

# 8 DAYS YOGA PACKAGE

**VALID TILL: 30 APRIL 2016**

## OVERVIEW

Our yoga holiday takes place on one of the most beautiful northern local islands in the Maldives archipelago and is designed for everyone who wishes to escape the daily routines, stress and worries of modern day life. When not enjoying the yoga sessions there are plenty of optional activities to participate in including snorkeling and diving or just lie back and relax on the white sandy beach and listen to the gentle lapping of the Indian Ocean waves.

All yoga lessons are conducted by an International Yoga Master and can be performed by yogi of any level. A morning session (8.00/08.15 am – 9.00 am), followed by a sunset time session (5.30 pm - 6.15 pm). Each class has a duration of 45 min (introduction – breathing practice – warm up – standing and seating sequence – meditation)

The hotel is located within an almost untouched forest on the Maldives local island of Hanimadhoo in the preserved deep North of Maldives. The dense vegetation allows not only privacy but the opportunity to experience untouched nature and the genuine and natural Maldives along with all the amenities expected from a modern day accommodation option. A half mile private sandy beach and a turquoise lagoon frame the hotel and invite you to experience an authentic and relaxing holiday at outstanding value.

The hotel SPA offers a natural health retreat, holistic treatments and classic massages services. Detox programs are research-based and combine medical science with holistic therapies. Guests can chose to add additional personal yoga classes or therapies to personalize their program alongside the scheduled yoga classes.

Environmental activities within the hotel are led under the supervision of the Conservation Center. All of them have been thought and developed to reduce impact on the one hand, and contribute to the monitoring of biodiversity and to the Local Community economy on the other hand. Guests have the chance to actively contribute to the process, for example joining the "conservation snorkeling" within a monitoring framework.

For guests wishing for a more active holiday the hotel offers a fully equipped gym, canoes. windsurfing, kitesurf, snorkeling trips, night and fluorescent snorkeling, natural and cultural escorted bike tours, guided star watching, big game and light game sport fishing and guided kayak trips.

There is a saltwater swimming-pool available and a dive centre providing the highest level of quality and professionalism which offers rental equipment including dive computers and underwater digital cameras as well as customized dive packages suitable for both adults and children including free try dives! There are 20-30 dive spots at a boat distance of 20-40 minutes; all of them can be reached by traditional dhoni and/or speed boat. Diving excursions to Makunudhoo where whale sharks are present for several months a year and manta and dolphin dives are offered according to the season.

20 Beach Front - on the ground floor, with direct access to the white beach. Large size rooms (about 50 sqm including the veranda), double or twin beds.

20 Ocean View - upper floor with a spectacular sea view. Large size rooms (about 50 sqm including the balcony), double or twin beds with the possibility of extra bed.

Each room is spacious, creatively designed, and comfortable and has an en-suite elegant natural stone bathroom with shower. All rooms have solar panels, a private veranda or terrace with seating, independently controlled air-conditioning, ceiling-fan, desalted water (hot and cold), safe box, hairdryer and telephone with direct external line, minibar, tea and coffee making facilities.

Buffet breakfast, lunch and dinner are served in the main sea view restaurant. Guests can enjoy typical dishes of the Mediterranean cuisine as well as international and oriental recipes. Vegetarian corner. The panoramic bar next to the main restaurant and the ice cream parlor looking directly out over the sea are ideal gathering places to sip soft drinks, fresh juices and healthy cocktails.

Note: The Maldives is a Muslim country and therefore alcohol is not available on local islands. Bikinis are also not allowed to be worn on local island beaches; however most of our guesthouses offer private gardens or private beach areas for guests.

## ITININERARY

### Day One

Arrive Male International Airport and transfer by domestic flight to  
17:30 Sunset Yoga designed to acclimate your body and soul to the setting sun.

### Day Two

08:00 Morning Yoga designed to balance your body for the day. 17:30 Partner Yoga Partner Yoga offers a unique sequence for partners by fortifying trust and communication while building strength, flexibility in fun intimate way.

### Day Three

08:00 Morning Yoga designed to balance your body for the day. 17:30 Hatha Yoga a unique sequence that trains body, mind and breath. An excellent yoga workout for developing flexibility while creating a sense of inner calm.

### Day Four

08:00 Morning Yoga designed to balance your body for the day. 17:30 Yoga Balance A powerful sequence for practitioners looking for more challenging postures.

### Day Five

08:00 Morning Yoga designed to balance your body for the day. 17:30 Gentle Yoga offers very useful sequences for beginners. Suitable for all ages!

### Day Six

08:00 Morning Yoga designed to balance your body for the day. 17:30 Yoga Flow A series of yogic postures practiced one after another with proper coordination of breath and body movement!

### Day Seven

08:00 Morning Yoga designed to balance your body for the day. 17:30 Yoga Stretch is a unique practice to loosen up muscles.

### Day Eight

08:00 Morning Yoga designed to balance your body for the day. Transfer to Male International Airport and your onward destination.

### INCLUDED

- ✓ 7 Night Seaside room based on double/twin share
- ✓ Breakfast and lunch or dinner
- ✓ Up to 14 Yoga sessions
- ✓ Return Domestic Flight Transfer
- ✓ Local Tax (10% service charge and 12% GST)

2016 RACK RATES		DOUBLE SHARE PER PERSON	
PACKAGE	Nights	Jan/Feb/March/Apr	May/June/July
		11th Jan - 30th Apr 2016	1st May - 31st July 2016
YOGA	7	1349	1059

2016 RACK RATES		SINGLE PER PERSON		CHILD 2-12 Years
PACKAGE	Nights	Jan/Feb/March/Apr	May/June/July	All Year
		11th Jan - 30th Apr 2016	1st May - 31st July 2016	
YOGA	7	1645	1318	NA

(SP:30/01/16)

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