

THE NIGHT SPA
‘Om Supti Night Spa Ritual’

Retreat to a private jungle clearing at night, where an outdoor bath and swinging bed set the scene for a mesmerizing journey to Dreamland. Designed to lull body and mind into a deeply meditative state, Landaa Giraavaru’s Om Supti Ritual calms the nervous system, relaxes the spine and reduces the body’s stress levels—paving the way for restful sleep and peaceful dreaming.

Nightly from 9:00pm

US\$1,400 + service charge and GST per couple

Only one couple per night. Availability is weather dependant..

Reservations: Please book 24 hours in advance at AyurMa (touch 5)

The Watersports Centre

The Watersports centre is located at the western end of the island, near Blu. We offer a large selection of high performance equipment to get your adrenalin going: water skiing, wake boarding, jet skis and fun-filled water toys.

The use of non-motorized equipment such as kayaking, windsurfing and sailing is free of charge. Complimentary snorkelling equipment is also available.

Dear Guests,

Four Seasons Ah Maruhaba!

Greetings and welcome to Four Seasons!

Nature created our island in the middle of the Indian Ocean and blessed it with crystal clear waters, dramatic sandbanks, abundant marine life and untouched natural beauty. We hope our oasis allows you to escape from daily life and rejuvenate your mind and body.

This Resort Activity Booklet provides you with a variety of leisure activities to enhance your stay. We hope that you will enjoy one, or many, of these suggestions. If there is anything special you wish to do, it would be our pleasure to assist with the arrangements.

Warmest regards,

Armando Kraenzlin
General Manager

CHAT WITH US

CAN WE HELP WITH:

Dining Reservations?

AyurMa Appointments?

Recreation Activity Bookings?

The Four Seasons App

Facebook Messenger:
Four Seasons Resort Maldives
at Landaa Giraavaru

WeChat

WhatsApp

Four Seasons App

WeChat 微信

WhatsApp

Monday

- 8:30am - 9:30am Aqua Float**
Develop your core strength, balance, coordination and mindfulness with this challenging yet fun series of asanas performed on floating mats in our Salt Water Pool.
Reservations: AyurMa Reception (Maximum 6 persons)
Minimum age: 14 years
Meet at Salt water pool, please wear swim-wear
Fee: US\$ 90 + service charge and GST per person.
- 8:30am - 12:30pm Morning Dive Excursion (2 dives) See page 10**
- 9:30am - 10:30am Snorkel at Parrot Reef**
Join one of our marine biologists on this guided 45-minute snorkel of Parrot Reef: a pristine underwater mountain less than a five-minute dhoni ride away, home to amazing table corals, hawksbill turtles and tropical fish. Very enjoyable! *Reservations: Recreation Centre (touch 10) by Sunday 6:00 pm.*
Minimum age 8 years. Children under 16 must be accompanied by an adult.
Meet at Excursion Desk at 9:15 am
Fee: US\$75 (children under 12 years US\$40) + service charge and GST per person
- 9:30am - 10:30am Learn to Snorkel**
The Maldives boasts one of the world's most incredible underwater habitats - and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session.
Reservations: Recreation Centre (touch 10) by Sunday 6:00 pm.
Minimum age 8 years. Children under 16 must be accompanied by an adult. Meet at Excursion Desk at 9:15 am . Fee: Complimentary
- 10:00am - 1:00pm Raa Atoll Manta Safari**
Join us on this exciting snorkelling Safari in search of Manta Rays in the neighboring Raa atoll! The trip takes 45 minutes by speedboat and lasts 3-4 hours in total. Enjoy an unforgettable snorkelling experience with these inquisitive giants—and learn about them from experts of the world-renowned Manta Trust. We can't guarantee sightings (mantas are wild creatures after all!) but we do everything to maximize the chances ... Will you be the one to spot the first emerging wingtip at the water's surface?
Reservations: Recreation Centre (touch 10) before 6:00 pm the previous evening
Meet at Recreation Centre at 9:50am
Fee: US\$250 + service charge and GST per person, including 'Tea at Sea'
- 10:30am - 11:30am Catamaran Sailing Introduction**
Sail across the azure waters of our lagoon as you are introduced to the art of handling the lines and tiller.
Reservations: Watersports Centre (touch 8641) by Sunday 6:00 pm
Meet at Watersports Centre at 10:20 am Fee: Complimentary
- 11:00am-11:45am Marine Discovery Centre Immersion**
Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference! *Reservations: Not required*
Meet at Marine Discovery Centre Fee: Complimentary

Sunday

- 6:45pm - 7:15pm Earth Blessing Ritual**
Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!
- 7:00pm - 10:30pm Good Vibrations Seafood Night**
Come for the seafood, stay for the good times and high vibes! When it comes to those who are passionate about fishing, size really is everything... and tonight's abundant catch of ocean and freshwater bounty is about as big as it gets. Ride the waves into an easy breezy summer's eve of delights from the deep: a Surf Crudo Bar (with a Turf twist!), succulent seafood, opulent oysters, and seasonal selections prepare just about any way you can imagine.
Please reserve your table at Cafe Landaa or touch 2
US\$185 (children under 12 years US\$95) + service charge and GST per person.

Additional Activities at Landaa Giraavaru

- Go Kayaking or windsurfing in the lagoon
- Attend a private Yoga lesson
- Enjoy a massage or body scrub at AyurMa
- Work out in the Gym
- Visit the Marine Discovery Centre for a chat with the Biologist
- Borrow a book from the Library
- Play a game of pool or backgammon at the lounge.
- Arrange a sailing lesson at the Watersports Centre
- Have a go at water skiing
- Visit the Resort Shop. Or the AyurMa Shop. Or the Dive Shop.
- Write postcards and make your friend jealous.
- Check your emails at the Lounge
- Collect snorkeling equipment from the Watersports Centre
- Charter a boat at the Recreation Centre
- Jog the island trail

Fish Feeding To feed or not to feed?

Four Seasons Resort Maldives at Landaa Giraavaru is committed to minimizing its impact on the natural environment while still providing you the opportunity to view all that the Maldivian underwater world has to offer.

It is our policy not to feed anything that fish cannot find in their natural environment. Only fresh, uncooked and unprocessed food stuffs are used. Additionally, no hand feeding is done to ensure that fish do not associate humans with food and to prevent the development of unnatural behavior. We kindly ask you not to feed fish on your own.

Please join us nightly on the Main Jetty at 5:30 pm to partake in this amazing opportunity to view the fish of the Landaa Giraavaru lagoon.

