



rhythm and flow

21 June 2025
International
Yoga Day & World Music Day

On this special day, we celebrate the joy of music and mindfulness.
Follow your heart to one of our curated experiences.

JOALI

New Dawn
108 SUN SALUTATIONS

Move with purpose in this energising group practice.

The number 108 holds profound meaning in yogic tradition, symbolising focus (1), freedom from preconceptions (0), and the flow of infinity (8).

Meet the challenge and you'll be rewarded with a deep sense of clarity, vitality and peace.

Whether marking a transition or embracing a milestone, this ritual offers a powerful opportunity to release the old and welcome the new.

Mura Deck | 7:00 am to 8:00 am | Complimentary

Breathe and Flow
GROUP YOGA SESSION

Join us for a transformative journey blending yoga flow, breathwork and meditation.

Held in an intimate setting with just six participants, this special session is designed to awaken the body, calm the breath and still the mind, guiding you into deeper balance and profound clarity.

A gentle yet powerful yoga flow opens the body while conscious breathwork helps to cleanse and energise. A grounding meditation leaves you centred and renewed.

Yoga Pavilion at JOALI BEING Cure | 3:00 pm | USD 65 per person

Echoes of Earth
CERAMIC SHAKERS & RATTLES

Shape sound with your hands at this grounding creative session.

Using age-old techniques like coiling, pinching and slab-building, you'll craft a unique, handheld instrument that carries both texture and tone. Work with natural materials like clay, sand and shells, each bringing its own voice and transforming your piece into a memory of place and moment.

Take home a creation that sings of earth, movement and your own two hands.

Art Studio | 4:00 pm | USD 130 per person

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Please note that all prices are in US\$ and subject to 10% service charge and applicable taxes.
For more information or reservations, please contact your Jadugar.