

✦ Festive 2023 - 2024 ✦

# SPARK

*your vitality*



*“Embrace the secrets of the ocean,  
in a realm of mystery and wonder.”*

JOALI BEING





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

This year, our holiday calendar sparkles with the mystery and wonder of the underwater world. Myth and magic collide with fable and fantasy, revealing new perspectives and joyful surprises.

Awaken and revitalise your life force with our thoughtfully curated activities and dazzling celebrations, unfolding across the island and its surrounding waters. From dawn to dusk, discover a repertoire of experiences to ignite and uplift your senses.

The vibrancy of marine life takes centre stage: at every turn, we invite you to rejoice in the abundance of the ocean. Embrace the vital energies all around you to nurture a deeper, more meaningful connection with nature.

Join our Sunset Gathering Ceremony — an opportunity for the JOALI BEING community to come together in pause and reflection. As night casts her spell over the island, share in the festivities with lively dinners and soulful celebrations under the stars.

Here is to the holiday spirit. To the mystery and magic of nature. To new journeys and enriching explorations. And most of all, to the Joy of Weightlessness - that remarkable sense of freedom, lightness and wonder at the heart of JOALI BEING.

JOALI BEING

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21 December 2023





# 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 | **5:30 pm - 7:00 pm**

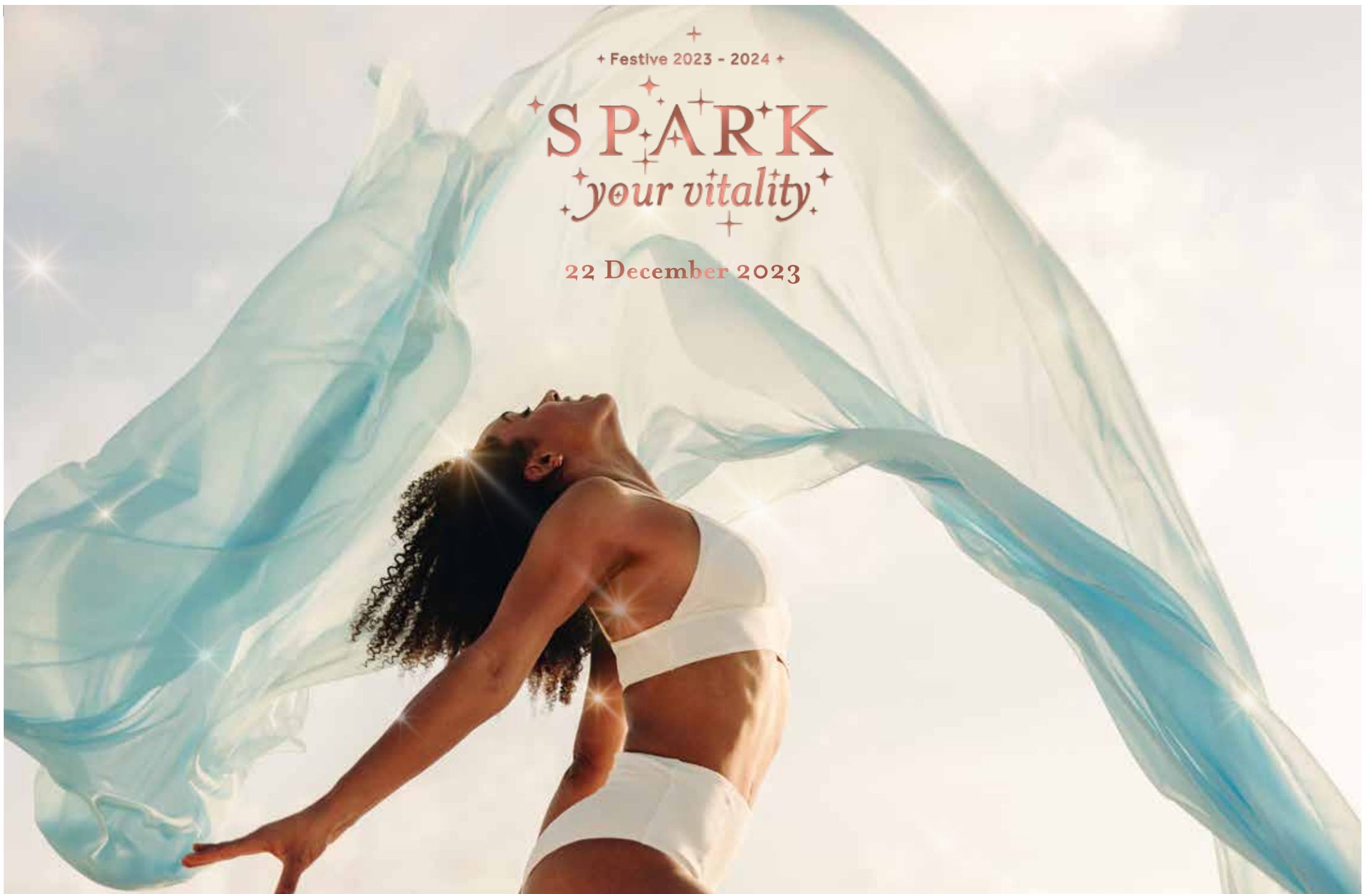


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22 December 2023



## From Earth to Table

### Culinary Session

Focused on Earth-to-Table cuisine, this session demystifies traditional culinary practices, so you can implement them easily at home. Join our chefs to learn the art of fermentation, an age-old technique that helps to support gut health and boost metabolism.