Sunday

- 11:30am - 12:30pm Build A Reef!**
Our Reef building project began in 2005 when we propagated the first coral frames in the Landaa Lagoon in an effort to support our ailing house reef. Today, the Landaa reef is in rapid expansion, brimming with fish life and our coral experts are being recognized by the scientific community for pioneering successful propagation techniques. Join them during their weekly coral transplant routine and give them a hand as you observe our propagation methods and watch our reef grow!
No reservations required . Meet at Marine Discovery Centre.
Fee: Complimentary (If you would like to support the reef building project, please inquire about adopting a coral frame)
- 2.00pm - 4:15pm Snorkel Adventure**
Join our Marine Biologist at the Marine Discovery Centre for a short briefing on the marine life of the Maldives, then hop on board our traditional Maldivian dhoni to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required)
Reservations: Recreation Centre (touch 10), minimum age 8 years
Children under 16 must be accompanied by an adult.
Meet at Excursion Desk at 1:45 pm
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person
- 2.30pm - 4:30pm Afternoon Dive (1 dive) See page 10**
- 6:00pm - 8:00pm Sunset Fishing**
Cruise with us at dusk and with a bit of patience you'll get lucky! Our chefs will be delighted to prepare your catch to your liking...
Reservations: Recreation Centre (touch 10) before 12:00 noon.
Meet at Excursion Desk at 5:50 pm
Fee: US\$110 (children under 12 years US\$55)+ service charge and GST per person
- 6:30pm - 7:30pm Manager's Cocktail Party**
All our guests are invited to meet fellow Islanders and enjoy tropical drinks and Maldivian short eats.
No reservations required
Dress: Casual, Sarong or whatever pleases.
- 6:30pm - 7:15pm Romantic Sunset Cruise (exclusive)**
Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 Persons per trip
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty
Fee: US\$140 + service charge and GST per couple

Beach maintenance and fogging

Due to climatic changes in recent times, Landaa Giraavaru, like most islands in the Maldives, is under constant threat of erosion. For this reason and during certain times of the year a pump barge will pump sand from the sea and deposit it on the beach.

While we implement an environmentally responsible mosquito control programme (involving the identification and eradication of mosquito-breeding sites), we are occasionally required to undertake precautionary early morning fogging, particularly during the wet season. The fog is not harmful to humans but the process may result in minor noise disturbance and, in rare cases, minor short term skin irritation.

Monday

- 11:20am-12:45pm Anti Gravity Yoga**
Some call it 'Upside-down Yoga'.. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class.
Reservations: AyurMa Reception (Maximum 7 persons)
Minimum age: 14 years
Meet at AyurMa Reception, please wear T-shirt with sleeves
Fee: US\$ 90 + service charge and GST per person
- 2.00pm - 4:15pm Snorkel Adventure**
Join our Marine Biologist at the Marine Discovery Centre for a short briefing on the marine life of the Maldives, then hop on board our traditional Maldivian dhoni to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required)
Reservations: Recreation Centre (touch 10), minimum age 8 years
Children under 16 must be accompanied by an adult.
Meet at Excursion Desk at 1:45 pm
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person
- 2:30pm - 4:30pm Afternoon Dive (1 dive) See page 10**
- 2:30pm - 3:30pm Yoga Wisdom Talk: The Journey Within**
Join one of our yogis for this intriguing insight into the science of mind-body-spirit connection.
Reservations: AyurMa Reception (touch 5)
Meet at AyurMa Reception *Fee: Complimentary*

Cinema Under the Stars

Fancy a night at the movies? - Let the cinema come to you; enjoy a movie of your choice on the beach or in your garden with popcorn and magnums, or if you prefer, make it a full blown dinner theatre! Contact the Recreation Desk for assistance.

Fee: US\$750 + service charge and GST for up to four persons, includes popcorn, ice cream and soft drinks. US\$50 per each additional guest + service charge and GST.

Marine Discovery Centre Hologram Oceanic Submersion

Immerse yourself in a technological deep sea wonderland in the Maldives first Hologram Room: an interactive opportunity to swim with whales, spot sea horses and explore the life-size underwater environment with a control wand. Great fun for the whole family! Choose from two immersive 10-minute modules, featuring experiences for families and kids. Maximum 5 guests per show.

12:00 pm - Family Adventure

4:30 pm - Kids Underwater

US\$60 + service charge and GST per person.

Reservations: Please contact Recreation Centre (touch 10)

Monday

- 5:30pm Yoga Energy Trail**
Centre and calm your self and spirit on our new Yoga Energy Trail. Breathe, stretch, tone, strengthen and jog your way around 15 unique outdoor stations during this guided 75-minute session, suitable for guests of medium fitness, aged 12 years and above. Yoga like you've never experienced before! Private classes also available.
Not suitable during pregnancy.
Meet at Fitness Centre, wear running shoes. Bookings essential.
Reservations: AyurMa Reception (touch 5)
Fee: US\$90 + service charge and GST per person. Maximum 3 persons.
Private classes: US\$200 (individual) US\$50 (additional person) + service charge and GST
- 6:00pm - 8:00pm Sunset Fishing**
Cruise with us at dusk and with a bit of patience you'll get lucky! Our chefs will be delighted to prepare your catch to your liking...
Reservations: Recreation Centre (touch 10) before 12:00 noon.
Meet at Excursion Desk at 5:50 pm
Fee: US\$110 (children under 12 years US\$55)+ service charge and GST per person
- 6:30pm - 7:15pm Romantic Sunset Cruise (exclusive)**
Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty
Fee: US\$140 + service charge and GST per couple
- 6:45pm - 7:15pm Earth Blessing Ritual**
Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!
- 10:00pm Sharkfeeding at Seabar**

Tennis

Take a break from the aquatic activities to practice your tennis skills or take lessons from our on-site tennis pro. The Resort's outdoor tennis court (Australian turf) is lit for night play and complimentary tennis racquets and balls are available.

Time: Open daily 8:00am to 9:00pm

Reservations: Recommended for court and lesson reservations (touch 10)

Private lessons available from 7:00am-9:00am and 4:00pm-8:00pm

Turtle Feeding

Marine Discovery Centre

The Turtle Rehabilitation Clinic at the Marine Discovery Centre was set up to care for injured Olive Ridley turtles and to prepare them for release back into the wild. Visit the Clinic during feeding time and learn more about these patients from our dedicated marine biologists.

