

# A MONDAY IN PARADISE

### 06:15 to 07:15 Sunrise Yoga

Meeting time & point: 06:00 at Fitness Centre

In the yogic discipline, the morning is considered a "divine time"

when an individual's spiritual energy is at its peak.

Price: Complimentary

### 09:30 to 11:30 Snorkelling Extravaganza at Dive Centre

The beautiful underwater playground where the marine life and coral gardens come to life as you snorkel around the reefs.

Price: USD II5 per guest

### 10:00 to 11:00 Semi-Submarine at Dive Centre

An experience that takes you underneath the waves to view the aqua-scapes and the colourful life through large viewing windows. Price: USD II5 per guest

### 11:00 to 12:00 Kids Yoga at Fitness Centre

Designed to be fun and interactive, Kids Yoga helps children build strength, flexibility, and focus while encouraging creativity and relaxation

Price: Complimentary





### 14:00 to 15:30 Jewellery Making and Beads Art

Craft unique and personalised jewellery pieces using a variety of beads and artistic techniques. Discover the joy of designing and creating your accessories inspired by nature.

Price: USD 85 per child and USD 95 per adult

### 14:30 to 15:30 Towel Art Class at Kayto

Have you ever wondered how beautiful and creative towel set-ups are done in hotels? Take this chance to find out.

Price: Complimentary

### 17:00 to 19:00 Sunset Cruise at Dive Centre

Relax on a cruise during the sunset, where the Maldivian sky will display magical colours in golden shades.

Price: USD 225 per guest

### 17:30 to 18:30 Beach Volleyball at Water Sports Beach

Let's get active this evening in a fun-filled Beach Volleyball session with the island lagoon's beautiful backdrop.



# THE ISLANDER'S TUESDAY

### 09:00 to 12:00 Snorkelling Turtle Quest at Dive Centre

Sail away with our experienced team on the venture to find one of the most gracious marine animals - the turtles. Price: USD 145 per guest

### 10:00 to 11:00 Nature Walk at Fini Maizan

Stroll around the island with our gardening chief as he takes you on an informative journey through flora and fauna.

Price: Complimentary

### 11:00 to 12:00 Tibetan Sound Healing at Talise Spa

Discover the power of sound to soothe your mind, body and spirit in the immersive healing experience.

Price: USD 60 per guest

### 14:00 to 15:30 Paint Your Own Tote Bag

Transform plain fabrics into wearable art with our fabric painting classes. Express yourself through vibrant colours as you create personalised Tote bags inspired by the rich hues of marine life. Price: USD 85 per child and USD 95 per adult





### 15:00 to 16:00 Parasailing Adventure at Dive Centre

Soar high above the azure waters, feeling the rush of wind and the breathtaking views of the stunning coastline below

Price: USD 150 per guest

### 17:30 to 18:30 Sunset Yoga

Meeting time & point: 17:15 at Talise Spa

Embrace the tranquility of the evening sun as you engage in a soul-soothing yoga session, fostering wellness and relaxation in the heart of nature's beauty.

Price: USD 60 per guest

### 17:00 to 19:00 Traditional Sunset Fishing at Dive Centre

Throw in your fishing line and watch the sunset while waiting for fish to nibble on your bait.

Price: USD 120 per guest

### 18:15 to 19:00 Marine Talk at Dive Centre (Adults)

Learn about the diverse ecosystems, unique species and conservation efforts that make our underwater world thrive.



# CASTAWAY ON A WEDNESDAY

### 06:15 to 07:15 Sunrise Yoga

Meeting time & point: 06:00 at Fitness Centre

In the yogic discipline, the morning is considered a "divine time" when an individual's spiritual energy is at its peak.

Price: Complimentary

**09:00 to 10:00** Children's Swimming Lesson at Shimmers Pool Swimming is essential for any child visiting or living near a body of water. They will learn basic swimming strokes in this session.

Price: Complimentary

### 09:30 to 11:30 Dolphin Quest at Dive Centre

Embark on a voyage around the idyllic island, searching for intelligent marine animals - the dolphins.