Culinary Learning Centre | 11:00 am - 12:00 pm



## The Mota Method

### Wellbeing Conversation

Let Sandro Thiara Mota, a leading human enhancement coach, introduce you to his transformative approach. The Mota Method is a combination of restorative breathwork, Wim Hof techniques and high-performance fitness training.

LOTUS | 3:00 pm - 5:00 pm



## Journey of Transformation

### Guided Meditation

Meet us for a calming meditation under the Gate of Zero, a powerful symbol of letting go of the past and releasing that which no longer serves you. Let the tranquil ocean sounds guide you into the present moment, so you can create space for new and infinitely better things.

Gate of Zero | 9:00 pm - 9:45 pm



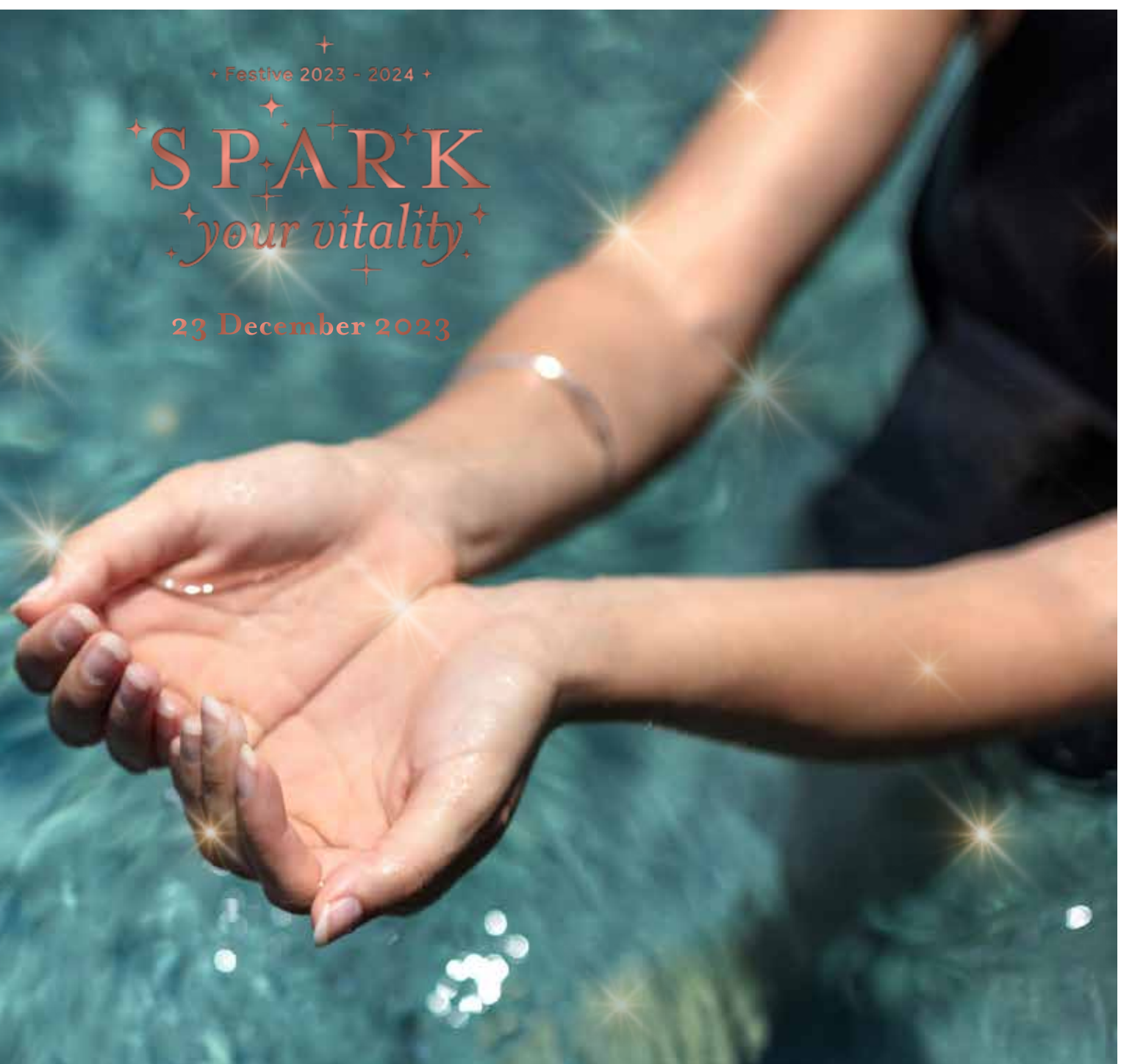


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23 December 2023





## TCM Radiance

### Wellbeing Conversation

Nurture your inner glow with the wisdom of Traditional Chinese Medicine (TCM). Guided by expert practitioner Dr. Rachel Woo, learn how internal imbalances can lead to external ageing. Explore core concepts like Qi, Yin & Yang, and Jing to maintain youthful vitality and radiance.

LOTUS | 3:00 pm - 3:45 pm



## Spirited Symphony

### Cocktail Class

Embark on a liquid adventure to unravel the mysteries of mixology. Discover a whole new world of cocktails as JOALI's experts introduce you to Spirited Symphony, our signature cocktail philosophy. Selected cocktails will be customised to your preferences.

MOJO | 4:00 pm - 5:00 pm

## Embers of Release

### Bonfire Meditation

Let the power of fire elevate your mind and heart. Together, we will write down negative thoughts and cast them into the bonfire — an act that offers profound spiritual and mental benefits as we transmute negative energy into positive energy.

MOJO Beach | 9:00 pm - 9:45 pm



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24 December 2023





## Poetry in Perfumery

### AKTAR Workshop

Welcome to our wonderland of floral scents and herbal aromas. Unlock the fragrant secrets of nature as you create your own signature perfume, a reflection of your distinctive aura and style.

