


The background of the entire image features a series of wavy, concentric lines in shades of green, yellow, and pink. Scattered throughout are small, five-pointed gold stars. In the upper right corner, there is a detailed illustration of a brown fern frond.

Vitality & Vibrancy

Festive 2022-2023

JOALI BEING



*I felt truly alive. One with
the energies of the island
and the universe beyond.*



**Welcome to JOALI BEING, our Island of Wellbeing and Wonder.
We are delighted to have you with us for the festive season!**

Our nature immersive retreat sparkles with the abundance and vitality of nature – and so does our holiday calendar. Awaken, align and revitalise your life force with our thoughtfully curated programme of activities, unfolding across the island and its surrounding waters.

At JOALI BEING, we believe that healthy emotions and positive thoughts are as important as the right nutrition and workout regimes. This festive season, we invite you to rediscover the feeling of being truly and fully alive in one of the most spectacular places on Earth.

From dawn to dusk, discover a repertoire of experiences to ignite and uplift the senses. Channel the energies of the universe as you forge deeper, more meaningful connections with the natural world.

As the sun dips below the horizon, lighting up the sky in shades of gold, join our Sunset Gathering Ceremony – an opportunity to pause and reflect. At night, continue the celebration of togetherness with nourishing feasts and vibrant entertainment under the stars.

We raise a toast. To the vibrant JOALI BEING community.
To brand-new journeys and timeless explorations. And most of all,
to weightlessness – that incomparable feeling of freedom, lightness and joy.

FESTIVE 2022
21 December

ISLAND ILLUMINATION, CHRISTMAS TREE LIGHTING CEREMONY

A glowing ceremony illuminates the heart of Bodufushi. Connect with the energies of the archipelago, as you watch the island light up for the holiday season. Our weightless Christmas Tree promises to be a sight to behold.

MOJO Beach
17:30 hrs

LET THE HOLIDAYS BEGIN, FESTIVE BAZAAR OPENING

Welcome to the JOALI BEING festive bazaar, extending across our vibrant island and filled with kaleidoscopic treasures from the Maldives and beyond. Taste mindful and nourishing treats, browse authentic crafts and explore a variety of entertainment.

MOJO Beach
17:30 – 19:00 hrs



FESTIVE 2022
22 December

**GREETING THE SUNSET,
PERFORMANCE BY MAJNOON**

Join us for an evening of enchanting music, mystical melodies and spellbinding visuals, as award-winning music group Majnoon enthrals the audience with their sublime performance. Inspired by the motto “music rising from the East”, the musicians celebrate their Turkish roots as they build a musical bridge from the past to the present – and beyond – for future generations.

