

WORLD

Wellness

WEEKEND

Celebration

15-16-17  
SEPTEMBER  
2023



THREE-DAY  
*Wellness Programme*



MOVEMENT AND WELLNESS

Celebrate World Wellness Weekend at Hideaway Beach Resort & Spa Maldives, and embark on a journey of positive transformation and rejuvenation.

# SPECIAL Guests

Join us for the World Wellness Weekend, where leading visiting wellness practitioner, Naga Healing, and professional volleyball player, Sabina Altynbekova, will guide you on a transformative journey of wellness with their expertise and insights.



## NAGA HEALING

Experience the blissful path to relaxation with Naga Healing's transformative sound healing session. Let the enchanting resonance of Tibetan Singing Bowls guide you on a profound journey of restoring and harmonising your heart, mind, and body.



## SABINA ALTYNBEKOVA

Elevate your wellness journey with the dynamic presence of Sabina Altynbekova, a seasoned professional volleyball player. Join in the excitement and energy as you not only play the sport but also receive expert coaching from Sabina herself. Experience a fun-filled and invigorating path to wellness like never before!



# Day

## ONE

### YOGA NIDRA & RELAXATION TECHNIQUES

FROM 06:30AM TO 07:30AM  
AT MATHEEFARU

Special detox juice counter in Matheefaru

### BASIC PADEL TENNIS LESSON

FROM 09:00AM TO 11:00AM

With our in-house coach  
Limited to 6 guests at a time

### CREATE YOUR OWN SCRUB & APPLICATION

FROM 11:00AM TO 12:00PM AT  
HIDEAWAY SPA  
USD 126 per person

### VOLLEYBALL MATCH WITH SABINA ALTYNBEKOVA

04:30PM - 05:30PM  
AT WATERSPORTS BEACH

### SOUND HEALING SESSION WITH NAGA HEALING

05:30PM  
AT MEERU BEACH

Prior reservation is required for the above activities. Please contact your butler for further details.



## AQUA AEROBIC YOGA

FROM 07:00AM TO 08:00AM

SUNSET POOL CAFÉ

## BASIC PADEL TENNIS LESSON

FROM 09:00AM TO 11:00AM

With our in-house coach  
Limited to 6 guests at a time

## MASSAGE MASTER CLASS

FROM 11:00AM TO 12:00PM

AT HIDEAWAY SPA

## VOLLEYBALL MASTERCLASS BY SABINA ALTYNBEKOVA

04:30PM - 05:30PM

AT WATERSPORTS BEACH

## SOUND HEALING SESSION WITH NAGA HEALING

05:30PM

AT MEERU BEACH

Prior reservation is required for the above activities. Please contact your butler for further details.



Day

THREE



## THERAPEUTIC YOGA

FROM 06:30AM TO 07:30AM

AT MATHEEFARU

Special detox juice counter in Matheefaru

## BASIC PADEL TENNIS LESSON

FROM 09:00AM TO 11:00AM

With our in-house coach  
Limited to 6 guests at a time

## VOLLEYBALL MASTERCLASS BY SABINA ALTYNBEKOVA

04:30PM - 05:30PM

AT WATERSPORTS BEACH

## SOUND HEALING SESSION WITH NAGA HEALING

05:30PM

AT MEERU BEACH

Prior reservation is required for the above activities. Please contact your butler for further details.

# World Wellness Weekend

## Special Offers

for all stays throughout September



### THREE-DAY PACKAGE

Single: USD 855 | Couple: USD 1547

- DAY 1 - Personalised Yoga Session  
30 minutes Energising Body Scrub  
60 minutes Mindful Massage
- DAY 2 - 90 minutes Bamboo Experience  
Herbal bath experience
- DAY 3 - Personalised Yoga Session with Breath Work  
60 minutes Customised Massage  
60 minutes Customised Facial

### FIVE-DAY PACKAGE

Single: USD 1282 | Couple: USD 2240

- DAY 1 - Personalised Yoga Session  
60 minutes Dridhagatham Ritual
- DAY 2 - 60 minutes Shell Serenity  
Herbal bath experience
- DAY 3 - 90 minutes Srotho Sudhi
- DAY 4 - Personalised Yoga Session  
60 minutes Abdominal Tension Relief
- DAY 5 - Personalised Yoga Session  
90 minutes Shirodhara Treatment

### PRIVATE YOGA OFFER

#### 25% Discount

Embark on a journey of self-discovery and well-being with a 25% discount on private yoga sessions.

Prior reservation is required for the above activities.  
Please contact your butler for further details.