earth's Elixir:**

### *Cacao Ceremony*

Indigenous cultures have practised cacao ceremonies for millennia. At this transcendent session, we use the healing properties of cacao to guide you through a heart-opening meditation.



## **Embers of Release:**

### *Bonfire Meditation*

Let the power of fire elevate your mind and heart as you cast negative thoughts into the bonfire. Enjoy profound spiritual and mental benefits as energy is transmuted from negative to positive.

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## JOYFUL EXPERIENCES

### **Maldivian Marvels:**

#### *House Reef Snorkelling*

Explore the secrets of the sea with our resident Marine Biologist. Hidden just below the waves, our house reef is a vibrant realm teeming with life.

### **Dry-Dive to Discovery:**

#### *Semi Submarine Trip*

Go on an underwater odyssey without getting wet! Observe different types of corals and fish from the dry comfort of our Semi Submarine



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## **Early Riser:**

*Yoga & Meditative Art*

Greet the day with an energy-awakening yoga routine, followed by a mindful art session. Engage your imagination and express yourself on canvas.



## **Marine Mysteries:**

*Snorkelling & Sandbank Safari*

Float through a fascinating realm of corals and sea-creatures. Between snorkelling dips, we will explore the dreamlike sandbanks of Raa Atoll.

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## **Ready, Set, Joy:** *Padel Tennis Tournament*

Find your partner for this action-packed mixed doubles tournament. Winners take home trophies and gift vouchers. Open to guests ages 14 and above.



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