Price: USD 105 per guest

### 14:00 to 17:00 Local Island Visit

Set out on an adventure to a local island and discover the culture and lifestyle of the islanders of Maldives.

Price: USD 90 per guest, a minimum of four guests is required





### 15:00 to 16:00 Semi-Submarine at Dive Centre

An experience that takes you underneath the waves to view the aqua-scapes and the colourful life through large viewing windows.

Price: USD 115 per guest

### 16:00 to 17:00 Kids Tennis at Tennis Court

Discover the joy of tennis where our tennis court becomes a canvas for fun, laughter, and learning, creating memorable moments that extend beyond the racquet and ball.

Price: Complimentary

### 17:00 to 19:00 Sunset Cruise at Dive Centre

Relax on a cruise during the sunset, where the Maldivian sky will display magical colours in golden shades.

Price: USD 225 per guest

# 18:30 to 20:00 Football for Teens & Adults at Football Ground

Join us for a game for the internationally loved sport, Football, where you will play with and against others in a friendly match.



# A TROPICAL THURSDAY

#### 09:30 to 11:00 **Snorkelling Exploration**

The beautiful underwater playground where marine life and coral gardens come to life as you snorkel around the reefs.

Price: USD 80 per guest

#### 10:00 to 11:00 Nature Walk at Fini Maizan

Stroll around the island with our gardening chief as he takes you on an informative journey through flora and fauna.

Price: Complimentary

#### 11:00 to 12:00 Core Workout at Fitness Centre

Get ready to strengthen your core and feel the burn! Join our Core Workout class and challenge your abs, oblique and lower back with various exercises designed to tone and tighten your midsection. Price: Complimentary

#### 13:00 to 14:00 Sushi Making Masterclass at Kayto

Discover the secrets behind the perfect sushi roll and learn the traditional techniques and artistry of crafting exquisite sushi, led by our seasoned sushi chefs.

Price: USD 110 per guest





### 14:30 to 15:30 Towel Art Class at Kayto

Have you ever wondered how beautiful and creative towel setups are done in hotels? Take this chance to find out.

Price: Complimentary

### 17:00 to 19:00 Traditional Sunset Fishing at Dive Centre

Throw in your fishing line and watch the sunset while waiting for fish to nibble on your bait.

Price: USD 120 per guest

#### 17:30 to 18:30 Sunset Yoga

Meeting time & point: 17:15 at Talise Spa

Embrace the tranquility of the evening sun as you engage in a soul-soothing yoga session, fostering wellness and relaxation in the heart of nature's beauty.

Price: USD 60 per guest

#### 17:30 to 18:30 Treasure Hunt at Fini Maizan

Legends say that the pirates visited Olhahali Island aeons ago and buried treasure there. Let's go on an adventure to find it all. Price: Complimentary

Please contact your Island Host for reservation 24 hours prior to the start of the activity.



# NATURAL BLISS ON FRIDAY

### 06:15 to 07:15 Sunrise Yoga

Meeting time & point: 06:00 at Fitness Centre

In the yogic discipline, the morning is considered a "divine time" when an individual's spiritual energy is at its peak.

Price: Complimentary

### 09:00 to 10:00 Children's Swimming Lesson at Shimmers Pool

Swimming is essential for any child visiting or living near a body of water. They will learn basic swimming strokes in this session.

Price: Complimentary

### 10:00 to 11:00 Semi-Submarine at Dive Centre

An experience that takes you underneath the waves to view the aqua-scapes and the colourful life through large viewing windows. Price: USD II5 per guest

### 14:00 to 15:30 Candle Making

Engage in the enchanting art of candle making. Explore the magic of molding and coloring wax to craft beautiful candles that capture the essence of the world around you.

Price: USD 85 (Kids) and USD 95 (Adults)





### 14:30 to 16:30 Snorkelling Extravaganza at Dive Centre

The beautiful underwater playground where the marine life and coral gardens come to life as you snorkel around the reefs.

Price: USD 115 per guest

### 16:00 to 16:30 Pizza Making Class at Shimmers on the Beach

Our masterful chefs will teach you the best practices and secrets to the perfect pizza in this culinary learning session.

