

# J O Y OF BEING

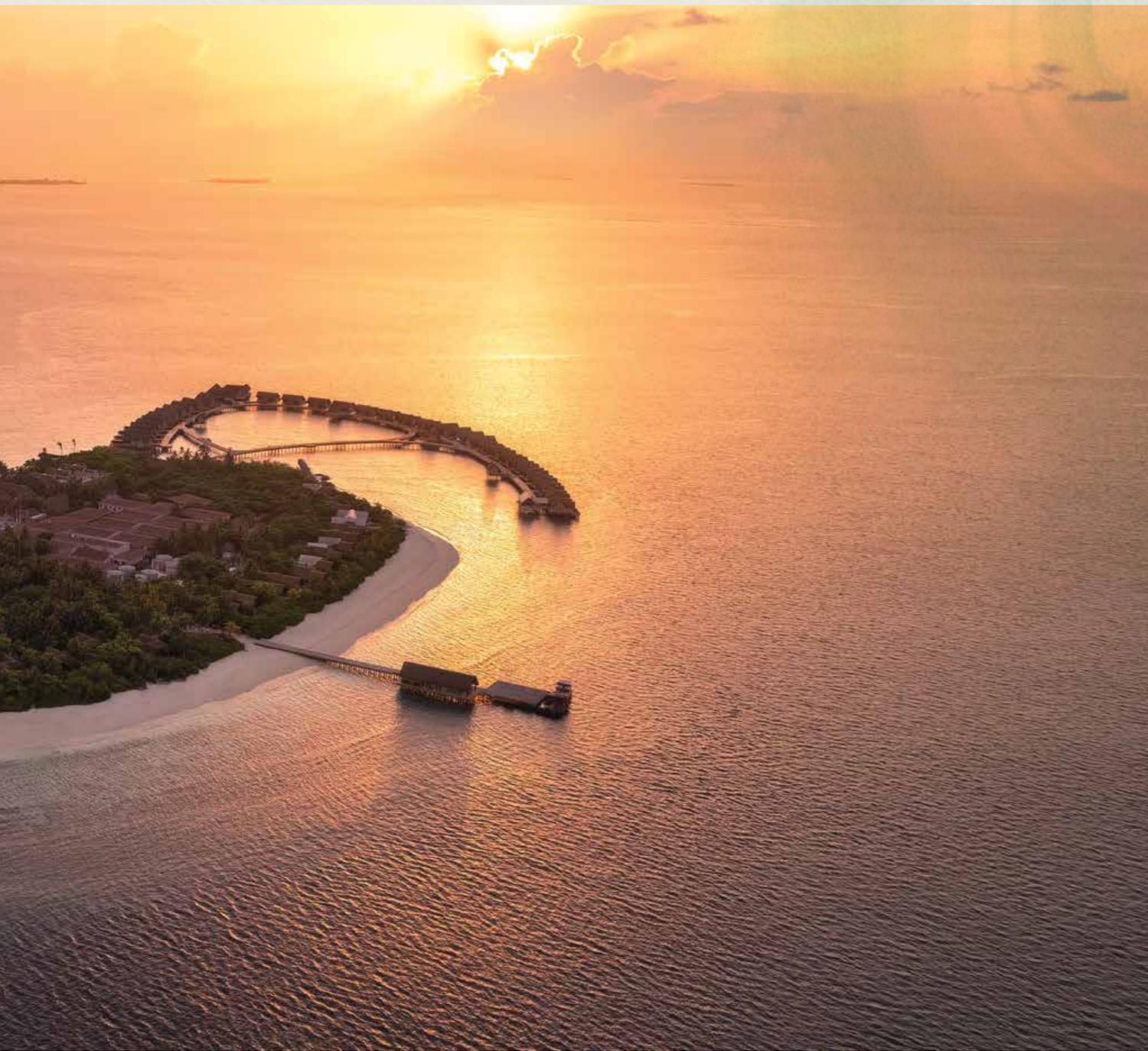
Calling young explorers  
and wonder-seekers!

JUNE TO AUGUST  
2022



JOALI BEING







# JOY OF BEING

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

A warm welcome to our young guests and their parents!

This summer, for the first time ever, JOALI BEING is taking young ones on an adventure filled with joy, friendship and learning.

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 programme introduces a simpler version of the Four Pillars of JOALI BEING: Mind, Skin, Microbiome and Energy. Each pillar is specially tailored to their concerns – like finding their place in the world as young adults, and coping with stress caused by social pressures and modern technology.

Guided by an expert team of marine biologists, naturopaths, nutritionists and chefs, young ones will have the opportunity to explore underwater life, pick up new skills, and practice different forms of movement and meditation. As they follow their curiosity and try out different activities, they will work together in teams and make new friends.