Please join us nightly at 5:00 pm

Sunday

- 8:30am - 12:30pm Morning Dive Excursion (2 dives) See page 10**
- 9:30am - 10:30am Learn to Snorkel**
The Maldives boasts one of the world's most incredible underwater habitats - and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session.
Reservations: Recreation Centre (touch 10) by Saturday 6:00 pm.
Minimum age 8 years. Children under 16 must be accompanied by an adult.
Meet at Excursion Desk at 9:15 am *Fee: Complimentary*
- 10:00am—12 Noon Keep the Islands Clean**
Be part of the solution with our 2-hour conservation adventure. Head out with our team members to help clean up a neighbouring virgin island or sandbank and discover how trash is impacting our oceans and what we can all do about it.
Reservations: Recreation Centre (touch 10) by Saturday 6:00 pm
Children under 16 must be accompanied by an adult. Minimum age 8 years.
Meet at Excursion Desk at 0945 am *Fee: Complimentary*
- 10:30am - 11:30am Kayak Adventure**
Join our Watersports team as we take you paddling through our turquoise waters and see the lagoon and its inhabitants from a new perspective.
Reservations: Watersports Centre (touch 8641) by Saturday 6:00 pm
Children under 16 must be accompanied by an adult.
Meet at Watersports Centre
Fee: US\$35 + service charge and GST per person
- 11:00am - 11:30am Orchid Garden Tour**
Here at Landaa, we're blooming passionate about orchids, nature's greatest seducers. Join Landaa's very own Orchid Gardener for an inspiring 30 minute tour of the island's exotic Orchid Garden. Be seduced by row after dazzling row of beautiful blooms while learning the secrets to growing and maintaining the perfect plants.
Meet at Reception at 11 am *Fee: Complimentary*
- 11:00am-11:45am Marine Discovery Centre Immersion**
Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference! *Reservations: Not required*
Meet at Marine Discovery Centre *Fee: Complimentary*
- 11:20am—12:45pm Anti Gravity Yoga**
Some call it 'Upside-down Yoga'.. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class.
Reservations: AyurMa Reception (Maximum 7 persons)
Minimum age: 14 years
Meet at AyurMa Reception, please wear T-shirt with sleeves
Fee: US\$ 90 + service charge and GST per person

Saturday

6:30pm - 7:15pm **Romantic Sunset Cruise (exclusive)**

Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip
Reservations: Al Barakat (touch 2) by 12:00 noon
Meet at Main Jetty
Fee: US\$140 + service charge and GST per couple

6:45pm - 7:15pm **Earth Blessing Ritual**

Join your fellow islanders every evening for a very special ‘blessing time’. Our daily gratitude ritual is a joyful celebration of the Earth’s gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!

7:30pm - 8:30pm **Night Snorkel**

Our lagoon is a completely different environment once the sun goes down, and our Marine Biologist is the perfect person to guide you through this dark and exhilarating world. (Snorkelling experience required)
Reservations: Recreation Centre (touch 10) before 12:00 noon.
Minimum age 8 years. Children 16 years and under must be accompanied by an adult.
Meet at Excursion desk at 7:15 pm
Fee: US\$90 (children under 12 years US\$45) + service charge and GST per person

10:00pm **Sharkfeeding at Seabar**

Fitness Centre

Located near the Resort Shop, the fitness centre at Landaa Giraavaru provides physical challenges and mental relaxation.

Guests must be at least 13 years of age to use the facility. Complimentary athletic wear is available while a Fitness Centre Attendant provides assistance from 8:00am to 10:00am and 4:00pm to 8:00pm. Certified Personal Trainers offer additional training challenges upon request.

Time: Open daily 7:00am to 9:00pm

Reservations: Recommended for Personal Training sessions (touch 10)

Big Game Fishing

Join us early morning for a day of big game fishing. Wake up with coffee and newspapers on board our luxury yacht then relax with breakfast and stunning sunrise views. Our expert crew will prepare all your tackle before using lures or live bait to entice the big boys... Our target species? Marlin*, Sailfish*, Dorado, Yellowfin Tuna and Wahoo.

Four Seasons Resorts Maldives implement sustainable fishing practices including ‘catch and release’. Billfish are strictly ‘catch and release’, as are all endangered and undersized fish. For all live bait and bottom fishing we use circle hooks.

Reservations: Please contact the Recreation Desk for rates and suggested timings.

Tuesday

6:30am - 9:30am

Sunrise Fishing

Head out just before dawn for an uplifting sunrise sail to a reef drop renowned for its big game fish like Giant Trevally and Dogtooth Tuna, with coffee and croissants by courtesy of the Captain. Then use our professional onboard tackle, the help of our crew, a dash of patience and a touch of luck to match your wits - and strength—against some of the Maldives big open-ocean fish. An exhilarating 3 hours work-out!

Reservations: Recreation Centre (touch 10) by Monday 6:00 pm.

Meet at Excursion Desk at 6.20 am

Fee: US\$150 (children under 12 years US\$75) + service charge and GST per person

8:30am - 9:30am

Yoga

Greet the day with an active yoga session to provide you a high level of positive energy. (Suitable for guests’ ages 15 years and above)

Reservations: AyurMa Reception (touch 5) by 9:00 pm Monday

Meet at AyurMa Reception

Fee: Complimentary

8:30am - 12:30pm

Morning Dive Excursion (2 dives)

See page 10

9:30am - 10:30am

Learn to Snorkel

The Maldives boasts one of the world’s most incredible underwater habitats - and it’s our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session.

Reservations: Recreation Centre (touch 10) by Monday 6:00 pm.

Minimum age 8 years. Children under 16 must be accompanied by an adult.

Meet at Excursion Desk at 9:15 am

Fee: Complimentary

10:30am - 12:30pm

Dolphin Talk and Cruise

Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board and cruise through the atoll where we hope to get the opportunity to watch schools of dolphins spin around our boat.

Reservation: Recreation Centre (touch 10) by Monday 6:00 pm

Meet at Excursion Desk

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person. (Proceeds go towards the Green Fund for environmental initiatives)

11:00am-11:45am

Marine Discovery Centre Immersion

Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference! *Reservations: Not required*

Meet at Marine Discovery Centre

Fee: Complimentary

11:00am-12:00noon

Sneaking Behind the Scenes

Are you wondering how it all works on our island? Join our Chief Engineer on a special tour through Landaa Village and find out what it takes to keep the lights going and the water flowing at Landaa Giraavaru.

Reservations: Reception (touch 4) by Sunday 6:00 pm

Meet at Lobby

Fee: Complimentary

Tuesday

11:20am-12:45pm

Anti Gravity Yoga

Some call it 'Upside-down Yoga'.. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class.

