

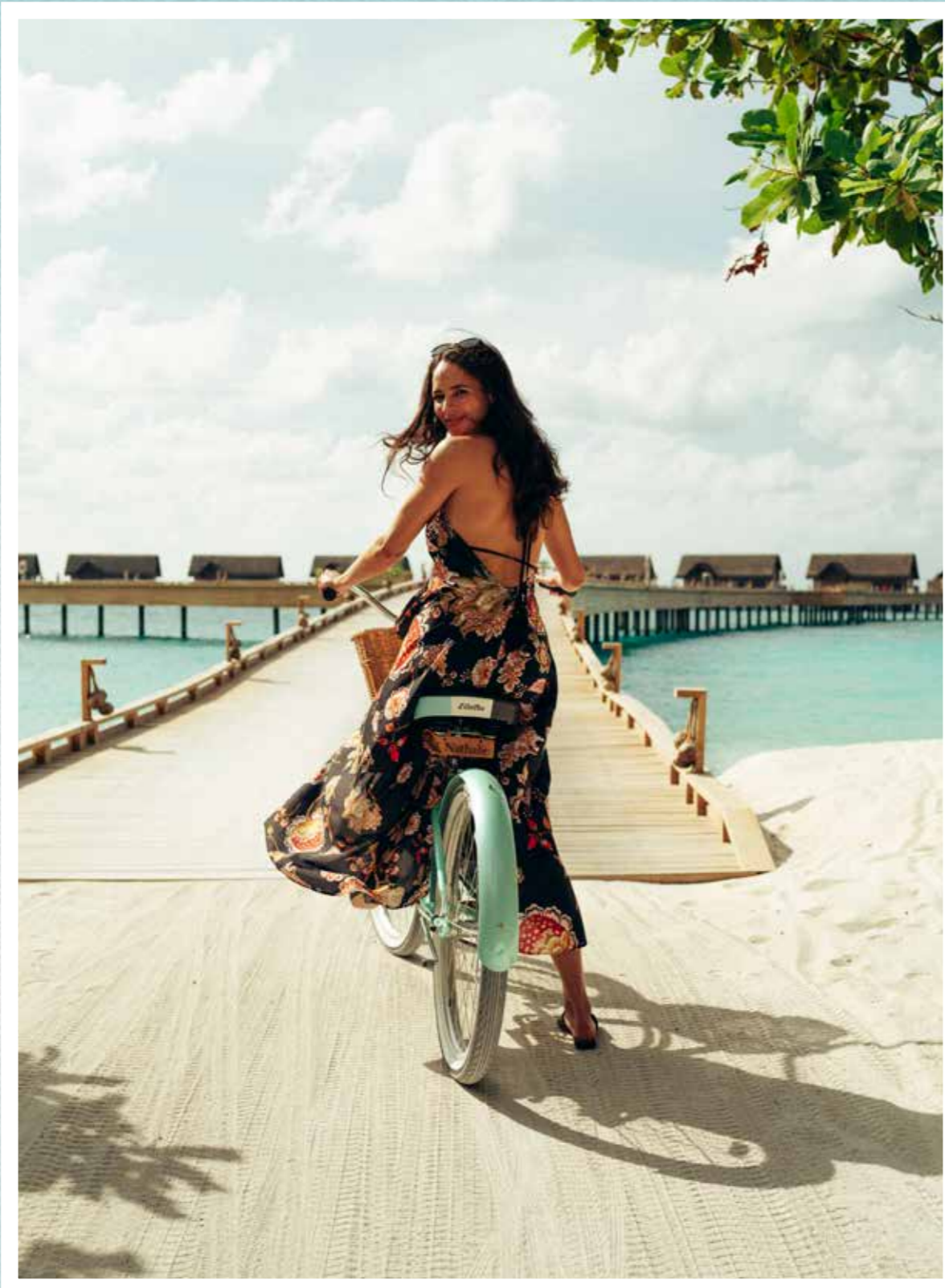
JOALI BEING  
*believe in your wings*



*Easter | 11-21 April 2025*

*a Gentle Renewal*





## WELCOME, DEAR SOJOURNERS!

This year, our Easter celebration is inspired by the delicate beauty of butterflies, revered as symbols of balance and harmony with nature. Going beyond traditional festivities, our curated calendar brings to life Easter's transformative potential.