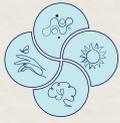
Each day brings so many new possibilities – from yoga to herbology workshops, from making healthy ‘nice’ cream to learning about turtles. On our Island of Wellbeing, immersed in nature, each experience is felt more deeply, more meaningfully.

Get ready to enjoy an unforgettable wellbeing family vacation.

**Joy of BEING welcomes kids between the ages of 6 and 12 years.**

JOY OF BEING  
Retreat 2022  
MONDAY



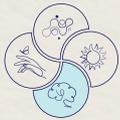


## Morning Yoga and Active Meditation

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.

Timing: 8:00 – 9:00  
Venue: Ocean Sala

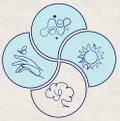


## Sea Gardeners

Mind

Join our Marine Biologist to learn the importance of protecting coral reefs. Build coral frames, ready to transplant into our nursery in the ocean, contributing to the coral restoration programme. Parents are welcome to join.

Timing: 10:30 – 11:30  
Venue: Okyanus



## 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.

Timing: 12:00 – 13:00  
Venue: Culinary Learning Centre



## Medicine Garden Workshop

Mind

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

Timing: 14:30 – 15:30  
Venue: Aktar



## The Laughing Boocho

Microbiome

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

Timing: 15:00 - 16:00  
Venue: MOJO



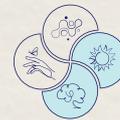
## Just Dance Class

Choreography

Mind | Energy

Learn control and balance as you move to the beat and feel the rhythm in a fun-filled environment. This guided dance experience is sure to be a hit with all our young joy-seekers.

Timing: 16:30 – 17:00  
Venue: LOTUS



## Ultimate Beach Handball

Mind | Energy

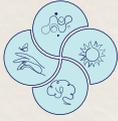
A fast-paced game of handball improves agility and flexibility, along with sharpening mental focus. Plus, it's a whole lot of fun.

Timing: 17:30 – 18:30  
Venue: Beach next to Villa 15

Contact your Jadugar to make reservations.

JOY OF BEING  
Retreat 2022  
TUESDAY





## Morning 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.

**Timing:** 8:00 – 9:00

**Venue:** Ocean Sala



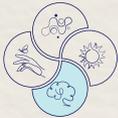
## Fun with Vitamingles

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.

**Timing:** 15:00 – 16:00

**Venue:** MOJO



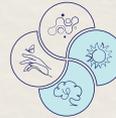
## Friends of Nature

Mind

Join our Marine Biologist for a journey of discovery. Learn about the underwater life of the Maldives islands, and understand why eco-tourism is becoming such an important theme in our times.

**Timing:** 10:00 – 10:30

**Venue:** Okyanus



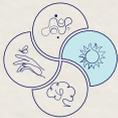
## Ninja Class

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.

**Timing:** 16:30 – 17:15

**Venue:** LOTUS



## Vibrant Underwater Snorkelling

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.

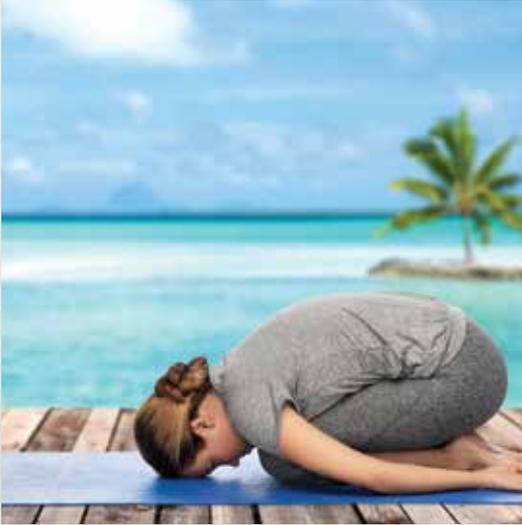
**Timing:** 10:30 – 12:30

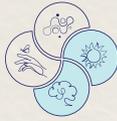
**Venue:** Arrival Jetty



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JOY OF BEING  
Retreat 2022  
WEDNESDAY





## Fun with Pilates

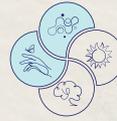
Mind | Energy

Have fun doing Pilates! You can build your confidence, increase your stamina and improve your flexibility with these wonderful exercises.