Reservations: AyurMa Reception (Maximum 7 persons)

Minimum age: 14 years.

Meet at AyurMa Reception, please wear T-shirt with sleeves

Fee: US\$ 90 + service charge and GST per person

2.00pm - 4:15pm

Turtle Talk and Safari

Join our Marine Biologist for an educational briefing that provides insight and understanding into the lives and habits of these beautiful creatures. Following this briefing, you will set off to a nearby snorkelling site to have the opportunity to see these animals up close and personal. (Snorkelling experience required)

Reservations: Recreation Centre (touch 10). Minimum age 8 years. Children under 16 must be accompanied by an adult

Meet at Excursion Desk at 1:45 pm

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person. (Proceeds go toward the Green Fund for environmental initiatives)

2:30pm - 4:30pm

Afternoon Dive (1 dive)

See page 10

4:30pm - 6:30pm

Culture visit to Kamadhoo Island

Hop on a speedboat to our neighbouring island of Kamadhoo for an insight into Maldivian island life. After a warm welcome with tender coconuts and traditional *boduberu* dance, explore the pretty streets, find out about ancient folklore, and sample local *hedhikaa* —snacks unique to the Maldives.

Reservations: Recreation Centre (touch 10) by 12 Noon

Meet at Excursion Desk at 4:20 pm

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person

5:00pm - 6:00pm

Football Passion

Maldivians are crazy about football! – Share the passion every Tuesday and Friday evening at a fun guest-staff football match at the Landaa Stadium! Hone your footwork and teamwork while having a great time with the island's best kickers. The Game's on!

Reservations: Recreation Centre (touch 10) by 12 Noon

Meet at the Landaa Stadium at 4:45 pm. Shoes and socks provided

5:00pm - 6:00pm

Aqua Yoga

Refresh yourself with aqua yoga class in the saltwater pool. A series of poses and relaxation techniques combine the revitalizing power of yoga with the therapeutic nature of water. Water resistance strengthens and tones the body, maximizing flexibility and providing optimum joint support.

Reservations: AyurMa Reception (touch 5) by 3:00 pm

Meet at Salt Water Pool

Fee: Complimentary

Saturday

2.00pm - 4:15pm

Turtle Talk and Safari

Join our Marine Biologist for an educational briefing that provides insight and understanding into the lives and habits of these beautiful creatures. Following this briefing, you will set off to a nearby snorkelling site to have the opportunity to see these animals up close and personal. (Snorkelling experience required)

Reservations: Recreation Centre (touch 10). Minimum age 8 years.

Children under 16 must be accompanied by an adult

Meet at Excursion Desk at 1:45 pm

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person. (Proceeds go toward the Green Fund for environmental initiatives)

2:30pm - 4:30pm

Afternoon Dive (1 dive) See page 10

2:30pm - 3:30pm

Veda Chat: Herbal Remedies!

Ayurveda is the art of living in harmony with the laws of nature. In this session we talk about natural home remedies and the use of herbs and spices to bring balance and healing. A tour of our ayurvedic garden is also included highlighting plants used in some of our treatments. *Reservations: AyurMa Reception (touch 5) by 12 noon*

Meet at AyurMa Reception

Fee: Complimentary

4:30pm - 6:30pm

Culture visit to Kamadhoo Island

Hop on a speedboat to our neighbouring island of Kamadhoo for an insight into Maldivian island life. After a warm welcome with tender coconuts and traditional *boduberu* dance, explore the pretty streets, find out about ancient folklore, and sample local *hedhikaa* —snacks unique to the Maldives.

Reservations: Recreation Centre (touch 10) by 12 Noon

Meet at Excursion Desk at 4:20 pm

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person

5:00pm - 6:00pm

Boot Camp

No worries! This is a benign beach jogging session with our Fitness Rambos who throw in a few fitness exercises just for the heck of it.

Reservations: Recreation Centre (touch 10) by 3:00pm

Meet at Fitness Centre, please wear jogging shoes (we offer rental gear). Fee: Complimentary

5:00pm - 6:00pm

Aqua Yoga

Refresh yourself with aqua yoga class in the saltwater pool. A series of poses and relaxation techniques combine the revitalizing power of yoga with the therapeutic nature of water. Water resistance strengthens and tones the body, maximizing flexibility and providing optimum joint support.

Reservations: AyurMa Reception (touch 5) by 3:00 pm

Meet at Salt Water Pool

Fee: Complimentary

Booking Recreational Activities

Please contact the respective centre or department as mentioned in this booklet.

If you are unable to attend an excursion, activity or spa appointment after signing up, please notify the respective centre or department (3) hours prior to the scheduled time. Failure to contact will result in a 100% no show or a late cancellation charge. Private excursions require a 24-hour notice of cancellation.

Saturday

- 8:30am - 9:30am** **Yoga**
Greet the day with an active yoga session to provide you a high level of positive energy. (Suitable for guests' ages 15 years and above)
Reservations: AyurMa Reception (touch 5) by 9:00 pm Friday
Meet at AyurMa Reception
Fee: Complimentary
- 8:30am - 12:30pm** **Morning Dive Excursion (2 dives)**
See page 10
- 9:30am - 10:30am** **Learn to Snorkel**
The Maldives boasts one of the world's most incredible underwater habitats - and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session.
Reservations: Recreation Centre (touch 10) by Friday 6:00 pm.
Minimum age 8 years. Children under 16 must be accompanied by an adult.
Meet at Excursion Desk at 9:15 am
Fee: Complimentary
- 10:30am - 12:30pm** **Dolphin Talk and Cruise**
Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board and cruise through the atoll where we hope to get the opportunity to watch schools of dolphins spin around our boat.
Reservation: Recreation Centre (touch 10)
Meet at Excursion Desk
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person.
(Proceeds go towards the Green Fund for environmental initiatives)
- 11:00am-11:45am** **Marine Discovery Centre Immersion**
Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference!
Reservations: Not required
Meet at Marine Discovery Centre
Fee: Complimentary
- 11:20am—12:45pm** **Anti Gravity Yoga**
Some call it 'Upside-down Yoga'. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying.. Avoid heavy meals 2-3 hours before class.
Reservations: AyurMa Reception (Maximum 7 persons)
Minimum age: 14 years.
Meet at AyurMa Reception, please wear T-shirt with sleeves
Fee: US\$ 90 + service charge and GST per person

Tuesday

- 6:30pm - 7:15pm** **Romantic Sunset Cruise (exclusive)**
Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty
Fee: US\$140 + service charge and GST per couple
- 6:45pm - 7:15pm** **Earth Blessing Ritual**
Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!
- 7:00pm - 10:30pm** **Lobster Rendez-vous at Blu**
Make a date with the 'King of Crustaceans' at Blu's legendary Lobster Night—a 4-course menu prepared with a touch of Italian flair.
Please reserve your table at Blu or touch 2.
Four courses US\$185 (children 6-12 years US\$95) + service charge and GST per person
- 10:00pm** **Sharkfeeding at Seabar**

Fuego **'Mid-Ocean Dinner'**

Meet us at the Seabar for embarkation—then let us whisk you away onto our floating table in the lagoon for an unforgettable fine-dining experience!