Rejoice in the spirit of togetherness as you and your loved ones embark on a shared journey into the Joy of Weightlessness.

Designed for travellers of all ages, our unique experiences your relationship with the self, with each other, and with nature.

Immerse in mindful rituals, set out on exhilarating adventures, and nurture your creative side. Our remarkable culinary events welcome families and friends to forge deeper bonds while sharing the nourishment of food and drink.

Rekindle the butterfly spirit within yourself to heal, rejuvenate and reveal a profound inner peace. Experience a gentle renewal in the tranquil embrace of our wellbeing island.



## Carlos Aparicio

### The Easter Quantum Journey

8 - 30 April 2025

Embrace the transformative spirit of Easter with Carlos Aparicio. Inspired by the delicate beauty of butterflies, this journey invites you to unlock your innate potential through Biocuántica - Original, a scientific method that harmonises perception, nurtures Brain-Heart coherence, and empowers self-healing. Like a butterfly emerging from its cocoon, align clear intentions with elevated emotions to restore balance and manifest the life you envision.



## Wings of Transformation: Sunset Gathering

As the sun dips below the horizon, painting the sky in golden hues, gather with us for a moment of stillness and renewal. Inspired by the butterfly's gentle transformation, this JOALI BEING experience invites you to pause, reflect, and embrace the beauty of change in the warmth of togetherness.

## JOALI BEING

### Amazing Race: Easter Run

Embrace the spirit of metamorphosis with an exhilarating island adventure. Just as the butterfly emerges stronger from its cocoon, push past your limits in a thrilling obstacle race designed to challenge, uplift, and inspire. Cross the finish line with a renewed sense of joy and vitality.

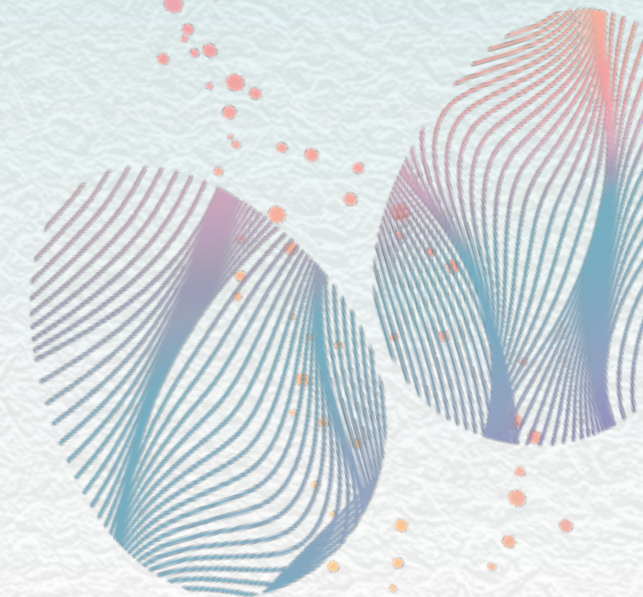
## Wings of Harmony: Sound Bath Meditation

Embark on a guided meditation with sound healing instruments that awaken inner balance. Let the soothing rhythms and vibrations wash over you as you centre your mind and discover a profound sense of calm, nurturing your spirit's transformation.



## Messengers of the Sea: Dolphin Cruise

Set sail into the endless blue, where the ocean mirrors the spirit of transformation. Witness the graceful dance of spinner and bottlenose dolphins as they leap and glide, embodying the joy of weightlessness. Let this enchanting journey awaken a renewed sense of wonder and connection to the natural world.



