

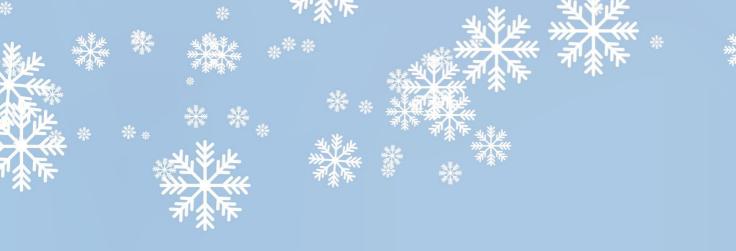


## CRYSTAL SOLSTICE

Winter's Charm Meets Tropical Luxury







### Table of Contents

### Mystic Merriments

Step into the season's charm with daily happenings from 21st December to 7th January from culinary journeys and spa indulgence to playful adventures at the Kids' Club and dive discoveries

### Winter Radiance

Embrace the glow of the season with transformative spa journeys at Amingiri Spa & Hammam. From visiting practitioner to wellness rituals and mindful movement, discover ways to restore balance and shine from within.



## December 21 Sunday

7:00 am - 7:30 am	Rise & Radiate Yoga Flow	Skye Lounge
9:30 am - 10:30 am	Paint with Your Nose	Art Studio
10:00 am - 12:00 pm	Fin and Shell^ (Turtle Snorkelling)	Dive Centre
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
10:30 am - 11:30 am	T-Shirt Galaxy Ice Dye <sup>^</sup>	Kids' Club
11:00 am - 11:30 am	Circuit Core Quest^ (Public Session)	Fitness Centre
1:30 pm - 2:00 pm	Ping of Light (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Table Tennis Competition* (For teens)	Aura Pool Bar
2:00 pm - 4:30 pm	Fly & Twist^ (Aerial Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	Tie Dye Workshop <sup>^</sup>	Re:Fuel
4:00 pm - 5:00 pm	Christmas High Tea*^	Sip Tea Lounge
5:00 pm - 6:00 pm	Kids' Pool Party	Kids' Club
5:30 pm - 6:30 pm	Christmas Tree Lighting	Aura Pool Bar
6:00 pm - 6:30 pm	Sunset Vibe Yoga	Skye Lounge
6:30 pm - 9:30 pm	Christmas Tree Lighting Beach Market <sup>^*</sup>	Beach Shack



### December 22 Monday

7:00 am - 7:30 am	Breathe with the Sun	Skye Lounge
8:00 am - 8:30 am	Padel Pulse <sup>^</sup> (Morning Pit Stop)	Padel Court
9.30 am - 10.30 am	Hair Braiding Station*	Kids' Club
10:30 am - 11:00 am	<b>Aqua Spikes</b> (Fitness Workout)	Aura Pool
1:00 pm - 4:00 pm	Festive Opening Pool Party	Aura Pool Bar
1:30 pm - 2:00 pm	<b>Strike</b> (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Water Polo Game	Aura Pool Bar
2:00 pm - 3:30 pm	Cloud Cruising *^ (Group Parasailing)	Dive Centre
4:00 pm - 5:00 pm	Christmas High Tea*^	Sip Tea Lounge
4:00 pm - 5:00 pm	Polar Express* (Cruising the Indian Ocean)	Kids' Club
4:30 pm - 5:00 pm	Sunset Padel Smash* (Public Match)	Padel Court
4:30 pm - 5: 00 pm	Mat Pilates* (Public Session)	Fitness Centre
5:00 pm - 6:00 pm	Macrame Coaster Class*^	Re:Fuel
5:00 pm - 6:00 pm	Mini-Penguin Hunting	Kids' Club
6:30 pm - 9:30 pm	Chef's Table by Dario*^	Origin
7:00 pm - 7:30 pm	Moonlight Matchplay* (Tennis Hitting Partner)	Multi-Purpose Court
7:00 pm - 7:30 pm	Sound Healing Bath*	Yoga Pavilion





