

BRAIN AWARENESS WEEK

10-16 March 2025



Nurture the awe-inspiring possibilities of your brain.

Through this special week, we offer activities to expand self-awareness, nurture mental health, and foster inner peace. Advanced science meets ancient wisdom to support the Mind Pillar.

JOALI BEING

**KEY TO LIFE:
AWARENESS WORKSHOP**

Explore the transformative power of awareness – a source of wisdom and the key to a more enriching life. Learn to enhance your own awareness through day-to-day practices.

13 March
5:00 pm to 6:00 pm
Complimentary
LOTUS

**RESONANT RECHARGE:
SOUND BATH MEDITATION**

Harmonise your mind with a special Sound Bath Meditation. Relax, reflect and rejuvenate as a soothing medley of sound and vibrations washes over you, unfolding a serene inner journey.

15 March
4:00 pm to 5:00 pm
USD 90 per person
LOTUS

**PATH TO WONDER:
WALKING SOUND
MEDITATION**

Meet us at the Discovery Sound Path for an unforgettable journey. Combining the power of sound, mindfulness and movement, this outdoor walk fosters mental clarity and wellbeing.

16 March
5:00 pm to 6:00 pm
Complimentary
Discovery Sound Path Vibrant

**MINDSCAPE:
FLUID ART WORKSHOP**

Create your own fluid art piece with shades selected from our colour psychology chart. Uncover the meanings behind each brushstroke while enjoying the mental health benefits of creativity.

Available 10-16 March for bookings
USD 80 per person
Art House

**MARINE RESET:
UNDERWATER SEABOB
ADVENTURE**

Refresh your perspective with a thrilling exploration under the waves. With the SEABOB, you can manoeuvre effortlessly through the water and travel further and faster than ever.

Available 10-16 March for bookings
2:00 pm (15 minutes)
USD 175 per person
Water Sports Centre

**BRAIN FOOD:
SPECIAL DINNER MENUS**

Nourish your Mind Pillar with a selection of signature dishes, available all week long. Curated by our chefs and nutritionists, these recipes enhance brain health and support productivity.

Available 10-16 March
6:30 pm to 9:30 pm
FLOW, MOJO, Yutori
A la carte menu

JOALI BEING

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