## Indian Ocean

### Dinner

Indulge in a feast for the senses at the Indian Ocean Dinner where a variety of exquisite dishes await. Enjoy fresh, local seafood, vibrant salads, flavourful curries, and an array of international favourites, all served with a stunning view of the Indian Ocean.

## The Butterfly's Feast:

### Easter Dinner

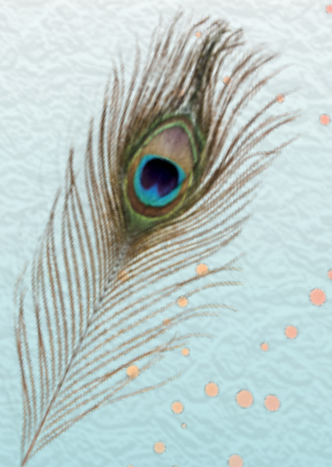
Join our culinary celebration of hope and renewal. Gather around the table for a warm and welcoming Easter dinner, filled with lively flavours from land and sea. Make new memories as you share stories, laughter, and nourishment, brightened by the joyful JOALI BEING.



## Nature's Renewal:

### Hydrating Face Gel Making

Embrace the rejuvenating power of nature in your skincare ritual. In this workshop, learn to create a cooling, hydrating face gel with nature's finest ingredients, guided by the wisdom of our Herbologist. Let this hands-on experience nurture your body and spirit, renewing your glow from within.



## Wings of the Ocean: Snorkelling & Sandbank Safari

Dive into a mesmerising underwater world, where vibrant corals and playful sea creatures await. Between snorkelling excursions, embark on a journey to explore the enchanting sandbanks of Raa Atoll, a serene paradise where the ocean meets the sky in a dreamlike embrace.



## The Butterfly's Canvas: Wear Your Art!

Embrace the spirit of transformation this Easter as you unleash your creativity in our "Wear Your Art" T-Shirt Painting Class. Just like a butterfly's metamorphosis, bring your ideas to life on fabric in this fun and vibrant session. Perfect for artists of all levels, you'll explore essential painting techniques, experiment with colours and patterns, and design one-of-a-kind, hand-painted T-shirts that reflect your unique style.



## The Bloom Within: Guided Meditation

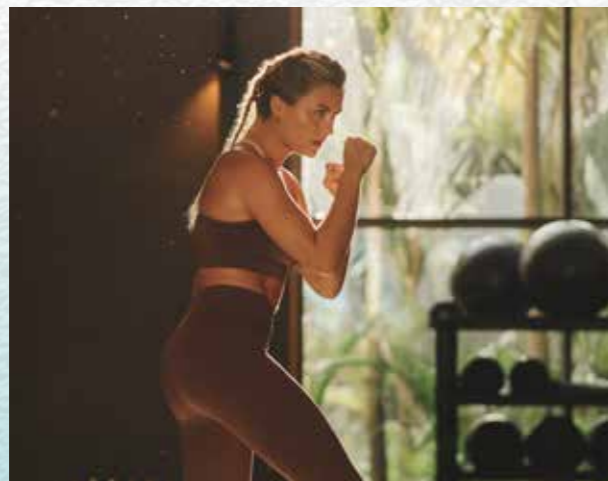
We are all born meditators, and meditation is our most natural state. Let the outside world recede as you journey inward into a sacred communion with the self. At this silent symphony of being, you are both the dancer and the dance.

## The Garden of Renewal: Culinary Workshop

Wellbeing is the sum of our daily choices, including the ingredients and cooking techniques we use. Bring the spring spirit of renewal to your food habits. Learn how to ease inflammation and revitalise internal health with omega-3 rich foods at this curated session, led by our expert nutritionist.

## Wings of Strength: Power in Motion

Challenge yourself with Glove Up Fitness, a high-energy, boxing-inspired workout that blends powerful punches with full-body conditioning. This session is designed to build strength, endurance, and confidence, encouraging you to push your limits in a supportive, empowering environment - let your inner strength soar.