MOJO
18:00 – 19:00 hrs

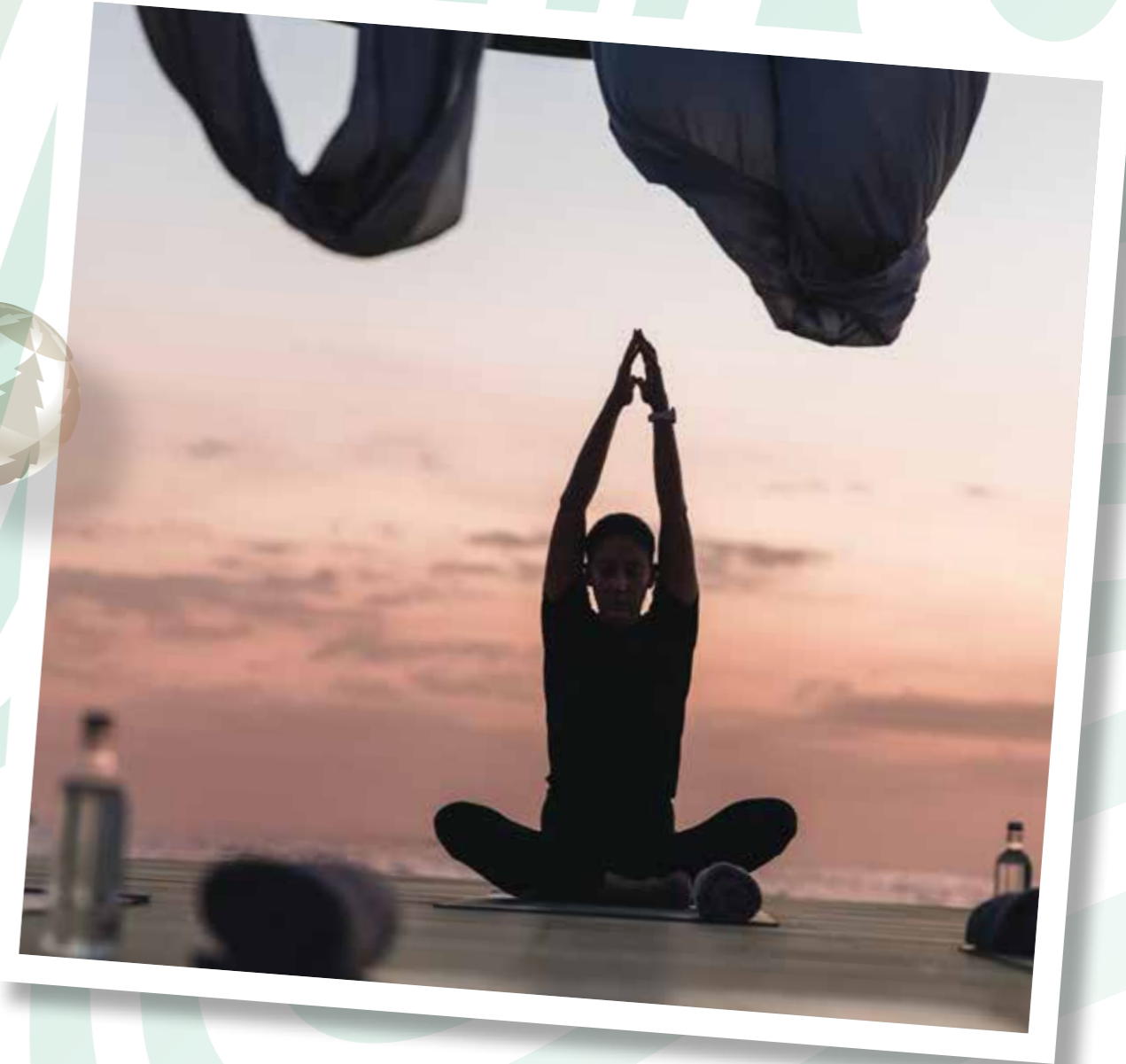


FESTIVE 2022
23 December

LUNAR MINDFULNESS, NEW MOON MEDITATION

Let the pure energy of the new moon wash over you and replenish your spirit. Surrounded by the calming influence of the Indian Ocean, this special meditation pulses with nature's timeless power.

Meditation Deck
19:00 - 20:00 hrs



FESTIVE 2022
24 December

WORLD OF FERMENTATION: KOJI & NATTO, MASTERCHEF CLASS

Our first masterclass with fermentation master Takanori Onishi focuses on Koji (fermented rice) and Natto (fermented soybeans). Explore the resurgence of fermented foods in modern cuisine, and discover different fermentation techniques. You will also learn to incorporate healthy fermented foods into your daily diet.

Culinary Learning Centre
11:00 – 12:00 hrs

CHRISTMAS SPECIES IN THE SEA, MARINE TALK

Just beneath the waves lies a fascinating ecosystem, filled with vibrant colours and mystical wonders. Did you know some sea creatures have holiday-inspired names? They live and breathe Christmas all year round! Meet these festive-themed marine species at our interactive session.

MOJO Bar
12:00 - 13:00 hrs

TABLE FOR TOGETHERNESS, CHRISTMAS EVE DINNER

Gather round the table for a family-style feast, served in a fairy tale setting. Along with the nourishment of food and drink, share stories and inspirations with your beloved ones. An evening of twinkling lights and warm smiles.

FLOW
19:00 – 22:00 hrs



FESTIVE 2022
25 December

CREATING SPACE FOR THE NEW, SUNRISE QI GONG

Greet the day by moving with intention and opening yourself to new possibilities. The sequenced movements of Qi Gong create a flow of vital energy and a sense of weightlessness.

Ocean Sala
7:00 – 8:00 hrs

A VERY MERRY MORNING, CHRISTMAS BREAKFAST

Joyful holidays call for joyful beginnings. Wake up on Christmas morning with our sweet and savoury breakfast treats, sure to spark the Yuletide magic and keep it going all day long.