Price: USD 90 per guest

### 16:00 to 17:00 Adults Social Tennis at Tennis Court

Engage in spirited matches, refine your skills, and revel in the joy of the game amidst a gorgeous beachside backdrop.

Price: Complimentary

### 17:30 to 18:00 Kids Marine Talk at Kids Club

Through engaging stories and fun activities, kids will embark on a thrilling journey to explore marine life, from colourful fish to majestic sea creatures.



# BAREFOOT ON A SATURDAY

### 09:00 to 12:00 Snorkelling Turtle Quest at Dive Centre

Sail away with our experienced team on the venture to find one of the most gracious marine animals - the turtles.

Price: USD 145 per guest

### 9:30 to 11:00 Explore Water Colour Painting

Dive into the world of watercolors with our basic painting class. Learn essential techniques, brush strokes, and color blending to create stunning watercolor art.

Price: USD 85 (Kids) and USD 95 (Adults)

### 10:00 to 11:00 Nature Walk at Fini Maizan

Stroll around the island with our gardening chief as he takes you on an informative journey through flora and fauna.

Price: Complimentary

### 10:00 to 11:00 Parasailing Adventure at Dive Centre

Soar high above the azure waters, feeling the rush of wind and the breathtaking views of the stunning coastline below Price: USD 150 per guest

### 15:00 to 16:00 Latte Art Class at Café Lounge

Find out how the baristas make your cup of coffee look deliciously enticing in this latte class, and learn the secrets to the perfect cup.

Price: USD 20 per guest





### 16:00 to 17:00 Bodu Beru Session at Island Studio

Find your Maldivian rhythm with our champion Bodu Beru drummers and brush up on your musical abilities.

Price: Complimentary

### 17:00 to 19:00 Traditional Sunset Fishing at Dive Centre

Throw in your fishing line and watch the sunset while waiting for fish to nibble on your bait.

Price: USD 120 per guest

### 17:30 to 18:30 Beach Volleyball at Water Sports Beach

Let's get active this evening in a fun-filled Beach Volleyball session with the island lagoon's beautiful backdrop.

Price: Complimentary

### 18:30 to 19:30 Trataka Healing Meditation

Enhance your focus and mental clarity with this beachside meditation to revitalize your inner strength.

Price: USD 60 per guest



# SUNDAYS OF SUNSHINE

### 09:30 to 11:30 Dolphin Quest at Dive Centre

Embark on a voyage around the idyllic island, searching for the intelligent marine animals - the dolphins.

Price: USD 105 per guest

### 11:00 to 12:00 Tibetan Sound Healing at Talise Spa

Discover the power of sound to soothe your mind, body and spirit in the immersive healing experience.

Price: USD 60 per guest

### 14:00 to 17:00 Local Island Visit

Set out on an adventure to a local island and discover the culture and lifestyle of the islanders of Maldives.

Price: USD 90 per guest; a minimum of four guests is required

### 15:00 to 16:00 Parasailing Adventure at Dive Centre

Soar high above the azure waters, feeling the rush of wind and the breathtaking views of the stunning coastline below Price: USD 150 per guest





### 17:30 to 18:30 Sunset Yoga

Meeting time & point: 17:15 at Talise Spa

Embrace the tranquility of the evening sun as you engage in a soul-soothing yoga session, fostering wellness and relaxation in the heart of nature's beauty.

Price: USD 60 per guest

# 17:30 to 18:30 Football for Teens & Adults at Football Ground

Join us for a game for the internationally loved sport, Football, where you will play with and against others in a friendly match.

Price: Complimentary

### 17:30 to 19:00 Sunset Snorkelling at Dive Centre

Take this opportunity to explore the vivid underneath life in the golden shades of the Maldivian sunsets.

Price: USD 125 per guest

19:00 to 21:00 Little Guest's Cinema Under the Stars

21:00 to 23:00 Grown-up's Cinema Under the Stars

Watch a movie under the glimmering stars of the Maldivian

night sky.