Enjoy a gourmet menu curated by our Culinary Team, served course by course by our brave, seafaring waiters; it's your private evening away from everyone and everything, surrounded by only the sea and curious fish as your neighbours...

US\$350 + service charge and GST per person, including welcome cocktails. Reservations: Please contact our Restaurant Managers or touch 2.

Yoga Therapy and Individual Yoga Classes

The ancient Indian philosophy of yoga allows those who practice it to lead a life with mental, physical and emotional balance. Our Resident Yogi invites you to book private sessions. These sessions are adapted to your level of practice and yoga style preference. They may be for the purpose of advancing your personal practice, learning to meditate, addressing specific health concerns, enjoying greater flexibility or simply doing something "good" for yourself.

Asanas – body postures

Pranayamas – breathing techniques

Dhayan – constant and undisturbed concentration techniques

Yoga Nidra – relaxation techniques

Sixty-minute session \$140

Ninety-minute session \$200

Yoga Therapy Courses (3 Days) \$520

Prices are per session and are subject to service charge and GST. For more information or to make an appointment, please contact AyurMa by touching 5 on any resort phone.

Wednesday

8:30am - 9:30am

Yoga

Greet the day with an active yoga session to provide you a high level of positive energy. (Suitable for guests' ages 15 years and above)
Reservations: AyurMa Reception (touch 5) by 9:00 pm Tuesday
Meet at AyurMa Reception *Fee: Complimentary*

8:30am - 12:30pm

Morning Dive Excursion (2 dives) *See page 10*

9:30am - 10:30am

Learn to Snorkel

The Maldives boasts one of the world's most incredible underwater habitats—and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session. *Reservations: Recreation Centre (touch 10) by Tuesday 6:00pm. Minimum age 8 years. Children under 16 must be accompanied by an adult.*
Meet at Excursion Desk at 9:15 am. *Fee: Complimentary*

10:30am - 11:30am

Kayak Adventure

Join our Watersports team as we take you paddling through our turquoise waters and see the lagoon and its inhabitants from a new perspective.
Reservations: Watersports Centre (touch 8641) by Tuesday 6:00 pm Children under 16 must be accompanied by an adult.
Meet at Watersports Centre
Fee: US\$35 + service charge and GST per person

11:00am - 11:30am

Orchid Garden Tour

Here at Landaa, we're blooming passionate about orchids, nature's greatest seducers. Join Landaa's very own Orchid Gardener for an inspiring 30 minute tour of the island's exotic Orchid Garden. Be seduced by row after dazzling row of beautiful blooms while learning the secrets to growing and maintaining the perfect plants.
Meet at Reception at 11 am
Fee: Complimentary

11:00am-11:45am

Marine Discovery Centre Immersion

Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference!
Reservations: Not required
Meet at Marine Discovery Centre
Fee: Complimentary

11:20am-12:45pm

Anti Gravity Yoga

Some call it 'Upside-down Yoga'.. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class.
Reservations: AyurMa Reception (Maximum 7 persons)
Meet at AyurMa Reception, please wear T-shirt with sleeves
Minimum age: 14 years
Fee: US\$ 90 + service charge and GST per person

Friday

6:00pm - 8:00pm

Sunset Fishing

Cruise with us at dusk and with a bit of patience you'll get lucky! Our chefs will be delighted to prepare your catch to your liking...
Reservations: Recreation Centre (touch 10) before 12:00 noon.
Meet at Excursion Desk at 5:50 pm
Fee: US\$110 (children under 12 years US\$55)+ service charge and GST per person

6:30pm - 7:15pm

Romantic Sunset Cruise (exclusive)

Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty. Fee: US\$140 + service charge and GST per couple

6:45pm - 7:15pm

Earth Blessing Ritual

Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!

7:00pm - 10:30pm

Roadside India

Join us on a crazy culinary road trip to experience India... but not as you know it. Tonight's vibrant insider tour celebrates the Subcontinent at its quirky and offbeat best. Join our dedicated Desi Dancers and Indophile DJ on a Bollywood raga as we trip the light fantastic to a chorus of curries, a brigade of biryanis and tandoors serving succulent jumbo prawns, lamb, saffron chicken tikka and naan so good it makes our hips shake.
Please reserve your table at Café Landaa or touch 2
US\$185 (children under 12 years US\$95) + service charge and GST per person.

10:00pm

Sharkfeeding at Seabar

AyurMa

Don't leave Landaa Giraavaru without experiencing a few hours in AyurMa whether it be for a yoga class, a ritualistic spa treatment, a chat with our Ayurvedic Physician. AyurMa is conveniently located in the centre of the island on the north shore. Please refer to the AyurMa Menu of Services in your room for further details.

Time: Open daily 9:00 am to 9:00 pm
Reservations: Recommended (touch 5)

'Manta on Call'

An unmissable encounter with gentle oceanic giants

Every year between June and November, hundreds of manta rays visit the Baa Atoll—the largest gathering of mantas in the world.

Get up close and personal with these gentle beauties through our 'Manta on Call' excursion, run by the experts from the world-renowned Manta Trust.

When mantas are spotted nearby, we'll call you on your 'Manta Phone' and whisk you away for unforgettable snorkelling experience with these inquisitive giants. Not to be missed!

Please contact Recreation Centre (touch 10) to sign up and receive your Manta Phone
US\$190 + service charge and GST per person

Diving for Beginners **Scuba Diving is fun!**

The bountiful marine life of the Maldives is legendary. Even for experienced divers the marine life here is mesmerising. For beginners, there is simply no better place to learn! The Dive Centre at Four Seasons Landaa Giraavaru offers beginners some fun and easy ways to learn the skills required to enjoy this exhilarating sport.

PADI Open Water Diver Course (3-4 days)

This is your ticket to a lifetime of intense adventure! During this fun and educational course you will learn the fundamentals of scuba diving and earn the PADI diving certification that is recognised worldwide. The course consists of a series of theory classes, five pool dives and four ocean dives. Participants must be at least 12 years old and must be able to swim.