FLOW
7:00 – 10:30 hrs

UNLOCK HEALING, BREATHWORK SESSION

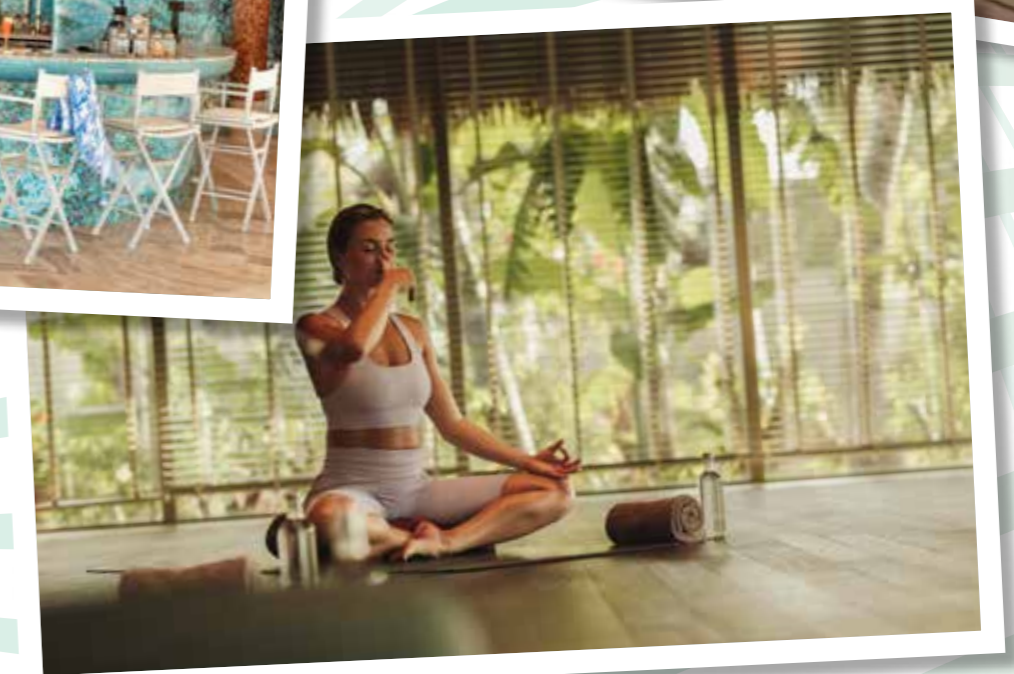
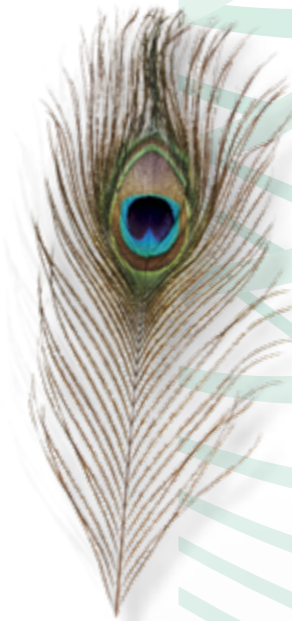
Breath is not only a bridge between life and death but also mind & body. Learn the art of breath awareness and experience its healing and meditative effect during this session with our yogic science specialist Dr Dhanraj Shetty.

LOTUS
15:00 – 16:00 hrs

MASTERS OF MIXOLOGY, SPIRITED SYMPHONY

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

MOJO
16:00 – 17:00 hrs



FESTIVE 2022
26 December

NOURISH YOUR INNER SELF, CULINARY SESSION

Wellbeing is the sum of our daily choices, including the ingredients and cooking techniques we use. Learn how to ease inflammation with omega-3 rich foods at this curated session, assisted by our expert nutritionist.

Culinary Learning Centre
11:00 – 12:00 hrs

AMAZING RACE, JOALI BEING CHALLENGE

Liberate the child-like energy within yourself as you rediscover the joy of “playtime”. This exhilarating obstacle race takes you all around the island on thrilling challenges and games.

Meeting Point: CORE
17:00 – 18:00 hrs



FESTIVE 2022
27 December

JOURNEY OF SOUND, GUIDED EXPLORATION

Follow the palm-fringed trails of our Discovery Sound Path, envisioned by sound therapy explorers and visionaries. Experience the transformational energies of sound and vibration as you interact with 9 unique musical instruments at this outdoor oasis.

