

INTERNATIONAL DAY OF HAPPINESS

20 March, 2023

*"When I wake up each morning, my heart sings.
It has learned the secret language of joy."*



*On this very special day, we invite you to celebrate the art of
happiness – an essential component of true wellbeing.*

Join us for joyful experiences that make your spirit sing.

JOALI BEING



GUIDED HOUSE REEF SNORKELLING

Nature has the power to instantly put you in a happier frame of mind. Science shows that spending time in the natural world reduces anxiety, relieves fatigue and boosts creativity. Feel your heart lighten as you swim alongside vibrant corals, friendly fish and other fascinating sea-creatures around our island.

9:00 am to 10:00 am / Okyanus

Complimentary

RHYTHMIC MOTION CLASS

Meet us for an all-round aerobics workout that combines cardio, muscle conditioning, balance and flexibility – with plenty of foot-tapping fun. An effective and enjoyable mood-booster.

11:00 am to 12:00 pm / LOTUS

USD 60 per person



HAPPY HORMONES COOKING CLASS

Food offers an excellent way to naturally enhance the brain's production of “happy hormones” such as endorphins and dopamine. Join us for an interactive cooking class focused on joy-giving ingredients, recipes and cooking techniques.

1:00 pm to 2:00 pm / Culinary Learning Centre

USD 120 per person



All prices are subject to 10 percent service charge and 16 percent government tax.

For more information or reservations, please contact your Jadugar.