Course fee is US\$950 + service charge and GST.
Courses are available in several languages.

PADI Scuba Diver Certification (1 1/2 days)

If you would like to eventually reach full PADI certification, but don't want to invest four days during this holiday, the Scuba Diver Certification is the best way to get started. Over 1 ½ days, you will complete a series of theory courses, three pool dives, two ocean dives and will receive credit towards the future completion of the PADI Open Water Diver Course. This certification also qualifies you to dive under the supervision of a dive instructor or dive master to a depth of 12 meters during the remainder of your stay. Participants must be at least 12 years old and must be able to swim.

Course fee is US\$600+ service charge and GST.
Courses are available in several languages.

PADI Discover Scuba Diving (DSD) experience (3 hours)

Everyone can learn how to dive. This programme lets you experience the thrill of diving under the close supervision of our PADI instructors. The course consists of a theory briefing, one confined water session, one controlled ocean dive to a maximum depth of 12 meters as well as a Fish Talk. The DSD experience is **offered daily at 9:30 am and 2:30 pm**. Participants must be at least 12 years old.

Course fee is US\$265 + service charge and GST, and includes one Fish Talk lecture.
(The DSD course can be credited towards the Open Water Diver Course.)

For more information and to register for any of the above courses, please contact the Dive Centre from 7:30 am to 6:00 pm (touch 11). We recommend that you book early.

YOUR OWN CORAL FRAME!

The Marine Research team at Landaa Giraavaru run one of the most successful coral reef transplant projects in the world. Since 2005, we have propagated over 5000 coral frames in the lagoon and the Landaa reef is in rapid expansion, brimming with fish life. Our coral experts are recognized by the scientific community for pioneering successful propagation techniques.

If you would like to support the Reef Building Project by adopting a frame for yourself or your family, please contact our marine biologist at the Discovery Centre by the main jetty. We will be delighted to update you on the progress of your frame as it grows into a vibrant and thriving underwater ecosystem.

*Small Frame - \$200 ++
Heart Frame - \$350 ++*

*Medium Frame - \$400 ++
Large Frame - \$600 ++*

Prices are subject to service charge and GST

Wednesday

2.00pm - 4:15pm

Snorkel Adventure

Join our Marine Biologist at the Marine Discovery Centre for a short briefing on the marine life of the Maldives, then hop on board our traditional Maldivian dhoni to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required.) *Children under 16 must be accompanied by an adult.*
Reservations: Recreation Centre (touch 10), minimum age 8 years
Meet at Excursion Desk at 1:45 pm
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person

2:30pm - 4:30pm

Afternoon Dive (1 dive) *See page 10*

5:30pm

Yoga Energy Trail

Centre and calm your self and spirit on our new Yoga Energy Trail. Breathe, stretch, tone, strengthen and jog your way around 15 unique outdoor stations during this guided 75-minute session, suitable for guests of medium fitness, aged 12 years and above. Yoga like you've never experienced before! Private classes also available.
Not suitable during pregnancy. Meet at Fitness Centre, wear running shoes.
Bookings essential. Reservations: AyurMa Reception (touch 5)
Fee: US\$90 + service charge and GST per person. Maximum 3 persons. Private classes: US\$200 (individual) US\$50 (additional person) + service charge and GST

6:00pm - 8:00pm

Sunset Fishing

Cruise with us at dusk and with a bit of patience you'll get lucky! Our chefs will be delighted to prepare your catch to your liking...
Reservations: Recreation Centre (touch 10) before 12:00 noon.
Meet at Excursion Desk at 5:50 pm
Fee: US\$110 (children under 12 years US\$55)+ service charge and GST per person

6:30pm - 7:15pm

Romantic Sunset Cruise (exclusive)

Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty
Fee: US\$140 + service charge and GST per couple

6:45pm - 7:15pm

Earth Blessing Ritual

Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!

7:30pm - 8:30pm

Night Snorkel

Our lagoon is a completely different environment once the sun goes down, and our Marine Biologist is the perfect person to guide you through this dark and exhilarating world. (Snorkelling experience required). *Reservations: Recreation Centre (touch 10) before 12:00 noon. Minimum age 8 years. Children 16 years and under must be accompanied by an adult. Meet at Excursion Desk at 7:15 pm*
Fee: US\$90 (children under 12 years US\$45) + service charge and GST per person

10:00pm

Sharkfeeding at Seabar

Landaa Giraavaru Dive Centre

Our PADI Gold Palm Dive Centre, fully equipped with air and nitrox compressors, offers two daily dive excursions: We leave on a **two-tank dive in the morning** from 8:30 am to 12:30 and **one tank dive in the afternoon** from 2.30 pm to 4.30 pm. Our well-trained international instructors and dive masters look forward to escorting you to a variety of nearby reefs. Meeting time is fifteen (15) minutes prior to boat departure.

To sign up for the morning or afternoon dives, please contact the Dive Centre (touch 11). Before your first dive, you will be requested to present your certification card and complete a waiver form. Divers who have less than 30 logged dives or have not dived in the last three months are required to do a **complimentary orientation dive** at the House Reef. Orientation Dives are scheduled daily at 10:00 am and 3:00 pm.

For Passionate Divers

1-6 tanks, per dive US\$ 150
7-15 tanks, per dive US\$ 140
>16 tanks, per dive US\$ 130
No extra charge for certified Nitrox Diver.

Naturalist Insights

Enhance your dive experience with **your private Marine Biologist escort** or join our Coral Biologist in active marine conservation. Completion of three dives with a Marine Biologist will earn you a PADI Underwater Naturalist Specialty Diver certification. Options include:

Reef Fish Revealed

Learn how to identify the Maldives' most common tropical fish—and where to find them on the reef—alongside the fascinating ecology of one of the world's most threatened yet important ecosystems.

Coral Reef 101

Learn how to identify hard and soft reef corals in their natural environment as you explore occurrence patterns, habitat differences, and coral's symbiotic relationship with other organisms.

Secrets of the Reef

Begin to understand ecological interaction on coral reefs—observing feeding, spawning and symbiosis—as you learn to spot common behavior patterns of fish and other organisms.

Naturalist Insights dives are subject to a US\$50 per person supplement charge.

All our dive rates include full or partial equipment, boat trip, dive guide and DAN insurance coverage and are subject to service charge and GST. Please contact Dive Centre (touch 11) for more information.