Discovery Sound Path
10:00 – 10:45 hrs

WORLD OF FERMENTATION: MISO, SAKE & MIRIN, MASTERCHEF CLASS

In the second masterclass by fermentation master Takanori Onishi, explore the culinary traditions behind Miso (fermented soybean and koji paste), Mirin (fermented rice wine) and Sake (fermented rice alcoholic beverage). Discover how fermented foods and drinks are being used in global cuisines, and learn different fermentation techniques.

Culinary Learning Centre
11:00 – 12:00 hrs

MALDIVIAN TWIST OF TASTE, DINNER EXPERIENCE

In the simplicity of local cuisine lies its sophistication. Where sun, sand and sea beckon the weary sojourners. Where coconut abounds, and spices accentuate every morsel. Explore the tale of flavours woven by our expert chef Latheef who will share his mother's secret recipes while showcasing his culinary roots.

MOJO
19:00 – 22:00 hrs



FESTIVE 2022
28 December



SELF-LOVE POTIONS, AKTAR WORKSHOP

Drawing on the traditional wisdom of aktars and apothecaries, our herbologist takes you on a journey into the healing energies of rare spices, herbal oils and roots. Learn how to make all-natural soaps, shampoos and creams, along with self-care tips at this workshop.

AKTAR
10:00 - 11:00 hrs

BIODYNAMIC BOTTLES, WINE CLASS

In a blind taste-test for master sommeliers, biodynamic wines were chosen as truer expressions of the vineyard's terroir, compared with their conventional counterparts. Join us to discover the fascinating stories and production methods behind some of the world's most sustainable labels.

MOJO
16:00 - 17:00 hrs



FESTIVE 2022
29 December

WORLD OF FERMENTATION: PICKLES, MASTERCHEF CLASS

The third and final masterclass by fermentation master Takanori Onishi brings the focus to pickling, an ancient culinary technique present in almost every culture. Explore two distinct styles of pickling found in Japan – Nakazuke and Moromi-miso. Learn the different fermentation techniques used to make these popular condiments.

Culinary Learning Centre
11:00 – 12:00 hrs

POETRY OF PERFUME, AKTAR WORKSHOP

Welcome to a fragrant wonderland of floral scents and herbal aromas. Join our wellbeing experts to create your own signature perfume, a reflection of your distinctive aura and style.

AKTAR
15:00 – 16:00 hrs

CAVIAR & TEA SOIREE, DINNER EXPERIENCE

A story of uncommon companionship, where the delicate pearls of the ocean meet the czarina of fine beverages. Join us on an exotic journey that pairs brine-cured fish roe with the finest tea leaves from around the world.

MOJO
19:00 – 22:00 hrs



FESTIVE 2022
30 December

EXPLOSIVE RELEASE, SACRED DANCE

Lose yourself in the energising beats of sacred dance. Release worries and shed emotional weight as you let the rhythm flow through your body and mind alike.

LOTUS
11:00 – 12:00 hrs

READY, SET, JOY, TENNIS TOURNAMENT

Game, set, match! Rediscover the joy of healthy competition with your fellow JOALI BEING tennis players. See you on the courts.

Tennis Court
15:30 – 17:00 hrs

UNLOCK HEALING, BREATHWORK SESSION

Breath is not only a bridge between life and death but also mind & body. Learn the art of breath awareness and experience its healing and meditative effect during this session with our yogic science specialist Dr Dhanraj Shetty.

LOTUS
16:00 – 17:00 hrs



FESTIVE 2022
31 December



SUNRISE SALUTATIONS, MORNING YOGA

Greet the final day of the year with gratitude and joy. Join us for this flowing session to align your energies with the sun and open your soul to fresh experiences.

Ocean Sala
7:00 – 8:00 hrs

THE ENCHANTED COAST, NEW YEAR'S EVE CELEBRATION

Feel the vital energies of the island unfold through the evening, with glimmering fairy-lights and stirring melodies, whirling dancers and sprightly acrobats. Our shared table-top dinner is filled with lively, nourishing flavours that pay homage to the vibrancy of nature. On the last night of the year, celebrate transformation by the ever-coming, evergoing waves. Award-winning Turkish musical group Majnoon is all set to enthrall you with a special live performance.

MOJO
20:00 – Onwards



FESTIVE 2023
1 January

welcome 2023



A NOURISHING BEGINNING, NEW YEAR'S DAY BRUNCH

Welcome the New Year with an exquisite brunch, showcasing the best of JOALI BEING ingredients and flavours. A delectable feast to nourish the whole self.