## Spirited Symphony: Masters of Mixology

Unravel the secrets of mixology on this spirited adventure. Discover a whole new world of liquid artistry as JOALI's experts introduce you to a variety of high-end healthy spirits, with a special focus on alcohol-free gin.



## Savour the Skies: Parasailing Adventure

Parasail up into the air and glide over crystal-clear waves. Discover spectacular views of the Gate of Zero, the Ocean Sala, and the endless ocean all around you. Being up in the sky gives you a whole new perspective.

## The Roots of Rebirth: A Harmonious Nature Escape

Step into the lush landscapes of JOALI BEING and immerse yourself in the vibrant plant life while learning about sustainable practices. Connect with nature's wisdom as you uncover the cultural significance of Maldivian flora. Engage in our Plant Wave Sessions, where the melodies of nature guide you in restoring harmony with the earth.

## The Heart of Renewal: Cacao Ceremony

This transcendent ceremony focuses on the healing properties of cacao, revered for millennia by indigenous cultures. Allow us to guide you through a heart-opening meditation, helping you heal, release, and gain clarity in every aspect of your life - igniting transformation from within.



## A Culinary Journey: Omakase & Sake Dinner

Embrace the essence of Omakase and allow our expert chefs to guide you through a refined six-course tasting menu. Each dish is a masterpiece, crafted with the finest ingredients to delight your palate. Paired with exquisite sake, this intimate dining experience invites you to savour the art of Japanese cuisine in every bite.

## A Sip of Renewal: The Versatility of Herbal Tea

Step into a world where every sip unveils a story, as our expert tea connoisseurs take you on a journey through a selection of global herbal blends. From the calming embrace of chamomile to the invigorating refreshment of peppermint, each tea offers a distinct flavour profile and a wealth of health benefits, waiting to be discovered.



## Rise with Joy: Aerial Movement Session

Discover an astonishing sense of weightlessness as you float effortlessly above the ground. Explore gravity-defying bliss through a fusion of Hatha Yoga, aerial acrobatics, and body conditioning, using an aerial hammock. Elevate your wellbeing with grace and style.



## The Art of Perfecting Bread: Sourdough Masterclass

Join our skilled pastry and bakery team as they share their expert tips and tricks for mastering the art of sourdough. Enjoy the hands-on experience of shaping your own loaf, and delight in the flavours of freshly baked bread, paired with a selection of delicious toppings.







## **A Family Feast by the Ocean:** Seaside Seafood Dinner

Indulge in a delightful seafood dinner by the sea, where the whole family can savour an array of exquisite dishes across three courses. From fresh catches to flavourful sides, each bite promises a memorable dining experience, set against the serene backdrop of the ocean.

## **Local Waves:** Sunset Fishing Traditions

Immerse yourself in the serene rhythm of Maldivian culture as you set sail on a traditional Dhoni, casting your line at sunset. Experience the tranquil beauty of local fishing techniques, where the ocean and sky meet in perfect harmony.

## **Renewing Heat:** Aufguss Sauna Ritual

Embark on a hypnotising, multisensory sojourn, surrounded by the beneficial vapour and heat of the sauna. Our Aufguss ritual is a symphony of precisely controlled heat, fragrant essential oils, graceful fanning, and entrancing music - all brought together by the flair of the Aufguss Master.





**B'KIDULT**

JOALI BEING

## WELCOME, YOUNG EXPLORERS!

Are you ready to celebrate Easter with your JOALI friends? Join us for a journey of creativity, learning and fun. Each day brings new adventures: dive into marine life, try out different types of fitness, and explore holistic wellbeing. From young chefs to eco-artists, we've got activities for everyone!

Don't forget to bring your family along for the festivities. Our unique multi-generational playground welcomes loved ones to share magical moments together.

Focused on early-stage learning and wellbeing, playtime at B'Kidult comes with so many benefits for kids and teens. In this safe and nurturing space, young guests can connect deeply with nature, grow in self-confidence, and learn vital health & fitness skills to last a lifetime.

This Easter, we invite you on an unforgettable journey of family wellbeing. Strengthen your bonds as you rediscover the joy of playtime together.