Freediver

Have you ever dreamed of exploring the underwater world free from equipment? Freediving is the most natural and serene way to explore the blue ocean with minimal impact. It is the ultimate way to free yourself and spend more time enjoying the beauty and silence of the sea. Freediving is not simply about bragging how long you can hold your breath or how deep you can go on a single breath. You have to develop the right attitude and pay attention to the limits of your body and mind. The true appeal of freediving is in the silence and calm it brings to people's hectic lives.

Basic Freediver Course: 1-2 day course
Freediver Course: 2-3 day course

Friday

2.00pm - 4:15pm

Snorkel Adventure

Join our Marine Biologist at the Marine Discovery Centre for a short briefing on the marine life of the Maldives, then hop on board our traditional Maldivian dhoni to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required)

Reservations: Recreation Centre (touch 10), minimum age 8 years

Children under 16 must be accompanied by an adult.

Meet at Excursion Desk at 1:45 pm

Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person

2:30pm - 4:30pm

Afternoon Dive (1 dive) *See page 10*

5:00pm - 6:00pm

Football Passion

Maldivians are crazy about football! – Share the passion every Tuesday and Friday evening at a fun guest-staff football match at the Landaa Stadium! Hone your footwork and teamwork while having a great time with the island's best kickers. The Game's on!

Reservations: Recreation Centre (touch 10) by 12 Noon

Meet at the Landaa Stadium at 4:45 pm. Shoes and socks provided

5:30pm

Yoga Energy Trail

Centre and calm your self and spirit on our new Yoga Energy Trail. Breathe, stretch, tone, strengthen and jog your way around 15 unique outdoor stations during this guided 75-minute session, suitable for guests of medium fitness, aged 12 years and above. Yoga like you've never experienced before! Private classes also available. *Not suitable during pregnancy. Meet at Fitness Centre, wear running shoes.*

Bookings essential. Reservations: AyurMa Reception (touch 5)

Fee: US\$90 + service charge and GST per person. Maximum 3 persons.

Private classes: US\$200 (individual) US\$50 (additional person) + service charge and GST

Baa Snorkel with Marine Biologist

Cruise into the Baa Atoll UNESCO Biosphere Reserve on a private boat for a snorkel adventure of a lifetime. Explore aquarium-like waters teeming with colourful corals and captivating creatures. Our Marine Biologists will be with you for an in-depth insight into our incredible underwater world.

Duration: 2 hours

Reservations: Recreation Centre (touch 10). 24-hour notice requested.

Meet at Meet at Excursion Desk

Fee: From \$700 ++ (various boats and yachts available)

Padel Tennis

Great for groups of mixed ages and abilities to play together, Padel Tennis is an easy, fun and sociable game played in doubles on an enclosed court. Come discover 'the next big thing in racquet sports' and hone your skills at our all-new court.

Time: Open daily 08:00am to 09:00pm

Reservations: Padel Court and lesson (touch 10)

Padel Court Fees: US\$120 + service charge and GST per hour

Padel lesson and Hitting Partner: US\$165 + service charge and GST per hour

Private lessons available from 07:00am to 09:00am and 04:00pm to 08:00pm

Friday

6:30am - 9:30am

Sunrise Fishing

Head out just before dawn for an uplifting sunrise sail to a reef drop renowned for its big game fish like Giant Trevally and Dogtooth Tuna, with coffee and croissants by courtesy of the Captain. Then use our professional onboard tackle, the help of our crew, a dash of patience and a touch of luck to match your wits - and strength—against some of the Maldives big open-ocean fish. An exhilarating 3 hours work-out!

Reservations: Recreation Centre (touch 10) by Thursday 6:00 pm.

Meet at Excursion Desk at 6.20 am

Fee: US\$150 (children under 12 years US\$75) + service charge and GST per person

8:30am - 9:30am

Yoga

Greet the day with an active yoga session to provide you a high level of positive energy. (Suitable for guests' ages 15 years and above.)

Reservations: AyurMa Reception (touch 5) before 9:00 pm Thursday

Meet at AyurMa Reception

Fee: Complimentary

8:30am - 12:30pm

Morning Dive Excursion (2 dives)

See page 10

9:30am - 10:30am

Learn to Snorkel

The Maldives boasts one of the world's most incredible underwater habitats - and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session. *Reservations: Recreation Centre (touch 10) by Thursday 6:00 pm.*

Minimum age 8 years. Children under 16 must be accompanied by an adult.

Meet at Excursion Desk at 9:15 am

Fee: Complimentary

10:30am - 11:30am

Windsurfing Introduction

Learn to sail across the azure waters of our lagoon as our pros introduce you to the art of handling the lines and tiller.

Reservation: Watersports Centre by Thursday 6:00 pm

Meet at Watersports Centre (touch 8641)

Fee: Complimentary

11:00am-11:45am

Marine Discovery Centre Immersion

Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference! *Reservations: Not required*

Meet at Marine Discovery Centre

Fee: Complimentary

11:20am—12:45pm

Anti Gravity Yoga

Some call it 'Upside-down Yoga'. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class.

Reservations: AyurMa Reception (Maximum 7 persons)

Minimum age: 14 years

Meet at AyurMa Reception, please wear T-shirt with sleeves

Fee: US\$ 90 + service charge and GST per person

Thursday

8:30am - 9:30am

Aqua Float

Develop your core strength, balance, coordination and mindfulness with this challenging yet fun series of asanas performed on floating mats in our Salt Water Pool.

Reservations: AyurMa Reception (Maximum 6 persons)

Minimum age: 14 years

Meet at Salt water pool, please wear swim-wear

Fee: US\$ 90 + service charge and GST per person.

8:30am - 12:30pm

Morning Dive Excursion (2 dives)

See page 10

9:30am - 10:30am

Snorkel at Parrot Reef

Join one of our marine biologists on this guided 45-minute snorkel of Parrot Reef: a pristine underwater mountain less than a five-minute dhoni ride away, home to amazing table corals, hawksbill turtles and tropical fish. Very enjoyable!

Reservations: Recreation Centre (touch 10) by Wednesday 6:00 pm.

Minimum age 8 years. Children under 16 must be accompanied by an adult.

Meet at Excursion Desk at 9:15 am

Fee: US\$75 (children under 12 years US\$40) + service charge and GST per person

9:30am - 10:30am

Learn to Snorkel

The Maldives boasts one of the world's most incredible underwater habitats and it's our aim to showcase it to every guest! Entrust our Recreation experts to guide and support you on this gentle introductory session.