## December 23 Tuesday

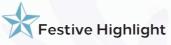
7:00 am - 7:30 am	Align & Shine	Skye Lounge
10:30 am - 11:00 am	Aqua Circuit Workout	Aura Pool
10:30 am - 11:30 am	Santa's Workshop	Kids' Club
11:00 am - 11:30 am	Gua Sha Workshop^	Amingiri Spa & Hammam
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
Available from 2:00 pm - 5:00 pm	Christmas Cocktails Mixology Workshop*^	Cocktail Lab
2:00 pm - 3:00 pm	Teens' Tabata	
4:00 pm - 4:30 pm	Lifted Power Aerial Yoga^	Yoga Pavilion
4:00 pm - 5:00 pm	Milkshake Workshop*^	Kids' Club
4:00 pm - 5:00 pm	Christmas High Tea*^	Sip Tea Lounge
4:30 pm - 5:00 pm	<b>Sweat &amp; Sculpt*</b> (Target Workout)	
4:30 pm - 5:00 pm	Wing of Victory <sup>^</sup> (Badminton Public Session)	Multi-Purpose Court
5:00 pm - 6:00 pm	Souvenirs Workshop*^	Re:Fuel
5:30 pm - 7:00 pm	<b>Star Light Swim*^</b> (Night Snorkelling)	
6:00 pm - 6:30 pm	Sunset Power Yoga	Skye Lounge
6.30 pm - 9:30 pm	International Buffet*^	Habitat
7:00 pm and 9:00 pm	Christmas Movie Under the Stars	Beach Shack
7:00 pm - 7:30 pm	The Pickle Spark Cup* (Public Tournament)	Multi-Purpose Court





# December 24 Wednesday

7:00 am - 7:30 am	Morning Sun Salutation	Skye Lounge
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
10:30 am - 11:30 am	Resin Art Bookmark Making*^	Kids' Club
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
2:00 pm - 3:00 pm	Foosball Challenge	Aura Pool Bar
4:00 pm - 4:30 pm	Cocoon Calm Meditation^ (Aerial Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	Snow Man Crafts	Kids' Club
4:00 pm - 5:00 pm	Christmas High Tea*^	Sip Tea Lounge
4:00 pm - 5:00 pm	Texture Ornaments Decorations	Art Studio
4:00 pm - 6:00 pm	Dolphin Discovery*^ (Dolphin Cruise)	Dive Centre
4:30 pm - 5:00 pm	HIIT Workout^ (Public Session)	Fitness Centre
5:00 pm - 6:00 pm	Tie Dye Workshop*	Re-Fuel
5:30 pm - 6:30 pm	GM's Cocktail	Beach Shack
6:00 pm - 6:30 pm	Sunset Flow Yoga	Skye Lounge
6:30 pm - 10:00 pm	Christmas Gala Beach Dinner*^	By The Beach - Beach Shack
7:30 pm - 9:00 pm	Kids' Corner	Beach Shack
9:00 pm - 12:00 am	Christmas After-Party	Aura Pool Bar





# December 25 Thursday

7:00 am - 7:30 am	Rise & Radiate Yoga Flow	Skye Lounge
Available from 8:00 am - 5:00 pm	Aqua Racer*^ (60-minute Jet ski Excursion)	Water Sports
11:00 am onwards	Santa's Arrival	By The Beach - Aura Pool Bar
1:30 pm - 2:00 pm	Bounce & Beambash (Table Tennis Challenge)	Aura Pool Bar
2:00 pm - 3:00 pm	Chess Challenge	Aura Pool Bar
4:00 pm - 4:30 pm	Hammock Power Nap* (Aerial Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	Christmas Wooden Beads Workshop	Kids <sup>'</sup> Club
4:00 pm - 5:00 pm	Smells of Celebrations* (Candles Crafting)	Art Studio
4:00 pm - 5:30 pm	Christmas High Tea*^	Sip Tea Lounge
4:30 pm - 5:00 pm	Solstice Spin Off* (Public Match)	Padel Court
4:30 pm - 5:00 pm	Vibes & Volley Jam (Volleyball Game)	By The Beach - Aura Pool Bar
6:00 pm - 6:30 pm	Sunset Fusion Yoga	Skye Lounge
7:00 pm - 7:30 pm	Vibe Under the Skye* (Crystal Sound Meditation)	Skye Lounge
7:30 pm - 9:00 pm	Christmas Pajama Party*^	Kids' Club