AKTAR | 2:00 pm - 3:00 pm

## Harmonic Healing

### Sound Bath Meditation

Embark on a guided meditation with sound healing instruments. Enveloped by deep, overlapping vibrations, discover a sense of profound calm and serenity.

LOTUS | 4:00 pm - 4:45 pm



## Unlock Performance

### Metcon Training

Activate all three of your body's energy pathways — phosphagen, glycolytic and oxidative — to produce energy and fuel your muscles. Metabolic conditioning (metcon) is a workout that combines strength and cardio conditioning, as well as both anaerobic and aerobic exercises.

CORE | 11:00 am - 12:00 pm



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## Table for Togetherness

### Christmas Eve Dinner

Gather round the table for a family-style feast, in a magical setting inspired by underwater myths and marvels. Along with the nourishment of food and drink, share stories, hopes and dreams with your nearest and dearest. An evening of light, love and laughter to warm your spirit.

MOJO | 6:30 pm - 9:30 pm





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25 December 2023





## Jingle Bells

### Santa Claus Arrives

A hush falls over the beach...is that the jingle of bells we hear? The arrival of Santa Claus heralds the season of giving, bringing alive the spirit of Christmas. A joyful experience for our young guests.

MOJO Beach | 10:30 am - 11:30 am



## Journey to Elsewhere

### Aufguss Sauna Ritual

Be transported to a hypnotising realm, infused with 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.

KAASHI | 6:00 pm - 6:45 pm



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26 December 2023



## Marine Mysteries

### Snorkelling & Sandbank Safari

Float through an astonishing realm of vibrant corals and fascinating sea-creatures, hidden just below the shimmering waves. Between snorkelling dips, we will explore the dreamlike sandbanks of the Raa Atoll.

Water Sports | 11:00 am - 1:00 pm



## Nature's Abundance

### Wine Pairing Dinner

This extraordinary Earth-to-Table wine pairing dinner celebrates the natural bounty of the Maldives and honours our commitment to sustainability. Savour the freshness of locally sourced ingredients across a selection of exquisite dishes, inspired by French and Italian culinary traditions. Our expert Sommelier has chosen fine wines to complement the unique flavours of regional ingredients.

MOJO | 6.30 pm - 9.30 pm



## Soul in Motion

### Chakra Dance

Chakra Dance is a wellbeing movement practice that invites you to embody your soul more fully and authentically. Experience an ethereal blend of spontaneous dance and chakra-resonant music, carefully crafted to heal and re-tune your entire energy system.

LOTUS | 9:00 pm - 9:45 pm





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27 December 2023



## Celebration Brews

### Tasting to Celebration

Partake in a celebratory tasting with our Tea Sommelier. Discover a variety of exceptional teas, and explore the delicate process of steeping and brewing the leaves. Learn how water and heat play a vital role in achieving the final flavour of each cup.

SAI | 4:00 pm - 5:00 pm



## Lunar Bliss

### Full Moon Meditation

Full moon nights are the ideal time to embrace the pause, reflect and realign. Let us find a new balance as we gather in gratitude under the ethereal glow of silver moonbeams. Let the pure sea breeze and the song of the tides fill your soul with timeless serenity.

Gate of Zero | 9:00 pm - 9:45 pm



## The Four Pillars

### Wellbeing Conversation

Delve deeper into the Four Pillars of JOALI BEING: Mind, Skin, Microbiome and Energy. Explore the transformative potential of this holistic wellbeing approach, and take home expert recommendations to balance all Four Pillars.

KAASHI | 10:00 am - 10:30 am

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28 December 2023







## Legends of the Ocean

### Hawksbill Turtle Adventure

Be inspired by majestic Hawksbill turtles as you learn about their life cycle, from egg to adulthood, and the thousands of miles they travel during their lifetime. Then join our Sea Turtle Biologist to witness these iconic creatures in their natural habitat.

Marine Centre | 10:00 am - 12:00 pm

## In Sacred Sync

### Om Chanting Session

As a choir of voices rise and fall in unison, let your soul reverberate with Om — the sacred sound that encompasses the universe. Every Om chanted brings you closer to inner peace and enlightenment. This spiritual sojourn is led by Dr. Dhanraj Shetty, our yogic science specialist.

LOTUS | 6:00 pm - 6:45 pm



# The Nourishing Kitchen

## Culinary Session

Explore the art of optimising nourishment through food and drinks. Our chefs and nutritionists share culinary practices to support wellbeing — from ingredient selection and combination, to cooking techniques that enhance nutrition.

Culinary Learning Centre | 11:00 am - 12:00 pm





## Longevity On My Plate

### Blue Zones Dinner

Share a fulfilling five-course feast inspired by the longevity secrets and nutrition principles of the world's longest-lived communities — from the Japanese island of Okinawa, to the coast of California.

MOJO | 6:30 pm - 9:30 pm



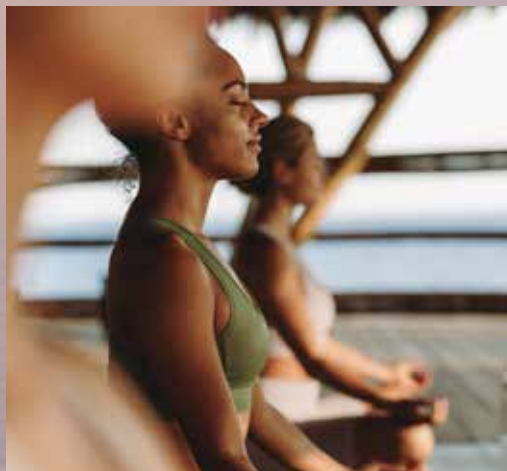
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29 December 2023





## Energy Ignite

### Power Yoga

Join us by the waves for an invigorating session on the mat. This energetic form of yoga includes asanas from Ashtanga and Vinyasa Yoga, accompanied by selected bodyweight exercises to create energy and heat.

