

# JOY OF BEING

Calling young explorers  
and wonder-seekers!



JOALI BEING





## JOY OF BEING

24<sup>th</sup> March 2023 - 10<sup>th</sup> May 2023  
1<sup>st</sup> July 2023 - 31<sup>st</sup> August 2023  
21<sup>st</sup> December 2023 - 15<sup>th</sup> January 2024

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

**This 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 season an unforgettable wellbeing family vacation.



### Yoga and Active Meditation

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.



### Medicine Garden Workshop

Mind

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



### 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.



### The Laughing BooCha

Microbiome

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



### 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!



### 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.





### Ultimate Beach Handball

Mind | Energy

A fast-paced game of handball improves agility and flexibility, along with sharpening mental focus. Plus, it's a whole lot of fun.



### Ninja Class

Mind | Energy

Become a Japanese warrior! Increase your strength and improve your balance as you learn a series of exciting moves and exercises based on the ancient martial art of self-defence.



### 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.

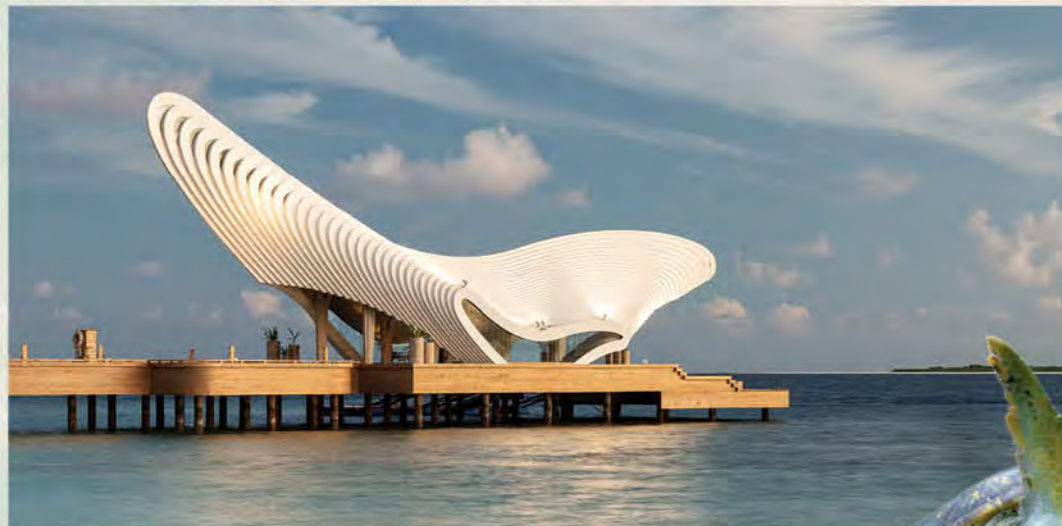


### Iced Tea Hunters

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!





### Beach Boot Camp

Mind | Energy

Build character through problem-solving and by overcoming challenges. Work together in teams to master physical tasks and claim victory!



### Football Game

Mind | Energy

Discover the world's favourite and most played sport - football. Form teams and work with your squad to come up with a winning strategy. The perfect way to exercise and build stamina while learning new tactics and skills.



### Semi Submarine Excursion

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.



### Fuel for Your Body

Mind | Skin | Microbiome | Energy

Welcome to the world of healthy and tasty food! Let our Nutritionist teach you about the different food groups and the importance of a balanced diet.



### 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.



### Spike Ball Game

Mind | Energy

Ready, set, spike! Played around a brightly coloured trampoline, this exciting and innovative sport scores high on action, dexterity and teamwork.



### 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.



### 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.



### Sunset Gathering

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.



### 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.



### Mini Beach Volley

Mind | Energy

Kick off your shoes for an energising session of mini-volleyball on pristine sands. This engaging and easy-to-learn game promises to keep young guests on their toes.



### Dolphin Cruise

Mind

All aboard! Set off on a thrilling cruise in search of the messengers of the sea. Spot majestic dolphins as they jump, flip and splash in these waters they call home.





### Young Yogi

Mind | Skin | Microbiome | Energy

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



### Warrior Boxing

Mind | Energy

An exciting class that combines physical agility and power with mental discipline. Learn self-defence techniques drawn from ancient martial arts.



### Getting Stronger

Mind | Energy

At this fun-filled fitness session, we focus on building strength and aligning the mind-body connection



### Move to the Rhythm

Mind | Energy

Let it all go and just flow with the music! Dancing is one of the best ways to boost your “happy” energy.



### ABC of Pilates

Mind | Energy

Practice low-impact exercises to improve posture and core strength. This non-competitive workout celebrates the pure joy of movement.



### Creative Meditation

Mind | Skin | Microbiome | Energy

Young imaginations must be nourished and encouraged. This guided meditation invites young guests to explore their vast and wonderful inner world.



### Vibration Of Joys

Mind

Set off on our Discovery Sound Path, an outdoor trail with interactive musical instruments. This healing sound journey is perfect for all age groups.



### Family Connection

Mind | Energy

Families that play together, thrive together. Our joyful games are designed to bring you closer and strengthen familial bonds.





### Canvas of Joy

Mind | Energy

At this introductory class, our Resident Artist teaches young guests how to paint on canvas. A wonderful way to begin a lifelong relationship with art.



### Coffee Creatives

Mind | Energy

At this innovative class, coffee is our medium for painting. Express your vision in different shades of brown and sepia – a cool challenge for young artists!



### Watercolour Wonder

Mind | Energy

Learn the beautiful art of watercolours at this interactive painting session, led by our talented Resident Artist.



### Wear Your Art

Mind | Energy

Explore your imagination as you paint a t-shirt with unique designs and vibrant colours. Wear your creation back home, whenever you miss JOALI BEING.



### Expressions of Coconut

Mind | Energy

Channel the tropical spirit through your paintbrush! Be inspired by nature as you decorate dry coconuts shells from our island.