### December 26 Friday

7:00 am - 7:30 am	Sole to Soul (Soaking Meditation)	By The Beach – Aura Pool Bar
10:30 am - 11:00 am	Aqua Pool Workout	Aura Pool Bar
10:30 am - 11:30 am	Pottery Clay Workshop* <sup>^</sup>	Kids' Club
1:30 pm - 2:00 pm	<b>Cue the Crystals</b> (Pool Table Tournament)	Aura Pool Bar
2:00 pm - 3:00 pm	Teens' Tabata	
4:00 pm - 4:30 pm	Cloud Movement* (Aerial Partner Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	Italian Pizza Making Class*^	Kids' Club
4:00 pm - 5:00 pm	Smells of Celebrations* (Candles Crafting)	Art Studio
4:00 pm - 6:00 pm	<b>Dolphin with Santa*^</b> (Dolphin Cruise)	
6:00 pm - 6:30 pm	Sunset Salutation Yoga	Skye Lounge
7:00 pm - 7:30 pm	Padel Pulse* (Public Tournament)	Padel Court

# December 27 Saturday

7:00 am - 7:30 am	Grounding Stretch	By The Beach - Beach Shack
10:30 am - 11:30 am	Family Aqua Wellness Fun	Aura Pool
1:30 pm - 2:00 pm	<b>Strike</b> (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Table Tennis Competition (For teens)	Aura Pool Bar
4:00 pm - 4:30 pm	Push, Pull & Flex* (Beginner-friendly)	Fitness Centre
4:00 pm - 5:00 pm	Ocean Keychain Workshop*^	Kids' Club
5:00 pm - 6:00 pm	Souvenirs Workshop* <sup>^</sup>	Re:Fuel
5:00 pm - 6:30 pm	Sunset Santa Cruise*^ (Sunset Cruise)	Dive Centre
6:30 pm - 9:30 pm	Maldivian Dinner* <sup>^</sup>	Habitat
7:00 pm - 7:30 pm	Crystal Clear Intention* (Evening Meditation with Affirmation Card)	Skye Lounge
7:30 pm - 9:00 pm	Glow Party & Light Art Show	Kids' Club



## December 28 Sunday

7:00 am - 7:30 am	Rise & Radiate Yoga Flow	Skye Lounge
10:00 am - 12:00 pm	Fin and Shell^ (Turtle Snorkelling)	Dive Centre
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
10:30 am - 11:30 am	T-Shirt Galaxy Ice Dye*^	Kids' Club
11:00 am - 11:30 am	Circuit Core Quest* (Public Session)	Fitness Centre
1:30 pm - 2:00 pm	Ping of Light (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Teens' CrossFit	Fitness Centre
Available from 2:00 pm - 5:00 pm	1-hour Kombucha Workshop*^	Cocktail Lab
4:00 pm - 4:30 pm	Fly & Twist* (Aerial Yoga)	Yoga Pavilion
4:30 pm - 5:00 pm	Full Body Workout*	Fitness Centre
4:30 pm - 5:00 pm	Floating Feather Ally* (Badminton Tournament)	Multi-Purpose Court
5:00 pm - 6:00 pm	Family Water Fun Run	Kids' Club
6:00 pm - 6:30 pm	Sunset Vibe Yoga	Skye Lounge
7:00 pm - 7:30 pm	Strike & Hit (Fun Padel Tournament)	Padel Court
9:00 pm - 11:00 pm	Neon Party	Aura Pool Bar