Ocean Sala | 7:00 am - 8:00 am

## Tranquil Tides

### Chi-Flow Session

Surrender to the rhythm of vital energy at this Chi-Flow session. The fluid movements have a wonderfully softening effect, allowing both body and mind to become a vessel for the natural ebb and flow of Chi. Emerge feeling light, serene and more closely connected with your inner self.

LOTUS | 6:00 pm - 6:45 pm

## Blossom & Bloom

### AKTAR Workshop

Unlock the secrets of natural face-care at our herbology centre. Use pure ingredients, handpicked from Mother Nature's bountiful pantry, to create two face masks. Aloe Vera holds the promise of nourishment, cooling and hydration, while Kaolin Clay detoxifies and rejuvenates the skin.

AKTAR | 3:00 pm - 4:00 pm

## Garden On My Plate

### Plant-Based Dinner

Relish the joyful possibilities of plant-based cooking with this captivating meal, crafted by the acclaimed Chef Bettina Campolucci Bordi. Showcasing local ingredients and tropical flavours, Chef Bettina presents a menu of whimsical delights, from the vibrant 'Garden of JOALI' to the earthy 'Pumpkin Three Ways'. This is conscious dining with a difference — fresh, playful and fun.

FLOW | 6:30 pm - 9:30 pm



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30 December 2023



## Empowered By Plants

### Culinary Session

Explore the limitless possibilities of plant-based cooking, guided by the wisdom and skills of Chef Bettina Campolucci Bordi. Learn to push the boundaries using sustainable and local ingredients, with tropical flavours to lend flair. Known for her award-winning cookbooks, Chef Bettina runs a Retreat Chef Academy for aspiring plant-based chefs.

Culinary Learning Centre | 11:00 am – 12:00 pm

## Journey of Sound

### Guided Exploration

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

Discovery Sound Path | 5:00 pm - 5:45 pm



## Spirited Symphony

### Cocktail Class

Embark on a liquid adventure to unravel the mysteries of mixology. Discover a whole new world of cocktails as JOALI's experts introduce you to Spirited Symphony, our signature cocktail philosophy. Selected cocktails will be customised to your preferences.

MOJO | 4:00 pm - 5:00 pm



## Earth's Elixir

### Cacao Ceremony

Cacao ceremonies are one of the oldest holistic healing practices, used by indigenous cultures around the world for millennia. At this transcendent session, we use the healing properties of cacao to guide you through a heart-opening meditation.

MOJO Beach | 9:00 pm - 9:45 pm



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31 December 2023



# Ride into the Rhythm

## Spin Class

Amplify energy and elevate fitness with a high-intensity indoor cycling session. Technogym Master Trainer Andrea Stuto will guide you through different levels of speed resistance and intensity.

Gate of Zero | **3:00 pm - 3:45 pm**





# Serenity Flow

## Qi Gong Session

Qi Gong is an ancient Chinese practice that combines meditation, slow-flowing movements and deep breathing. This rhythmic sequence optimises the flow of vital energy within you, leaving you lighter and open to new possibilities.

LOTUS | 4:00 pm - 4:45 pm



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## The Greatest Mystery

### New Year's Eve Celebration

"On the last night of the year, celebrate transformation by the ever-coming, ever-going waves. Feel the vital energies of the ocean unfold through the evening, inspired by marine myths and marvels."

Glowing lights and stirring melodies, whirling dancers and sprightly acrobats...it promises to be a night to remember. Our shared table-top dinner is filled with lively, nourishing flavours that pay homage to the vibrancy of underwater life."

FLOW | 6:30 pm - Onwards



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1 January 2024





## 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 am - 3:00 pm



## Dynamic Resilience

### Mobility Class

Stretch the horizons of your mobility at this special class, designed to enhance body awareness and build strength. Carve out new pathways of potential through a series of movements and bodyweight drills, carefully chosen to improve range of motion and coordination.

Ocean Sala | 11:00 am - 12:00 pm



## Journey to Elsewhere

### Aufguss Sauna Ritual

Be transported to a hypnotising realm, infused with 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.