## Hello, Montessori:

### Brain Gym

Stimulate your mind with puzzles, memory games and problem-solving tasks. This exciting session fosters skills like focus, creativity, and critical thinking in young travellers.



## Splash it Up: Giant Pong Challenge

Have a splashing good time! Team up with new friends and take your best shot as you aim balls into giant, water-filled buckets.



## Spring into Joy: Easter Sunday Celebration

Come together at B'Kidult for a heart-warming festive fiesta. We have a rainbow of fun-filled activities for the whole family! Get ready for arts and crafts, face painting and a colouring competition. Test your treasure-finding skills with our exciting Easter Egg Hunt.

## Trash to Treasure: Eco Art

Turn everyday waste into amazing artworks. In this hands-on activity, you will learn how to recycle and upcycle with different materials. By turning trash into treasure through creative art projects, we can help create a better world for everyone.



## Fun & Fitness for Kids:

### Basic Boxing

Join us for an energising session of Basic Boxing! Kids will discover the exciting world of boxing, learning essential skills like punches, footwork, and fitness drills in a fun and safe environment. This high-energy class encourages strength, coordination, and confidence, all while keeping them active and engaged. It's the perfect way for young ones to stay fit, have fun, and build new skills!

## Jungle Joy:

### Animal Flow for Kids

Unleash your inner animal and take a walk on the wild side. Inspired by the movements of animals in nature, this playful workout combines yoga, dance, and strength training. Get creative and move your body in surprising new ways.



## Stars, Screen, Action:

### Movie Night

We invite our young guests for movie night under the stars. Watch an Easter-themed film and have dinner with your JOALI friends. Parents are welcome to relax and enjoy their own adventure. Rest assured your kids are in good hands with our dedicated attendants.

## Potion Masters:

### Mocktail Making

Welcome to our masterclass for junior mixologists. Try your hand at making delicious, colourful mocktails by combining different flavours. We will practice techniques like shaking, blending, and stirring. You can also dress up your drinks with cool decorations.



## A Creative Adventure: Easter Egg Decoration

Join our team for a fun-filled session of Easter egg decoration! Let your creativity shine as you decorate delicious chocolate eggs, adding your own personal touch to each one. It's a perfect activity for all ages, combining festive cheer and sweet treats for a memorable experience.



## An Easter Adventure: Bunny's Treasure Hunt

Join the hunt in this exciting outdoor adventure! Kids will follow clues, solve riddles, and uncover hidden treasures in a fun-filled quest. A perfect Easter activity that promotes teamwork, problem-solving, and creativity, while offering a memorable and adventurous way to celebrate the season.



## Sun, Sand, and Fun: Beach Volleyball

Experience the thrill of beach volleyball in the Maldives, where the perfect blend of sun, sand, and sea sets the stage for an energising game. Played on pristine beaches with crystal-clear waters, it's a vibrant way to stay active, enjoy the tropical paradise, and bond with friends in a truly breathtaking setting.



## Breathe, Bend, & Play: Fun Yoga for Kids

Breathe, Bend & Play is a playful class where kids combine yoga-inspired stretches with fun activities. They'll learn to relax, improve flexibility, and build strength while enjoying creative movements and games. It's the perfect way to stay active, focused, and have fun all at once!



## **Plein Painting:** Air Garden Art Workshop

Take inspiration from the natural canopy of JOALI BEING at this outdoor art session. Let lush tropical vegetation nurture your creativity as you paint your masterpiece on canvas, infused with the harmonious energy of our wellbeing island.