FLOW
10:00 – 15:00 hrs

JOURNEY OF A THOUSAND MILES, MARINE TALK

Turtles are among the most ancient wanderers of the ocean. Learn all about the fascinating life cycle and migration pattern of these awe-inspiring creatures – a true delight for your inner marine biologist.

MOJO Bar
11:00 – 12:00 hrs

READY, SET, MOVE BEACH CHALLENGE

Kickstart the year on an active note. Join our fitness team on the beach for a session of swimming, running and functional training.

Meeting Point: MOJO Beach
16:30 – 18:00 hrs



FESTIVE 2023
2 January

INTUITIVE EATING, WELLBEING SESSION

Join our nutritionist for a journey of self-discovery – the first step to creating mindful behaviours and developing a healthier relationship with food. Intuitive eating helps you get back in touch with internal cues like hunger, fullness, craving and all the different ways food can make you feel.

Culinary Learning Centre
11:00 – 12:00 hrs

TCM & ACUPUNCTURE DISCOVERY, WELLBEING CONVERSATION

Learn about the ancient approach of Traditional Chinese Medicine, a knowledge system that values the integrity of the human body and its relationship with the environment. Our expert practitioner also explains how acupuncture helps to balance the flow of chi (life force) through your body.

Inspiration Room
15:00 – 15:45 hrs

STARTING FRESH, GOAL MAPPING

Set a New Year's Resolution with a difference. This inspirational session guides you towards building an effective road map, focused on achieving meaningful goals and fulfilling cherished dreams.

AKTAR
16:00 – 17:00 hrs

FLAVOURS OF ZEN, DINNER EXPERIENCE

Zen, meaning enlightenment, emphasises self-restraint, meditation, and insight into the true nature of things. This luminous menu pays homage to the masters of Zen cuisine, especially their creative use of herbs and spices, as well as their gentle preparation methods.

MOJO
19:00 – 22:00 hrs



FESTIVE 2023
3 January

UNDERSTANDING MEDITATION, A LOST PARADISE

We are all born meditators and meditation is our natural state, a paradise. Come, let us decodify meditation and regain this lost paradise in this interactive session with our yogic science specialist Dr Dhanraj Shetty.

LOTUS
11:00 – 12:00 hrs

MASTERS OF MIXOLOGY, SPIRITED SYMPHONY

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

MOJO
16:00 – 17:00 hrs

STRENGTH & RESILIENCE, SUSPENSION TRAINING SESSION

First developed for the US Navy SEALs, suspension training simultaneously develops strength, balance, flexibility and core stability.

Work with our fitness experts to build resilience and learn to conquer life's challenges.

Ocean Sala
17:00 – 18:00 hrs





FESTIVE 2023
4 January

KNOW THYSELF, WELLBEING SESSION

Getting to know yourself is a foundational principle of Ayurveda, the ancient Indian science of life. Learn to observe your body and pay attention to its subtle signals to unlock a true sense of weightlessness.

Inspiration Room
15:00 – 15:30 hrs

MOOD FOODS, DINNER EXPERIENCE

Taste the healing symphony of a modified Mediterranean diet, proven to be an effective aid in treating depression. Our special menu is designed around anti-inflammatory ingredients to uplift your Mind and Microbiome health.

MOJO
19:00 – 22:00 hrs

FESTIVE 2023
5 January

CELEBRATION IN TEA LEAVES, TEA CEREMONY

Experience the time-honoured ritual of a tea ceremony, grounded in the present. Each moment resonates with significance as you experience a blend of mindfulness, respect and wonder.

SAI
16:30 – 17:30 hrs



FESTIVE 2023
6 January

FRAGMENTS OF HOPE, MARINE ACTIVITY

Experience joy and rekindle hope as you give back to Mother Nature. Join our effort to replenish the fragile marine ecosystem around the island by planting coral fragments into the sea.

MOJO Beach
11:00 – 12:00 hrs

TABLE FOR TOGETHERNESS, ORTHODOX CHRISTMAS EVE DINNER

Laughter, love and gratitude are the true stars of this special night. Together, we will celebrate Orthodox Christmas Eve with a vibrant family-style meal.

MOJO
19:00 – 22:00 hrs

WEIGHTLESS WONDER, SACRED DANCE

Experience a remarkable performance by whirling dervishes. Much more than just a mesmerising dance, these choreographed movements are sacred rituals, performed with devotion in an effort to touch the divine.