Reservations: Recreation Centre (touch 10) by Wednesday 6:00 pm.

Minimum age 8 years. Children under 16 must be accompanied by an adult.

Meet at Excursion Desk at 9:15 am

Fee: Complimentary

10:00am - 1:00pm

Raa Atoll Manta Safari

Join us on this exciting snorkelling Safari in search of Manta Rays in the neighboring Raa atoll! The trip takes 45 minutes by speedboat and lasts 3-4 hours in total. Enjoy an unforgettable snorkelling experience with these inquisitive giants—and learn about them from experts of the world-renowned Manta Trust. We can't guarantee sightings (mantas are wild creatures after all!) but we do everything to maximize the chances ... Will you be the one to spot the first emerging wingtip at the water's surface?

Reservations: Recreation Centre (touch 10) before 6:00 pm the previous evening

Meet at Recreation Centre at 9:50am

Fee: US\$250 + service charge and GST per person, including 'Tea at Sea'

Daily at Blu's Sunset Bar Crab races and Sunsets

Join the famous Landaa Crab races at 6:30 pm every evening at Blu's Sunset Bar. Crab racing is a light natured, favourite Maldivian pastime and the winning crab jockey takes home a complimentary cocktail!

Thursday

- 11:00am-11:45am** **Marine Discovery Centre Immersion**
Join us every morning at our state of the art Marine Discovery Centre—and immerse yourself in the staggering stats and fascinating facts of one of the Maldives leading research facilities. Meet our researchers, marine biologists and some of our 150 rehabilitated turtles... and gain an intriguing insight into the world of Reefscapers and the Manta Trust—plus the role you can play in making a difference!
Reservations: Not required. Meet at Marine Discovery Centre
Fee: Complimentary
- 11:20am—12:45pm** **Anti Gravity Yoga**
Some call it 'Upside-down Yoga'.. Suitable for all abilities and body types - not just the athletic and adventurous - Anti Gravity Yoga utilizes hammocks, enabling participants to take yoga into the three-dimensional realm. Slightly suspended above the ground, it provides relief to the physical body and facilitates the practice of inverted postures; not to mention releasing a tangible feeling of joy from endorphins and a magical sense of flying. Avoid heavy meals 2-3 hours before class. *Reservations: AyurMa Reception (Maximum 7 persons). Minimum age: 14 years.*
Meet at AyurMa Reception, please wear T-shirt with sleeves
Fee: US\$ 90 + service charge and GST per person
- 2.00pm - 4:15pm** **Turtle Talk and Safari**
Join our Marine Biologist for an educational briefing that provides insight and understanding into the lives and habits of these beautiful creatures. Following this briefing, you will set off to a nearby snorkelling site to have the opportunity to see these animals up close and personal. (Snorkelling experience required)
Reservations: Recreation Centre (touch 10). Minimum age 8 years. Children under 16 must be accompanied by an adult
Meet at Excursion Desk at 1:45 pm
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person. (Proceeds go toward the Green Fund for environmental initiatives)
- 2:30pm - 4:30pm** **Afternoon Dive (1 dive)** *See page 10*
- 5:00pm - 7:00pm** **Sunset Dolphin Cruise**
Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board and cruise through the atoll watching the beautiful sun go down in search of dolphins.
Reservation: Recreation Centre (touch 10) before 12:00 noon
Meet at Excursion Desk
Fee: US\$110 (children under 12 years US\$55) + service charge and GST per person . (Proceeds go towards the Green Fund for environmental initiatives)
- 5:30pm** **Yoga Energy Trail**
Centre and calm your self and spirit on our new Yoga Energy Trail. Breathe, stretch, tone, strengthen and jog your way around 15 unique outdoor stations during this guided 75-minute session, suitable for guests of medium fitness, aged 12 years and above. Yoga like you've never experienced before! Private classes also available. *Not suitable during pregnancy.*
Meet at Fitness Centre, wear running shoes. Bookings essential.
Reservations: AyurMa Reception (touch 5)
Fee: US\$90 + service charge and GST per person. Maximum 3 persons.
Private classes: US\$200 (individual) US\$50 (additional person) + service charge and GST

Thursday

- 6:30pm - 7:15pm** **Romantic Sunset Cruise (exclusive)**
Celebrate your holiday with Champagne, canapés and a cruise into the sunset on the Al Barakat dhoni. 2 persons per trip.
Reservations: Al Barakat (touch 2) before 12:00 noon
Meet at Main Jetty *Fee: US\$140 + service charge and GST per couple*
- 6:45pm - 7:15pm** **Earth Blessing Ritual**
Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, and mindfulness at AyurMa.
Complimentary 30-minute evening gathering – all welcome!
- 7:00pm - 10:30pm** **All That Mezze**
Join us tonight at Al Barakat and feel like at a Sultan's table, when our chefs serve up a never ending array of middle eastern delicacies from the Levant: Dips and salads, savoury starters, grilled meats and seafood accompanied by freshly baked breads - all in bite-size portions and delightfully presented. And end the night with a Shisha by the seaside, perhaps?
Please reserve your table at Al Barakat or touch 2.
US\$185 (children under 12 US\$95) + service charge and GST per person. (A la carte not available tonight.)
- 10:00pm** **Sharkfeeding at Seabar**

An island for you **'Stranded in Paradise'**

Have you ever wondered what would happen if you and your loved one were stranded on a paradise island in the middle of the ocean? - It could be quite a romantic affair and could look something like this:

You arrive on a secluded sandbank just in time for a romantic sunset. Our butler awaits you to mix a tropical cocktail while you watch the sun go down. As night moves in, you proceed to the candlelit table, where you are served a succulent barbecue dinner and enjoy a bottle of fine wine, under the stars with only the sounds of the ocean near you. It's all very private, just for the two of you. And it might well be a night to remember forever.

For inquiries, please contact our Restaurant Managers or touch 2.

Private Overnight Cruise **'Stars and Sunrise'**

Charter one of our yachts and cruise into the sunset for a night of total escapism. Start your evening with a spot of fishing, champagne in hand, before welcoming your chef onboard to prepare an exquisite dinner. Sink into sumptuous cushions on the bow under a canopy of stars or retire to your cabin; toast the first light of dawn with a warming drink or let the gentle rocking of the boat lull you into dreamland Following breakfast on board, your crew will take you to a secluded island where you can snorkel or laze on the beach before returning to the Resort.

6:00pm to 10:00am
US\$3,500 + service charge and GST per couple, including dinner and breakfast.
Family rates on request.
Reservations: Please contact Recreation Centre (touch 10)