

*Mental Health Awareness Month
May 2025*



Discover Scuba Diving GUIDED SESSION

We invite you to cultivate joy, boost cognitive health, and foster a profound sense of inner peace.
Find all the space and tranquillity you need to nourish mental wellbeing and emotional balance both individually and as a family.

During Mental Health Awareness Month, we shine a spotlight on the Mind, one of the Four Pillars of JOALI BEING. The Mind shapes how we handle stress and relate to others, making it the core Pillar for self-expression and harmony.
Explore special experience to strengthen and support the Mind Pillar.

Scuba diving is a form of active meditation. As you submerge in the water and practise controlled breathing, a new sense of focus and calm emerges. Take your first breath underwater in the serene lagoon around our island, teeming with vibrant marine life.

May 1 | 2:30 pm to 4:30 pm | Marine Centre | USD 300 per person



JOALI BEING



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



JOALI BEING

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Key to Mental Health

AWARENESS WORKSHOP

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Discover the transformative power of awareness
the key to regulating our emotions and experiencing life in a more enriching way.
Learn to enhance your own awareness through day-to-day practices.

May 14 | 11:00 am to 11:45 am | LOTUS | Complimentary



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Atoll Adventure

JET SKI SAFARI

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Let the natural wonder of the Maldives reignite vitality and joy.
Embark on a thrilling journey across the waves, stopping at handpicked snorkelling spots and unwind on secluded sandbanks.

May 23 | 3:00 pm to 5:00 pm | Marine Centre | USD 790 per jet ski



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