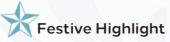
### December 29 Monday

7:00 am - 7:30 am	Breathe with the Sun	Skye Lounge
8:00 am - 8:30 am	Padel Pulse^ (Morning Pit Stop)	Padel Court
10:30 am - 11:00 am	<b>Aqua Spikes</b> (Fitness Workout)	Aura Pool
10:30 am - 12:00 pm	Penguin Workshop*	Kids' Club
11:00 am - 12:00 pm	Art of Tea Blending*^	Sip Tea Lounge
11:30 am - 1:30 pm	<b>Shark Safari*^</b> (Shark Snorkelling)	
1:30 pm - 2:00 pm	<b>Strike</b> (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Water Polo Game	Aura Pool
4:00 pm - 5:00 pm	Polar Express (Cruising the Indian Ocean)	Kids' Club
4:00 pm - 5:00 pm	New Year Ceramic Cup Painting^	Art Studio
4:30 pm - 5:00 pm	Sunset Padel Smash^ (Public Match)	Padel Court
4:30 pm - 5:00 pm	<b>Mat Pilates^</b> (Public Session)	
5:00 pm - 6:00 pm	Kids' Treasure Hunt	Kids' Club
5:00 pm - 6:00 pm	Macramé Coaster Class*	Re:Fuel
7:00 pm - 7:30 pm	<b>Moonlight Matchplay*^</b> (with Tennis Hitting Partner)	Multi-Purpose Court
6:30 pm - 9:30 pm	Chef's Table by Galih*^	Aura Pool Bar
7:00 pm - 7:30 pm	Sound Healing Bath*	Yoga Pavilion



### December 30 Tuesday

7:00 am - 7:30 am	Align & Shine	Skye Lounge
Available from 8:00 am - 5:00 pm	Aqua Racer*^ (Jet ski Excursion)	Water Sports
9:30 am - 10:30 am	Paint with your Nose	Art Studio
10:30 am - 11:00 am	Aqua Circuit Workout	Aura Pool
10:30 am - 11:30 am	Snowflakes Crafts	Kids' Club
11:00 am - 11:30 am	Gua Sha Workshop <sup>^</sup>	Amingiri Spa & Hammam
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
3:00 pm - 4:00 pm	Teens' Tabata	Fitness Centre
4:00 pm - 4:30 pm	Lifted Power Aerial Yoga*	Yoga Pavilion
4:00 pm - 5:00 pm	Cookie Decorating*^	Kids' Club
4:00 pm - 5:00 pm	New Year Ceramic Cup Painting <sup>^</sup>	Art Studio
4:30 pm - 5:00 pm	Sweat & Sculpt^ (Target Workout)	Fitness Centre
4:30 pm - 5:00 pm	Wing of Victory* (Public Badminton Tournament)	Multi-Purpose Court
4:30 pm - 6:30 pm	Negroni & Canapés Sundowner Session* <sup>^</sup>	Aura Pool Bar
5:00 pm - 6:00 pm	Souvenirs Workshop*^	Re:Fuel
6:00 pm - 6:30 pm	Sunset Power Yoga	Skye Lounge
6:30 pm - 9:30 pm	International Buffet*^	Habitat
7:00 pm - 7:30 pm	The Pickle Spark Cup* (Public Tournament)	Multi-Purpose Court
7:00 pm and 9:00 pm	Movie Under the Stars	Beach Shack
7:30 pm - 9:00 pm	Kids' White Party & Fun Magic Show*^	Kids' Club



