

JOALI BEING



BIOLOGICAL CLOCK DAY



28 APRIL 2025

Your body has its own circadian rhythm,
which influences wakefulness and sleep, moods and behaviours.
Realign your biological clock
with curated offerings from JOALI BEING.





BIOLOGICAL CLOCK DAY



28 APRIL 2025

Tick, Tock: Wellbeing Conversation

Learn how disturbances to your internal clock can negatively affect overall wellbeing. Uncover practical strategies to regulate your circadian rhythm, such as proper sleep hygiene, light exposure and routine setting.

11:00 am to 11:45 am
LOTUS
Complimentary

Savour to Reset: Circadian Rhythm Dinner

Meet us for a five-course dinner, carefully crafted by our culinary team to support and enhance your circadian rhythm. The unique menu features ingredients to improve your mood, body system and sleep.

6:30 pm to 9:30 pm
MOJO
USD 220 (food only),
USD 125 (add tea pairing)



JOALI BEING

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