

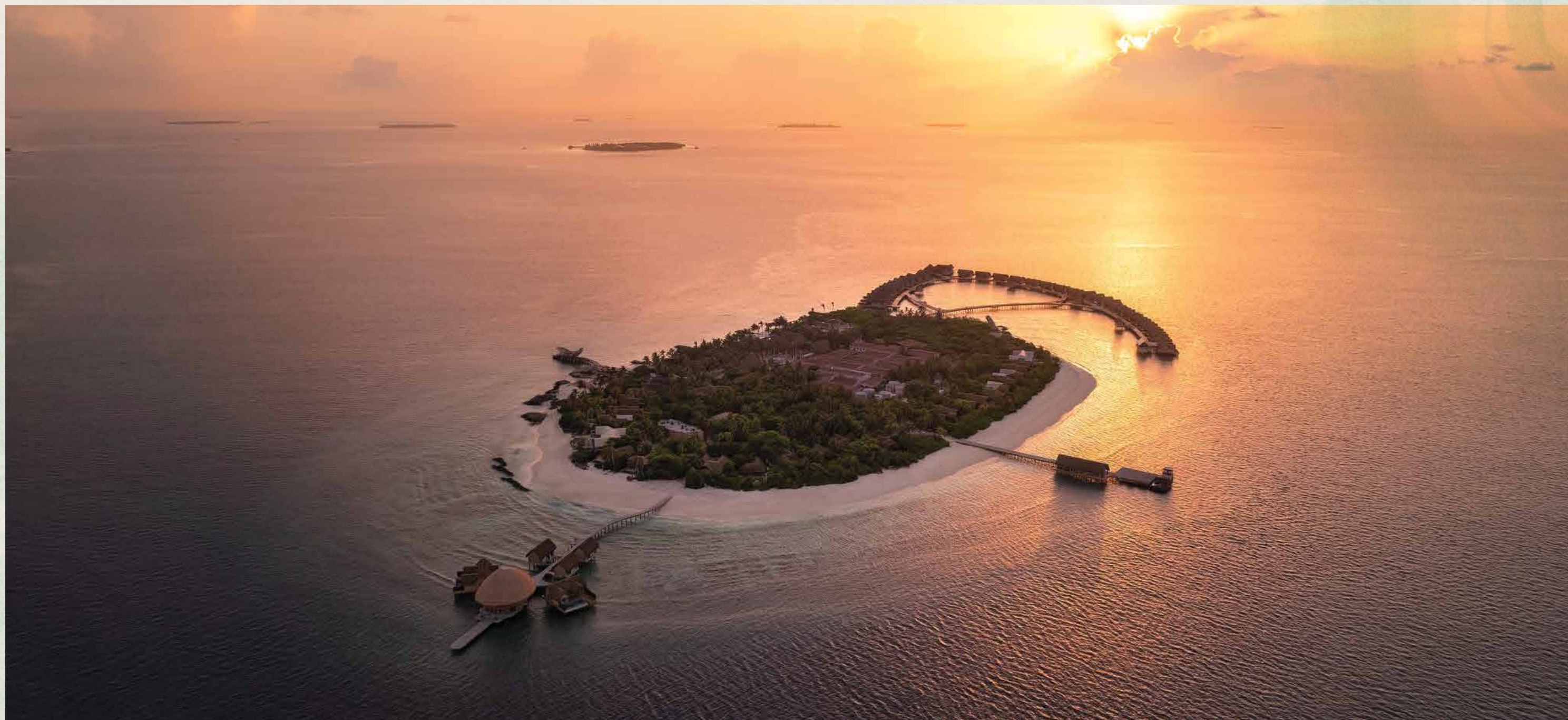
J Y OF BEING

**Calling young explorers
and wonder-seekers!**

Festive 2022 - 2023



JOALI BEING





JOY OF BEING

21st December 2022 - 11th January 2023

*Those who believe in
wonder will always find it.*

This festive season, JOALI BEING is set to take young guests aged 6 - 12 on an adventure filled with joy and learning of weightlessness.

At this unique retreat, young explorers will discover the best of nature and holistic wellbeing. The JOALI BEING way of life is centred around self-discovery and growth, giving them a chance to learn more about themselves and the world around them.