MOJO
21:00 – 23:00 hrs



Vitality & Vibrancy

Festive 2022-2023

MASTER PRACTITIONERS

JOALI BEING



TAKANORI ONISHI
CERTIFIED FERMENTATION MASTER

“I want to be a bridge between Japanese and other Asian fermentation cultures. To constantly learn and pass on my knowledge of this forgotten art.”

Onishi-san is in love with fermentation, he sometimes describes himself as an Asian fermentation evangelist.

With an eclectic life journey which includes working for a Japanese publication company in Bangkok, a design-degree from New York and entrepreneurial ventures in India, he brings a wealth of international culture experience to his true passion – fermentation. A passion ignited by a simple scarcity, when, while living abroad, he found it almost impossible to obtain fermented-style Japanese foods like miso, amazake, tempeh or rose-koji. He started to learn and self-study – eventually moving to a remote Himalayan village in 2015, to create a more suitable environment for his research.

Now, an accredited member of the Fermentation Life Association and Japan Fermentation Culture Association, he regularly guest-lectures for both organisations. He also holds koji-making workshops across the region. Along with this, for the past four years he has been managing an intensive one-week residential programme in Dehradun, India where he teaches young culinary professionals, enthusiast and food aficionados on how to self-master the art of fermentation.

Onishi-san has made it his mission in life to bring together the scattered fragments of knowledge from across the region and create a comprehensive database of local fermented foods and fermentation techniques.



ALEXANDRA DEMOLLING
TCM CONSULTANT

“Emotional balance and physical wellbeing are best achieved holistically.”

Explore a holistic pathway to mind and body balance with Alexandra, an experienced naturopath and iridologist. She uses both herbal and vibrational remedies to treat issues like stress, inflammation and food intolerances, as well as to help guests discover a more authentic and purposeful version of themselves.

Alexandra holds a diploma in naturopathy from the School of Italian Holistic Medicine in Milan, along with certifications in Bach floral remedies and iridology.



JAVIER DE PRADO
CRANIOSACRAL AND WATSU PRACTITIONER

“Let your gentle spirit be your guide, and transform you from within.”

Having travelled extensively and studied under therapeutic masters across diverse cultures, Javier has developed a deep and critical understanding of massage techniques. Effectively merging teachings from western and eastern traditions, he has created a new form of therapy - the Aqua Cranio, an effective combination of Craniosacral and Watsu techniques.

A master of Osteothai, visceral manipulation and Thai healing, Javier believes that if we let ourselves to be open to change, if we allow our spirit to accept the possibility of betterment, that we can indeed all transform. He supports guests through true transformation, a process that occurs from within and leads to a more comprehensive state of wellbeing.



DR. DHANRAJ G. SHETTY
*WELLBEING & AYURVEDA CONSULTANT
YOGA PRACTITIONER*

“Simplify to amplify.”

A specialist in Ayurveda and yogic science, Dr. Dhanraj Shetty's approach is anchored in the belief that the human body has an innate ability to heal and thrive – if given the appropriate environment. Applying ancient knowledge to solve modern lifestyle challenges, he conducts in-depth diagnostics to design personalised treatment plans for our guests.

Decades of clinical and retreat experience have also shaped Dr. Dhanraj into an exceptional spiritual guide and “mind trainer”, supporting wellbeing seekers in their quest to remove mental blockages and optimise energy flow. Along with a degree in Ayurveda Medicine and Masters in Yogic Science, he holds a post graduate certificate in Panchakarma, a specialty of Ayurveda.



MARINA KURBAN
HERBOLOGIST

“The simplest ingredients can be transformed into exceptional blends and infusions.”

Motivated by her deep belief in plant-based healing, Marina made the transition from conventional pharmaceuticals to herbology. Taking an integrative and personalised approach to health, she finds great pleasure in being part of each guest's unique wellbeing journey.

With a focus on organic and local products, including herbs such as sage, lavender, lemongrass, geranium and coriander, Marina crafts an array of custom essential oils, medicinal balms and natural cosmetics. Along with a degree in chemistry, she has studied medicinal and aromatic plants at Uskudar University and holds a Level I certification in aromatherapy from HerbaFarm Academy in Turkey.



joalibeing.com

*All schedules and activities subject to change without prior notification.
Prices available upon request.*