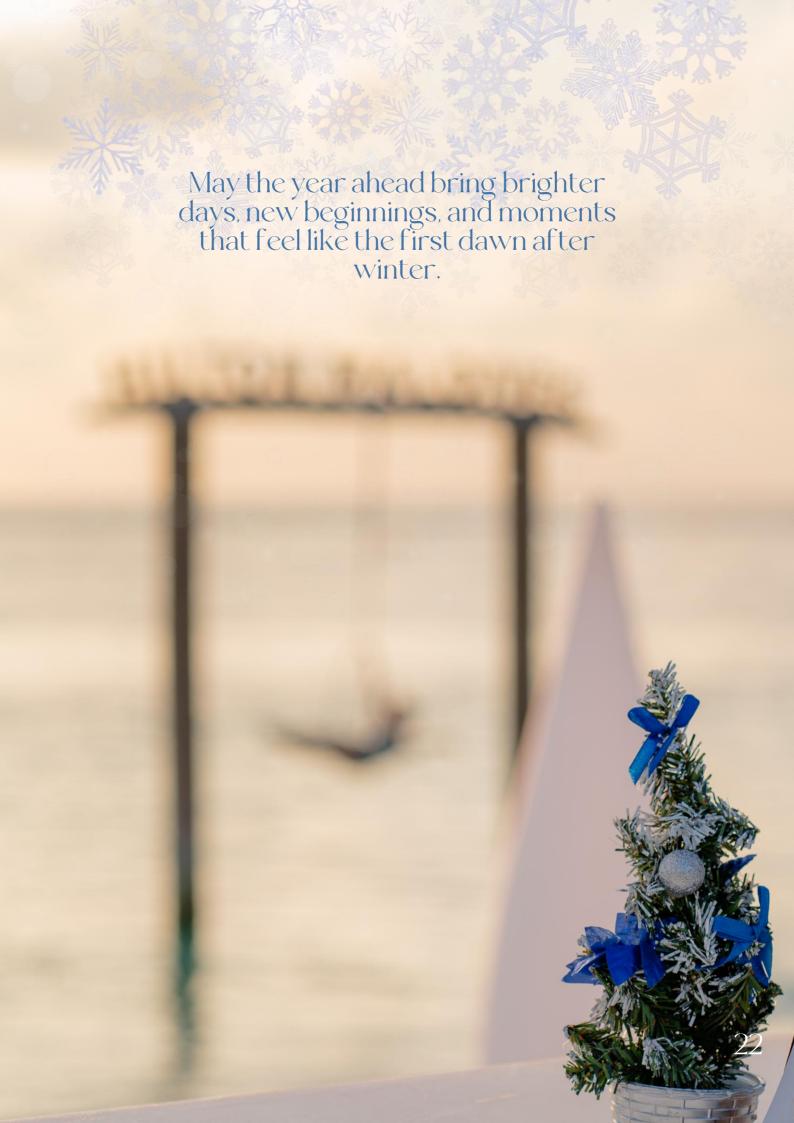


# December 31 Wednesday

7:00 am - 7:30 am	Morning Sun Salutation	Skye Lounge
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
10:30 am - 11:30 am	Resin Art Bookmark Making <sup>^</sup>	Kids <sup>'</sup> Club
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
2:00 pm - 3:00 pm	Foosball Challenge	Aura Pool Bar
2:00 pm - 3:30 pm	Cloud Cruising*^ (Group Parasailing)	Dive Centre
4:00 pm - 4:30 pm	Cocoon Calm Meditation^ (Aerial Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	Festival Mask Workshop	Kids' Club
4:00 pm - 5:00 pm	Texture Ornaments Decorations	Art Studio
4:30 pm - 5:00 pm	HIIT Workout^ (Public Session)	Fitness Centre
5:00 pm - 6:00 pm	Tie Dye Workshop <sup>^</sup>	Re:Fuel
6:00 pm - 6:30 pm	Sunset Flow Yoga	Skye Lounge
6:00 pm - 7:00 pm	GM's Cocktail	Beach Shack
7:00 pm onwards	New Year's Eve Gala Dinner*^	By The Beach - Beach Shack
7:30 pm - 9:00 pm	<b>Kids' Corner</b> (Face Painting, Glitter Tattoos)	Aura Pool Bar
9:30 pm onwards	Champagne Lounge*	By The Beach - Aura Pool Bar
11:30 pm onwards	New Year's Eve After-Party	By The Beach - Beach Shack