**Timing:** 8:00 – 9:00

**Venue:** Ocean Sala

**Ages:** 8 and above



## 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!

**Timing:** 15:00 – 16:00

**Venue:** Sai



## 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.

**Timing:** 10:00 – 12:00

**Venue:** Arrival Jetty



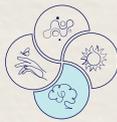
## Beach Boot Camp

Mind | Energy

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

**Timing:** 16:30 – 17:15

**Venue:** MOJO



## 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.

**Timing:** 14:30 – 16:00

**Venue:** Okyanus



## Football Game

Mind | Energy

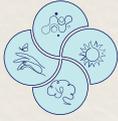
Discover the world's favourite and most played sport -football. Form teams and work with your squad to come up with a winning strategy. The perfect way to exercise and build stamina while learning new tactics and skills.

**Timing:** 17:30 – 18:30

**Venue:** Football Court

JOY OF BEING  
Retreat 2022  
THURSDAY





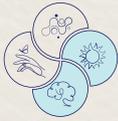
## Morning Yoga and Active Meditation

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.

Timing: 8:00 – 9:00

Venue: Ocean Sala



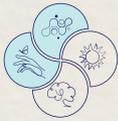
## Guess Who?

Mind | Energy

Join our Marine Biologist for an interactive guessing game as you learn about different sea animals. Then head to our lagoon, for a field trip!

Timing: 10:30 – 12:00

Venue: Okyanus



## Herbology Workshop

Microbiome | Skin

Let our Herbologist show you the secret benefits of medicinal plants and a fun interactive session.

Timing: 14:30 – 16:00

Venue: Aktar



## 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.

Timing: 11:45 – 12:30

Venue: Culinary Learning Centre



## 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.

Timing: 16:30 – 17:00

Venue: Arrival Jetty



## 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.

Timing: 17:30 – 18:30

Venue: Football Court



Contact your Jadugar to make reservations.

JOY OF BEING  
Retreat 2022  
FRIDAY





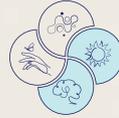
## Morning Yoga and Active Meditation

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.

**Timing:** 8:00 – 9:00

**Venue:** Ocean Sala



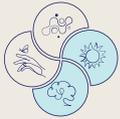
## Ozzie's Tennis Journey

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.

**Timing:** 16:30 – 17:15

**Venue:** Tennis Court



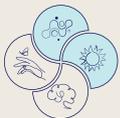
## Vibrant Underwater Snorkelling

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.

**Timing:** 10:00 – 12:00

**Venue:** Arrival Jetty



## 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.

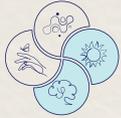
**Timing:** 15:00 – 16:00

**Venue:** Culinary Learning Centre



JOY OF BEING  
Retreat 2022  
SATURDAY



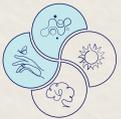


## Morning Energy Dance

Mind | Energy

Meet our movement specialists for a lively seaside session of rhythm, balance and fun. What better way to get your mind and body ready for the day ahead? We welcome parents to join their child(ren) for this activity.

**Timing:** 8:00 – 9:00  
**Venue:** Ocean Sala



## 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.

**Timing:** 15:00 – 16:00  
**Venue:** MOJO

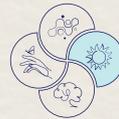


## Herbology Workshop: Soap Making

Mind | Skin

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

**Timing:** 14:00 – 16:00  
**Venue:** Aktar

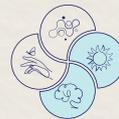


## Sunset Gathering

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.

**Timing:** 17:00 – 18:00  
**Venue:** MOJO



## 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.

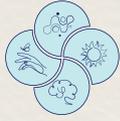
**Timing:** 17:30 – 18:30  
**Venue:** Football Court



Contact your Jadugar to make reservations.

JOY OF BEING  
Retreat 2022  
SUNDAY





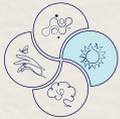
## Morning Yoga and Active Meditation

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.

**Timing:** 8:00 – 9:00

**Venue:** Ocean Sala



## Nature Scavenger Hunt

Energy

Search for places, people and objects across the island! Find clues, solve riddles and play games with your new friends on this exciting scavenger hunt.

**Timing:** 10:30 – 12:00

**Venue:** Okyanus (Islandwide)



## 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.

**Timing:** 11:30 – 12:30

**Venue:** Culinary Learning Centre



## Anti-Gravity Super Yoga

Mind | Energy

An awesome new challenge for our young adventurers. Combining strength and balance, anti-gravity yoga is a great way to boost your confidence and improve your fitness.

**Timing:** 16:30 – 17:15

**Venue:** Meditation Deck



## 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.

**Timing:** 16:30 – 18:30

**Venue:** Arrival Jetty



Contact your Jadugar to make reservations.