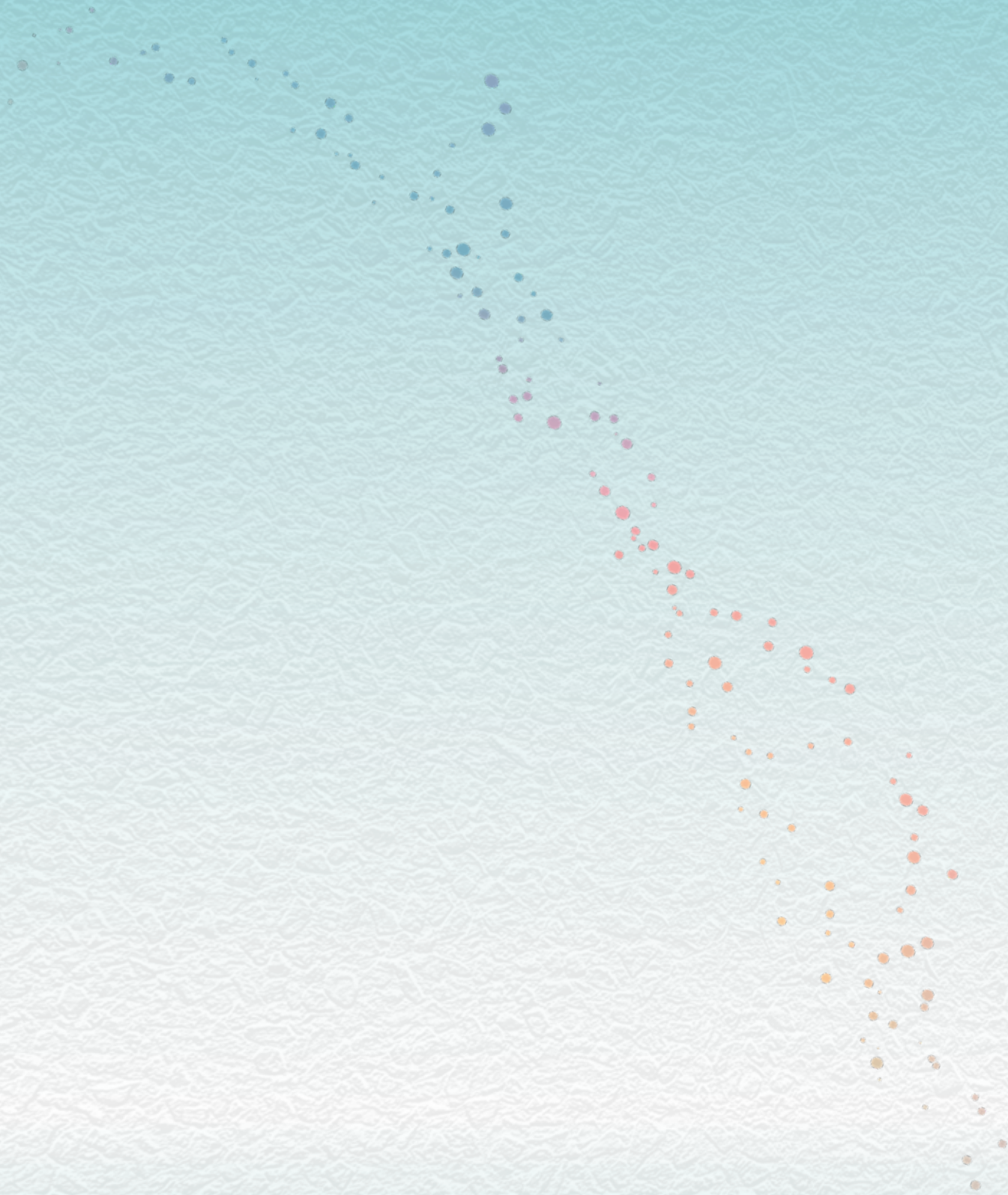
## **The Bloom Within:** Meditative Imagination

Set off on a magical journey of relaxation and creativity. With this guided meditation, young guests will unlock their imagination and find a sense of calm within themselves. A wonderful way to explore your unique inner world.

## **Flexi-Champs:** Pilates for Kids

Unroll your mat for a fun-filled fitness session. Designed especially for young guests, this low-impact routine introduces the basics of Pilates through playful exercises. Become more aware of your body as you build flexibility and strength.





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