



WORLD SLEEP DAY

14 March 2025

Despite its vital importance, sleep often gets overlooked due to our hectic modern routines. Rediscover the joy and benefits of a good night's rest with our sleep-supportive experiences.

JOALI BEING

**Tune In & Realign:
Circadian Rhythm Workshop**

Learn about your circadian rhythm, the invisible guide of sleep and wakefulness. Explore simple, practical ways to honour your body's natural in-built clock – the secret to high-quality sleep.

11:00 am to 11:45 am
Complimentary
KAASHI

**Move Towards Sleep:
Yoga Nidra**

Prepare your mind and body for a peaceful night. This meditative Yoga Nidra session leads you into a state of profound relaxation, where you can slow down, unwind and reconnect with inner calm.

4:00 pm to 5:00 pm
Complimentary
LOTUS

**Flavours of Rest:
A Sleep-Friendly Dinner**

Join us for a special five-course dinner, filled with foods that naturally enhance melatonin – the hormone that induces sleep. Eat your way to a night of deep, uninterrupted rest.

6:30 pm to 9:30 pm
USD 265 per person (food only)
USD 125 per person (add tea & wine pairing)
MOJO

*For reservations, please contact your Jadugar.
All prices subject to 10 percent Service Charge and 16 percent Government Tax.*

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