KAASHI | 6:00 pm - 6:45 pm

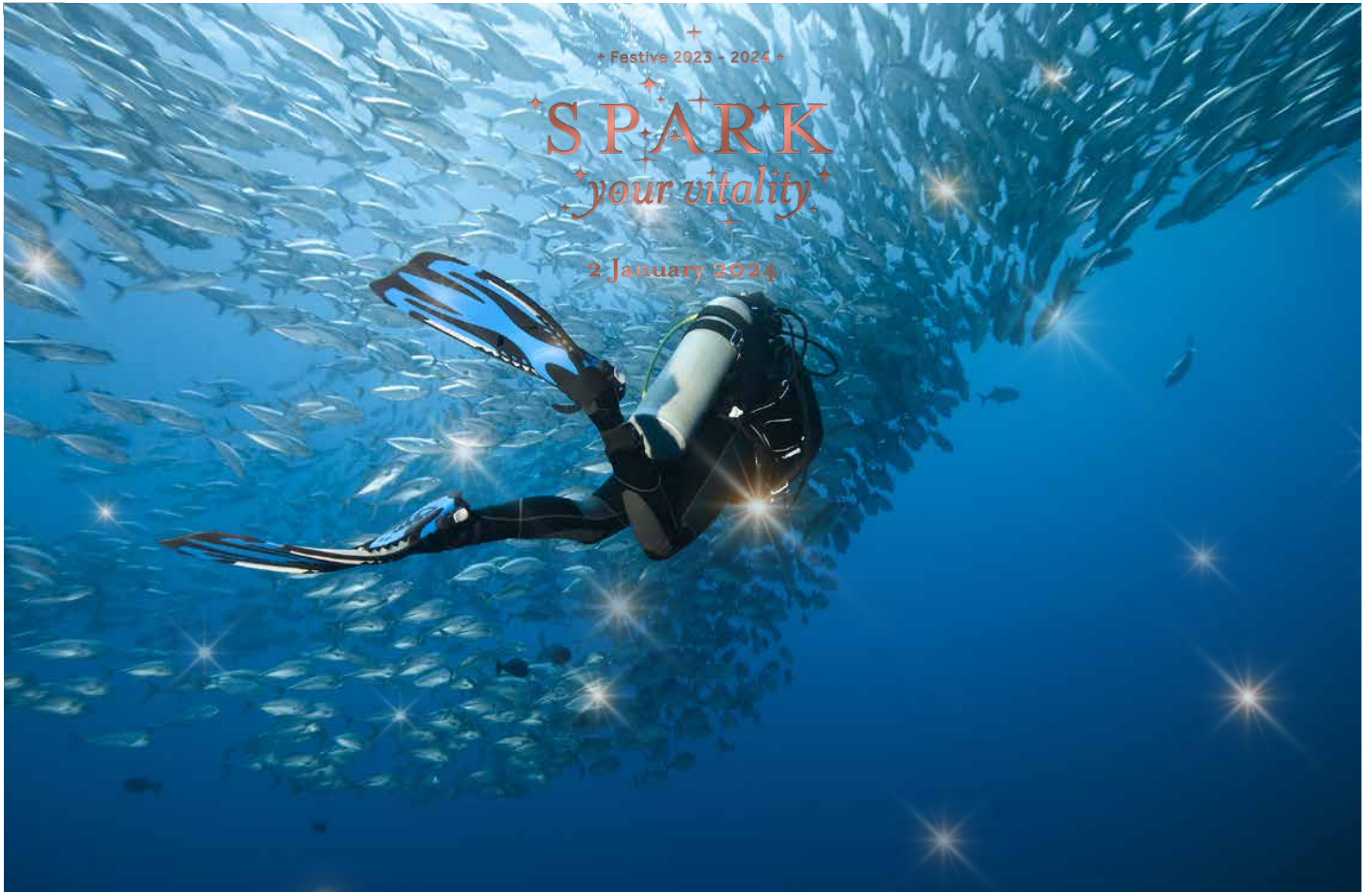


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2 January 2024





# Decoding Diet Myths

## Wellbeing Conversation

Expand your understanding of nutrition at this informative session, led by JOALI experts. Learn to differentiate between myth and fact as we explore the key principles of a nutritious diet, based on ancient knowledge as well as modern science.

KAASHI | 10:00 am - 10:30 am



# Secrets of the Sea

## Discover Scuba Diving

Scuba diving offers a portal to our “Secret Earth” - the vast and wonderful ocean. Discover life under the waves with an introductory dive in calm waters, ideal for beginners. Leave gravity behind as you descend into the sea, and float among rainbow fish and corals.

Marine Centre | 2:30 pm - 4:30 pm





# Breath of Life

## Wellbeing Conversation

Breath is both science and miracle. Master practitioner Javier De Prado shares the inner workings of the primary respiratory system, then guides you through a short meditation. Emerge with a deeper understanding of how this vital function is influenced by your thoughts and emotions.

LOTUS | 3:00 pm - 3:45 pm





## Serene Seascapes

### Mood-Enhancing Delicacies Of the Deep

Taste the healing symphony of a modified Mediterranean diet, proven to be an effective aid in treating depression. This special menu is designed around beneficial “mood foods”, carefully chosen for their positive effects. Anti-inflammatory ingredients improve gut and mind wellbeing, while proteins and amino acids contribute to mood regulation and feelings of happiness.