# January 1 Thursday

7:00 am - 7:30 am	Rise & Radiate Yoga Flow	Skye Lounge
9:30 am - 10.30 am	Hair Braiding Station <sup>^</sup>	Kids' Club
Upon Request	Sustainable Cocktail Experience*^	Cocktail Lab
11:30 am - 1:30 pm	Shark Safari*^ (Shark Snorkelling)	Dive Centre
1:30 pm - 2:00 pm	Bounce & Beambash (Table Tennis Challenge)	Aura Pool Bar
2:00 pm - 3:00 pm	Chess Challenge	Aura Pool Bar
3:00 pm - 4:00 pm	Art with our Artist	Kids' Club
4:00 pm - 4:30 pm	Hammock Power Nap* (Aerial Yoga)	Yoga Pavilion
4:00 pm - 5:00 pm	New Year Milkshake Workshop*^	Re:Fuel
4:00 pm - 5:00 pm	Smells of Celebrations* (Candles Crafting)	Art Studio
4:30 pm - 5:00 pm	Solstice Spin Off* (Public Match)	Padel Court
4:30 pm - 5:00 pm	Vibes & Volley Jam (Volleyball Game)	By The Beach – Aura Pool Bar
5:00 pm - 6:00 pm	Kids' Pool Party	Kids' Club
6:00 pm - 6:30 pm	Sunset Fusion Yoga	Skye Lounge
6:00 pm - 7:30 pm	Teens' Sports Camp*^	Multi-Purpose Court
7:00 pm - 7:30 pm	Vibe Under the Skye* (Crystal Sound Meditation)	Skye Lounge



## January 2 Friday

10:30 am - 11:30 am Pottery Clay Workshop\* Kids' Club

2:00 pm - 3:00 pm Teens' Tabata Fitness Centre

4:00 pm - 5:00 pm Smells of Celebrations^ (Candles Crafting) Art Studio

4:00 pm - 6:00 pm Splash And Play\*\*
(Dolphin Cruise) Dive Centre

4:30 pm - 6:00 pm Family Beach Fun Games Aura Pool Bar

5:30 pm onwards

Pure Flute Hour

Eden Champagne &
Gin Bar

6:30 pm - 9:30 pm World Street Beach Market\*\* Beach Shack



# January 3 Saturday

10:30 am - 11:30 am	Family Aqua Wellness Fun	Aura Pool
2:00 pm - 3:00 pm	Table Tennis Competition	Aura Pool Bar
4:00 pm - 5:00 pm	Resin Art Keychain Making^	Kids' Club
5:00 pm - 6:00 pm	Souvenirs Workshop*^	Re:Fuel
5:00 pm - 6:30 pm	<b>Golden Hour*^</b> (Sunset Cruise)	
6:30 pm - 9:30 pm	Maldivian Dinner*^	Habitat
7:30 pm - 9:00 pm	Glow Party & Light Art Show*^	Kids' Club
Upon Request	Whiskey & Chocolate Pairing*^	Eden Champagne & Gin Bar
9:00 pm - 11:00 pm	Neon Party	Aura Pool Bar

# January 4 Sunday

7:00 am - 7:30 am	Rise & Radiate Yoga Flow	Skye Lounge
2:00 pm – 4:00 pm	Finding Hawksbill*^ (Turtle Snorkelling)	Dive Centre
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
10:30 am - 11:30 am	T-Shirt Galaxy Ice Dye^	Kids' Club
10:30 am - 11:30 am	Circuit Core Quest^ (Public Session)	Fitness Centre
1:30 pm – 2:00 pm	Ping of Light (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Table Tennis Competition (For teens)	Aura Pool Bar
4:00 pm – 4:30 pm	Fly & Twist^ (Aerial Yoga)	Yoga Pavilion
5:00 pm - 6:00 pm	Kids' Pool Party	Kids' Club
5:00 pm - 6:00 pm	Tie Dye Workshop <sup>^</sup>	Re:Fuel
6:00 pm – 6:30 pm	Sunset Vibe Yoga	Sky Lounge



