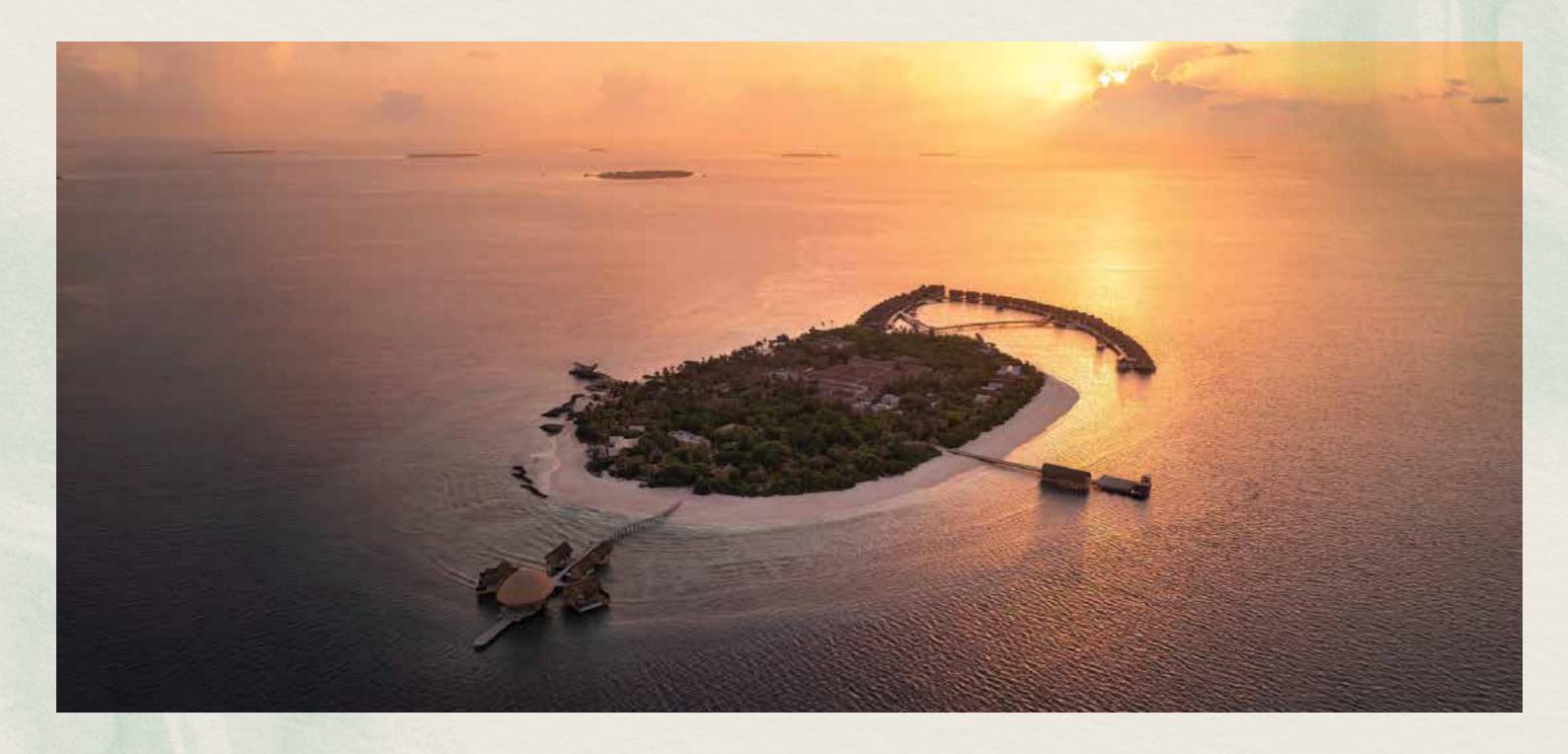
Calling young explorers and wonder-seekers!



JOALI BEING





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 wellbeing island, 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 resort 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

) microsiome | Emergy | Sam

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.



Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.









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



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.



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.



Discover the art of mixing juices and syrups to create delicious drinks. Use fresh and natural ingredients to make yummy and cool mocktails.



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.

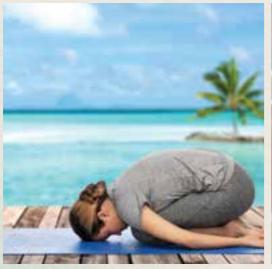


Explore the story behind tea, one of the world's healthiest drinks. Then try your hand at making organic iced tea. Rich in anti-oxidants, this is the perfect summer cooler!



Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.









$\begin{array}{c} \textbf{Beach Boot Camp} \\ \textbf{Mind} \mid \textbf{Energy} \end{array}$

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

Escape to an underwater world during this oncein-a-lifetime adventure. Glide above colourful corals full of sea life in the comfort of our semisubmarine. 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.

Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.





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



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.



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.



Dolphin CruiseMind

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.



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.



Sunset Gathering

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.

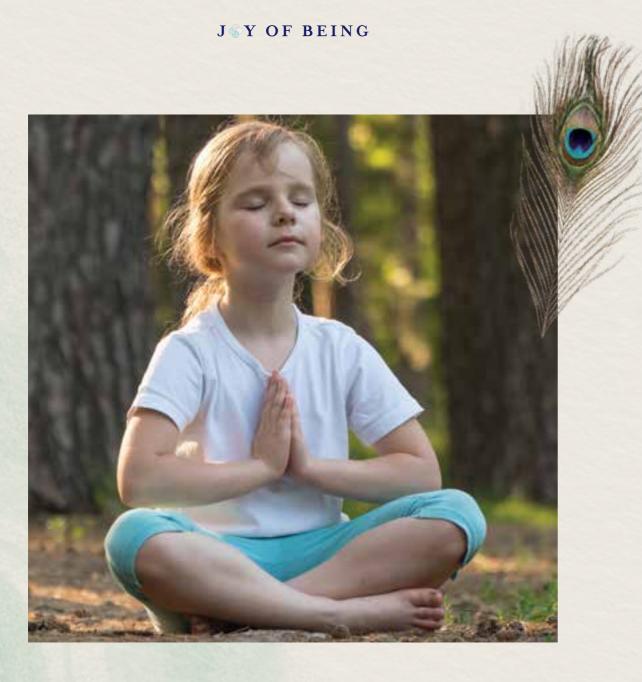


Kick off your shoes for an energising session of mini-volleyball on pristine sands. This engaging and easy-to-learn game promises to keep young guests on their toes.



Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.

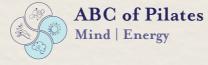




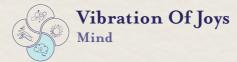
Start the day with easy and enjoyable yoga poses, especially chosen to benefit our young guests. A guided meditation sets the stage for new discoveries.



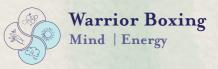
At this fun-filled fitness session, we focus on building strength and aligning the mind-body connection



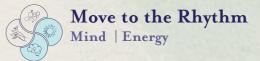
Practice low-impact exercises to improve posture and core strength. This non-competitive workout celebrates the pure joy of movement.



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



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



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



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



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

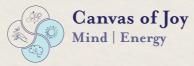
Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.









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!



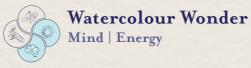
Wear Your Art Mind | Energy

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.



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



Activities listed are for illustration purpose and may or may not be applicable during the course of any stay.

All activity schedules are subject to change without prior notification, and select activities subject to additional charge.