MOJO | 6:30 pm – 9:30 pm

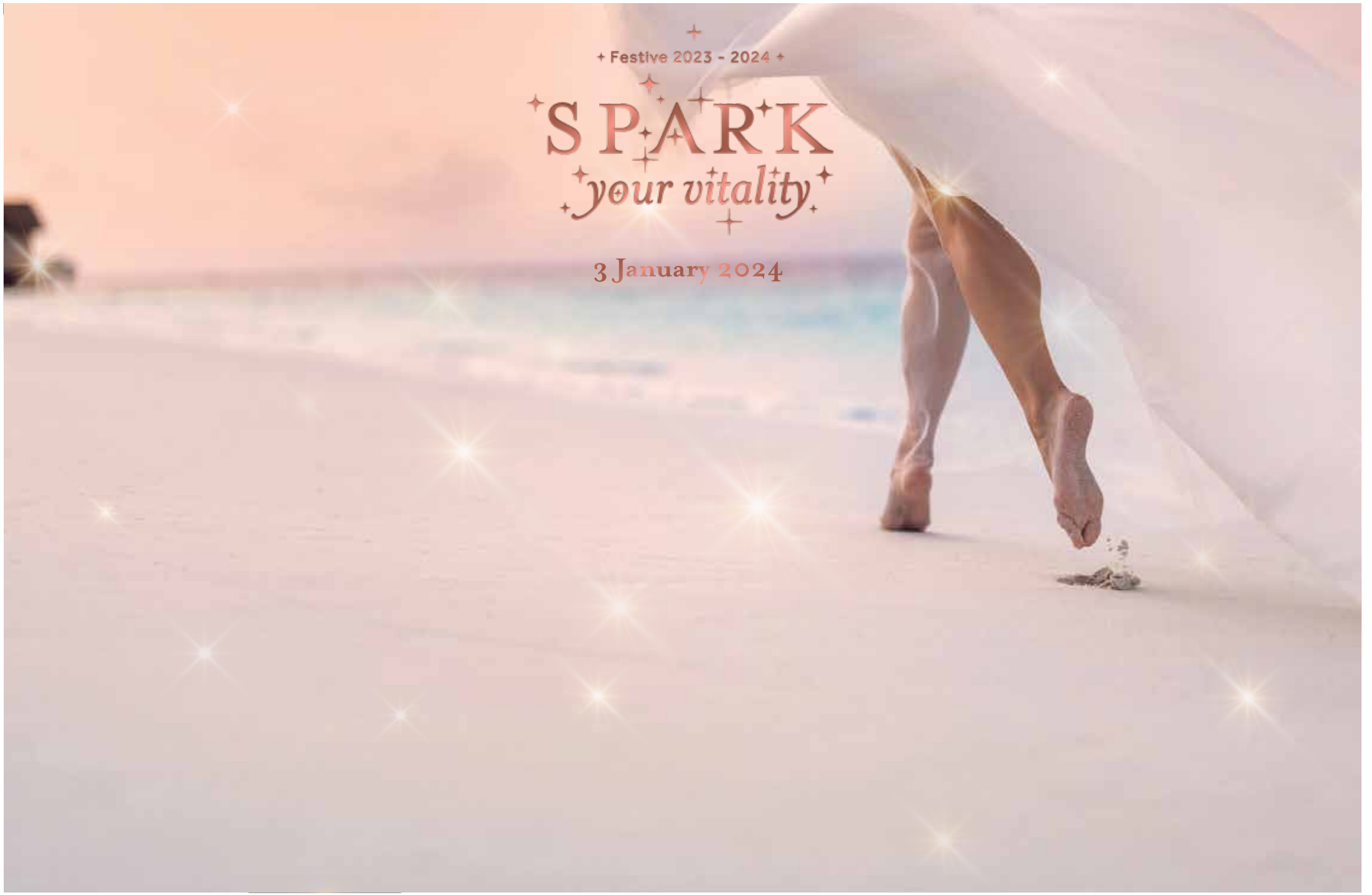


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3 January 2024







## Underwater Tales

### Coral Reef Discovery

Did you know coral reefs are known as ‘the rainforests of the ocean’? Learn about the vital importance of these complex, delicate habitats and how to monitor their health. Then, join our Marine Biologist out in the sea to collect data using a coral colour chart.

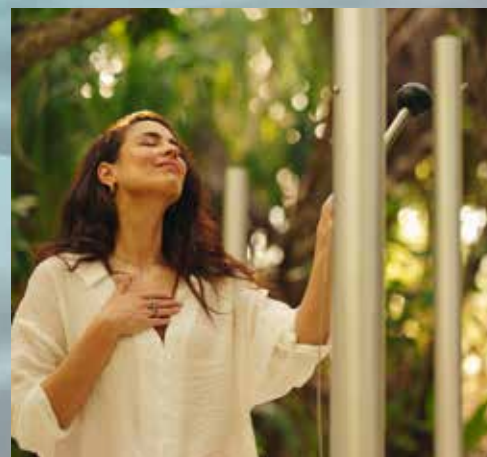
Okyanus | 10:00 am - 12:00 pm

## Harmonic Healing

### Sound Bath Meditation

Embark on a guided meditation with sound-healing instruments. Enveloped by deep, overlapping vibrations, discover a sense of profound calm and serenity.

LOTUS | 4:00 pm - 4:45 pm



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4 January 2024





## After-Sun Glow

### AKTAR Workshop

Sun-kissed adventures can leave your skin in need of additional love and care. Meet us at the herbology centre for a session on preventing post-sun damage. Discover the soothing benefits of all-natural ingredients as you create an after-sun oil, lotion and lip balm.

AKTAR | 3:00 pm - 4:00 pm



## Aquatic Motion

### Wellbeing in Water

Movement, music and water come together for an exhilarating session at the pool. Flow to the beats, then cool down with healthy beverages.

MOJO Pool | 4:00 pm - 4:45 pm



## Legends of the Ocean

### Hawksbill Turtle Adventure

Be inspired by majestic Hawksbill turtles as you learn about their life cycle, from egg to adulthood, and the thousands of miles they travel during their lifetime. Then join our Sea Turtle Biologist to witness these iconic creatures in their natural habitat.

Marine Centre | 10:00 am - 12:00 pm





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5 January 2024





## The Mind-Body Bridge

### Wellbeing Conversation

Explore how the body influences your emotions — and vice versa. A deeper understanding of the integral link between physical and mental health creates a path to self-acceptance and self-love.

KAASHI | 10:00 am - 10:30 am



## Serenity Flow

### Qi Gong Session

Qi Gong is an ancient Chinese practice that combines meditation, slow-flowing movements and deep breathing. This rhythmic sequence optimises the flow of vital energy within you, leaving you lighter and open to new possibilities.