The retreat also introduces them to a simplified version of the Four Pillars of JOALI BEING: Mind, Skin, Microbiome and Energy. Guided by an expert team of naturopaths, nutritionists, marine biologists and chefs, young ones will have the opportunity to explore underwater life, pick up new skills, and discover different forms of movement and meditation.

Each day brings so many new possibilities – from yoga to herbology workshops, from making healthy ‘nice’ cream to learning about turtles. On our Island of Wellbeing, immersed in nature, each experience is felt more deeply, more meaningfully.

Get ready to enjoy this festive season an unforgettable wellbeing family vacation.

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Festive 2022 - 2023



Young Yogi
Mind | Skin | Microbiome | Energy

Start the day with easy and fun yoga poses, especially chosen for our young guests. A guided meditation sets the stage for new discoveries.



Mindful "Nice" Cream
Microbiome | Energy | Skin

Learn to make homemade ice cream using just a blender. These milk-free, sugar-free treats provide a super healthy option to regular ice cream.



Herbology Workshop: Soap Making
Mind | Skin

Explore the benefits of plants and oils with our resident Herbologist. Then use these natural ingredients to make your very own soap. Bath-time will never be the same again!



Medicine Garden Workshop
Mind

Our Herbologist will take you on a journey to discover local plants and herbs and teach you their medicinal benefits.



The Laughing Boocho
Microbiome

Go on a Kombucha tasting journey! Learn the health benefits of this fun and fizzy drink, made through organic fermentation.



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**Vibrant Underwater
Snorkelling**
Mind | Energy

Just under the surface of our quiet lagoon is a world of colourful corals and fascinating sea creatures. Get ready to meet the underwater residents of Raa Atoll, including turtles and clown fish.



**Snorkelling: A Turtle's
Journey**
Energy

Be inspired by tales of sea turtles. Around since prehistoric times, these majestic creatures can be seen in their natural habitat on a snorkelling trip to the nearby reef.



Fun with Vitamingles
Energy | Microbiome

Discover the art of mixing juices and syrups to create delicious drinks. Use fresh and natural ingredients to make yummy and cool mocktails.



**Saving Ozzie: Bracelet
Workshop**
Mind

Use ocean-waste to make cool and creative accessories. Learn how “ghost nets” are a danger to sea animals like Ozzie, our adopted sea-turtle, and his friends. We welcome parents to join their child(ren) for this activity.



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Iced Tea Hunters
Microbiome | Skin

Explore the story behind tea, one of the world's healthiest drinks. Then try your hand at making organic iced tea. Rich in anti-oxidants, this is the perfect summer cooler!



Semi Submarine
A mind immersion
to the sea
Mind

Escape to an underwater world during this once-in-a-lifetime adventure. Glide above colourful corals full of sea life in the comfort of our semi-submarine. An amazing opportunity to discover the Maldives beneath the waves, without the need to snorkel or dive.



Herbology Workshop
Microbiome | Skin

Let our resident Herbologist show you the secret benefits of medicinal plants. Learn the role your skin plays in your overall wellbeing and discover how to look after your skin health.



Fun with Flour
Energy | Microbiome

Experience the wholesome joy of baking. Designed to be multigrain and gluten-free, our healthy cookies and cupcakes support the Energy and Microbiome pillars for young guests.



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Whip your Power Booster
Microbiome | Skin

Make delicious smoothies using fresh fruits and vegetables. Discuss their health benefits and learn which combinations can boost your energy and immunity.



Master Chef: Cooking Class
Mind | Skin | Microbiome | Energy

Learn the art and science of cooking as you make dishes that are both tasty and healthy. This is sure to be one of the favourite activities of your entire stay.



Ozzie's Tennis Journey
Mind | Energy

Nothing matches the thrill of playing sports. Meet us on the court to learn basic tennis skills like serve, volley and backhand. Ideal for building stamina and learning to cope with pressure.



Sunset Gathering & Hena Painting
Energy

As the sun sets over the horizon, join your new friends on the beach. Reflect on your day together, over mocktails and interactive games. Parents are welcome to join.