# January 5 Monday

7:00 am - 7:30 am	Breathe with the Sun	Skye Lounge
8:00 am - 8:30 am	Padel Pulse^ (Morning Pit Stop)	Padel Court
9:30 am - 10:30 am	Hair Braiding Station <sup>^</sup>	Kids' Club
10:30 am - 11:00 am	<b>Aqua Spikes</b> (Fitness Workout)	Aura Pool
1:30 pm - 2:00 pm	<b>Strike</b> (Table Tennis Competition)	Aura Pool Bar
2:00 pm - 3:00 pm	Water Polo Game	Aura Pool
4:00 pm - 5:00 pm	Polar Express (Cruising the Indian the Ocean)	Kids <sup>'</sup> Club
4:00 pm - 6:00 pm	Splash and Play^* (Dolphin Cruise)	Dive Centre
4:30 pm - 5:00 pm	Sunset Padel Smash^ (Public Match)	Padel Court
4:30 pm - 5:00 pm	Mat Pilates^ (Public Session)	Fitness Centre
5:00 pm - 6:00 pm	Macrame Coaster Class^*	Re:Fuel
5:00 pm - 6:00 pm	Mini-Penguin Hunting	Kids' Club
6.30 pm and 9:30 pm	Chef's Table by Praveen^*	Beach Shack
Upon Request	Gin Flight*^	Eden Champagne & Gin Bar
7:00 pm - 7:30 pm	Moonlight Matchplay** (with Tennis Hitting Partner)	Multi-Purpose Court
7:00 pm - 7:30 pm	Sound Healing Bath <sup>^</sup>	Yoga Pavilion
7:00 pm and 9:00 pm	Movie Under the Stars	Beach Shack





## January 6 Tuesday

7:00 am - 7:30 am	Align & Shine	Skye Lounge
10:00 am - 11:30 am	Explore the Ocean^* (Try Scuba)	Dive Centre
10:30 am - 11:00 am	Aqua Circuit Workout	Aura Pool
10:30 am - 11:30 am	Penguin Crafts	Kids' Club
11:00 am - 11:30 am	Gua Sha Workshop <sup>^</sup>	Amingiri Spa & Hammam
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
3:00 pm - 4:00 pm	Teens' Tabata	Fitness Centre
4:00 pm - 4:30 pm	Lifted Power Aerial Yoga <sup>^</sup>	Yoga Pavilion
4:00 pm - 5:00 pm	Italian Pizza Making Class^	Kids' Club
5:00 pm - 6:00 pm	Souvenirs Workshop <sup>^*</sup>	Re:Fuel
6:00 pm - 6:30 pm	Sunset Power Yoga	Skye Lounge
6:30 pm - 9:30 pm	Orthodox Christmas Eve Dinner*^	By The Beach - Beach Shack
7:00 pm - 7:30 pm	The Pickle Spark Cup^ (Public Tournament)	Multi-Purpose Court
7:30 pm - 9:00 pm	Kids' Pajama Party & Fun Magic Show^*	Kids' Club
9:00 pm - 11:00 pm	Orthodox Christmas After-Party	By The Beach - Aura Pool Bar

## January 7 Wednesday

7:00 am - 7:30 am	Morning Sun Salutation	Skye Lounge
10:30 am - 11:30 am	Resin Art Bookmark Making^*	Kids' Club
10:30 am - 11:00 am	Aqua Liquid Light Flow	Aura Pool
Available from 8:00 am - 5:00 pm	<b>The Smile Squad^*</b> (Fun Tube)	Water Sports
1:00 pm - 4:00 pm	Pool Party (Closing Festive Party)	Aura Pool
2:00 pm - 3:00 pm	Beads Jewelry Making	Kids' Club
1:30 pm - 2:00 pm	8-Ball Energy Clash	Aura Pool Bar
2:00 pm - 3:00 pm	Foosball Challenge	Aura Pool Bar
4:00 pm - 4:30 pm	Cocoon Calm Meditation^ (Aerial Yoga)	Yoga Pavilion
4:30 pm - 5:00 pm	HIIT Workout^ (Public Session)	
5:00 pm - 6:00 pm	Kids' Pool Party	Kids' Club
5:00 pm - 6:00 pm	Tie Dye Workshop^*	Re:Fuel
6:00 pm - 6:30 pm	Sunset Flow Yoga	Skye Lounge