LOTUS | 5:00 pm - 5:45 pm



## Journey of Transformation

### Guided Meditation

Meet us for a calming meditation under the Gate of Zero, a powerful symbol of letting go of the past and releasing that which no longer serves you. Let the tranquil ocean sounds guide you into the present moment, so you can create space for new and infinitely better things.

Gate of Zero | 9:00 pm - 9:45 pm





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6 January 2024





## Cognitive Enhancement Wellbeing Conversation

Explore the transformative power of neuroscience with Dr. Tara Swart, a globally renowned neuroscientist. Learn how strengthening mental resilience and brain performance can support your ability to think, focus and make better decisions.

LOTUS | 3:00 pm - 4:00 pm



## Journey of Sound Guided Exploration

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

Discovery Sound Path | 5:00 pm - 5:45 pm



## 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, inspired by the marvels of the underwater world.

MOJO | 6:30 pm - 9:30 pm



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7 January 2024



# Sea of Tranquillity

## Pranayama Meditation

Awaken inner peace through breathwork and meditation. The rhythm of inhalation and exhalation weaves an invisible tapestry, with each breath a thread of life, connecting body, mind and spirit. The simple act of breathing is transformed into a journey of becoming.

LOTUS | 4:00 pm – 4:45 pm



# Glide into Gold

## Sunset Cruise

Raise a sparkling toast to sunset panoramas as you cruise the Raa Atoll. Our luxurious yacht offers a stunning vantage point to soak in Maldivian seascapes. Celebrate gold-drenched views with Champagne and canapés on board.

Marine Centre | 5:00 pm – 7:00 pm



# Embers of Release

## Bonfire Meditation

Let the power of fire elevate your mind and heart. Together, we will write down negative thoughts and cast them into the bonfire — an act that offers profound spiritual and mental benefits as we transmute negative energy into positive energy.

MOJO Beach | 9:00 pm – 9:45 pm





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8 January 2024



## Inner Voyage

### Guided Meditation

We are all born meditators, and meditation is our most natural state... Allow the external world to 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.

LOTUS | 4:00 pm – 4:45 pm



## Journey to Elsewhere

### Aufguss Sauna Ritual

Be transported to a hypnotising realm, infused with 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.

KAASHI | 6:00 pm – 6:45 pm





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# SPARK

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9 January 2024





## Marine Mysteries

### Snorkelling & Sandbank Safari

Float through an astonishing realm of vibrant corals and fascinating sea-creatures, hidden just below the shimmering waves. Between snorkelling dips, we will explore the dreamlike sandbanks of the Raa Atoll.

Water Sports | 11:00 am – 1:00 pm



## Flight of Discovery

### Anti-Gravity Yoga

Defy the laws of physics as you float above the ground and draw graceful figures in the air, creating an incredible feeling of weightlessness. Performed with an aerial hammock, this hybrid practice combines traditional Hatha Yoga poses, aerial acrobatics, and body conditioning exercises.

Ocean Sala | 4:00 pm – 4:45 pm

## Earth's Elixir

### Cacao Ceremony

Cacao ceremonies are one of the oldest holistic healing practices, used by indigenous cultures around the world for millennia. At this transcendent session, we use the healing properties of cacao to guide you through a heart-opening meditation.