# Winter Radiance

Amingiri SPA & HAMMAM



## Coco Maruno's Wellness Treatments

Coco's life-transforming energy clearing and energy healing sessions at Hilton Maldives include:

#### De-Stress & Unwind

Tibetan sound healing and gold Tibetan bowl massage to relieve stress, anxiety, and depression.

105 mins | \$595

#### Energy Healing

A holistic renewal through Tibetan sound therapy. Kundalini chakra massage, Hara healing, and Reiki
105 mins | \$695

#### Ultimate Energy Cleanse & Healing

Experience the sound and vibrations of specially crafted Tibetan bowls to clear blockages and achieve self-alignment.

40 mins | \$295

60 mins | \$385

75 mins | \$550

### Tibetan Sound Healing

15 mins | \$150

30 mins | \$195

45 mins | \$275

60 mins | \$325

#### For Couples:

30 mins | \$345

45 mins | \$415

60 mins | \$495

#### Hara Activation

(Internal Organs Massage)

Combines Shiatsu and acupressure to relieve emotional tension, improve digestion, and enhance energy flow.

15 mins | \$150

30 mins | \$295

### Sacred Womb Hara Healing Massage

15 mins | \$150

30 mins | \$295

## Coco Maruno's Wellness Treatments

Coco's Signature Energy Reading & Guidance Gain insights into personal growth and life challenges by connecting with your energy

15 mins | \$150 30 mins | \$295 60 mins | \$365

Reiki 40 mins | \$295 60 mins | \$365

Kundalini Yoga 40 mins | \$195 60 mins | \$250

Additional Person: 40 mins | \$135 60 mins | \$175

Kundalini Express 30 mins | \$195

Additional Person: 30 mins | \$135

Kundalini Meditation 40 mins | \$195 60 mins | \$250

Additional Person: 40 mins | \$135 60 mins | \$175

Prenatal Reiki Therapy 40 mins | \$295 60 mins | \$365

Prenatal Sound Healing 40 mins | \$295 60 mins | \$385



## Spa & Wellness

### Harmony Massage

60 minutes | \$130

Relax with a full-body massage using warm crystal stones and rich shea butter. Choose your favourite aroma oil to complete this calming and hydrating experience.

### Radiance Ritual

90 minutes | \$175

Enjoy a full-body scrub with pink Himalayan salt to smooth and refresh your skin, followed by a warm oil massage for deep relaxation. Finish with a jade Gua Sha facial to lift, tone, and leave your skin glowing.

### Stillness Harmony

90 minutes | \$175

Realign your body, mind, and spirit through a calming yoga practice combined with the healing vibrations of crystal sound therapy. The session flows into a deeply immersive sound journey using crystal singing bowls, tuning forks, and guided breath work to relax your nervous system and boost inner clarity.

Available as private or group sessions by reservation.

### Mindful Motion

### Ignite Your Power

#### 45 minutes | \$30

Step into your strongest self with a limited-time personal training experience inspired by the transformative energy of the Solstice.

#### Power HIIT (High-Intensity Interval Training)

A fat-burning, full-body interval session designed to boost metabolism and awaken your solar energy.

#### Strength & Stability

A core-focused fusion of strength training and stretching, paired with guided breath-work to release tension and enhance recovery.

#### **Endurance & Resilience**

A resistance-based workout targeting muscle endurance and mental resilience

Book any two sessions and receive your third session free along with a healthy protein drink or a post-recovery workout discount voucher.

The year turns, the story continues: 12 chapters, 365 chances.

May one of them bring you back to our shores.