MOJO Beach | 9:00 pm – 9:45 pm

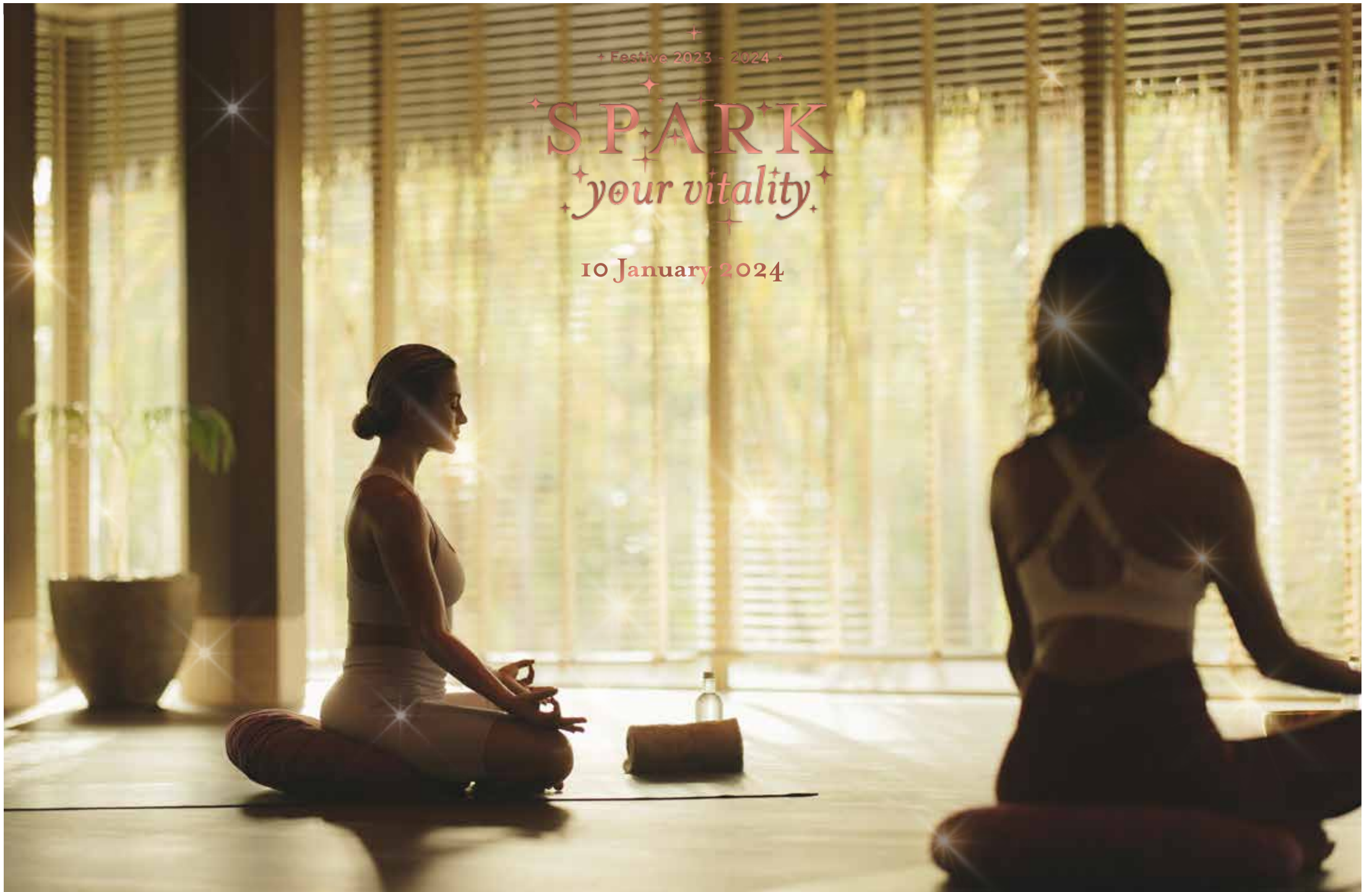


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10 January 2024



## Energy Ignite

### Power Yoga

Join us by the waves for an invigorating session on the mat. This energetic form of yoga includes asanas from Ashtanga and Vinyasa Yoga, accompanied by selected bodyweight exercises to create energy and heat.

Ocean Sala | 7:00 am – 8:00 am



## Ocean Odyssey

### House Reef Snorkelling

Encounter the secrets of the sea on this snorkelling trip with JOALI's resident Marine Biologist. Hidden just below the waves, our house reef is an astonishing realm of vibrant corals and fascinating marine creatures.

Marine Centre | 10:30 am – 11:45 am



## Tranquil Tides

### Chi-Flow Session

Surrender to the rhythm of vital energy at this Chi-Flow session. The fluid movements have a wonderfully softening effect, allowing both body and mind to become a vessel for the natural ebb and flow of Chi. Emerge feeling light, serene and more closely connected with your inner self.

LOTUS | 5:00pm – 5:45 pm





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MASTER PRACTITIONERS



# Chef Bettina Campolucci Bordi

## Plant-Based Chef

*“We should let our veggies do the talking. The best plant food is fuss-free, simple and speaks for itself.”*

Based in the UK, Chef Bettina is on a mission to elevate accessible plant-based eating habits around the globe. Using straightforward cooking principles and plenty of seasonal produce, she creates food that simply makes people feel good — while also showcasing the limitless possibilities of plant-based cuisine. Reflecting a passion for sustainability, her recipes make generous use of local ingredients and zero-waste techniques.

Chef Bettina shares her wisdom and experience through her award-winning cookbooks, yoga and mindfulness retreats, cooking workshops, and food writing. She also runs her own Retreat Chef Academy for aspiring plant-based chefs.



# Sandro Thiara Mota

## Human Enhancement Coach

*“Our most precious and underutilised resource is breath — a simple, ever-present and sacred tool.”*

Sandro is a professional athlete, Mr Universe finalist, and leading human enhancement coach with over two decades of helping clients elevate their lives through The Mota Method, a combination of restorative breathwork, WimHof techniques and high-performance fitness training. He has guided elite athletes, high-level executives, and guests of all ages and backgrounds seeking to work through traumas or difficulties.

## Dr. Tara Swart

### Neuroscientist

*“Most of the things we want from life – health, happiness, wealth, love – are governed by our ability to think, feel and act. In other words, by our brain.”*

Dr. Tara is a globally renowned neuroscientist, Oxford University trained medical doctor, and senior lecturer at MIT Sloan. She is also a highly sought-after executive advisor, working with a select group of leaders and businesses to elevate their success.

The bestselling author of books like The Source, Dr. Tara draws on the latest breakthroughs in brain science – including neuroplasticity and gut-brain axis – to help guests strengthen mental resilience, achieve peak brain performance, and re-engage with their lives more meaningfully.



## Dr. Rachel Woo

*“With a little help, the body can rebalance and restore itself.”*

An experienced TCM practitioner, Dr. Rachel specialises in acupuncture, cupping, herbal medicine and nutrition. Blending ancient wisdom with advanced science, her integrated therapeutic approach offers an alternative pathway to your wellbeing goals – from preventing illness and strengthening immunity, to relieving pain and slowing disease progression.

Dr. Rachel's sound knowledge of traditional natural therapies was honed over a decade of working in holistic wellness clinics, including a supervisory clinical role at the Sydney Institute of Traditional Chinese Medicine. She holds a master's degree in Brain & Mind Sciences.





## Andrea Stuto

*“Fitness is a state of mind.”*

Based in Italy, Andrea is a highly accomplished Technogym Master Trainer and Skillathletic Coach. Designed around efficiency and technique, Skillathletic is an advanced method for athletic performance training.

With a strong background as a former professional beach tennis athlete and head coach at the BTS Beach Tennis School, Andrea brings a world of experience to fitness education. He also holds a master's degree in Sports Science and Techniques. Under Andrea's careful guidance, you can develop multiple components of physical fitness to enhance your overall performance.

## 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 1 certification in aromatherapy from HerbaFarm Academy in Turkey.



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



JOALI BEING