

Mirihī  
as unique as you



# WELLNESS WEEK

**TAKE TIME OUT TO REJUVENATE YOUR MIND, BODY AND SOUL.**

Escape to our tropical shores between the 22<sup>nd</sup> and the 27<sup>th</sup> April 2024 to discover transformative experiences. Immerse yourself in a world of well-being at Mirihī Island Resort with our visiting wellness facilitators and a program of activities to relax and refresh the mind, body and soul.

Practice **Ashtanga Vinyasa, Hatha or Lyengar Yoga with Danushkha** our Resident Yogi. These different Yoga techniques increase flexibility, boost immunity, calm the mind and promote a healthy balanced lifestyle.

**Learn Yang Style Tai Chi** with our visiting instructor **Suchan Hong** founder of Sawasdee Tai Chi studio -Thailand. Tai Chi is an ancient Chinese tradition based on martial arts and is now a popular low-impact exercise suitable for all ages. This activity strengthens internal organs, enhances concentration and assists to achieve emotional balance.

Cleanse your mind and body and let your stresses float away with **Reiki healing** and the magic hands of **Lia from Yoga Bliss with Lia** -Bali. A Japanese technique which reduces stress and aids relaxation. Reiki is an energy healing modality that is gentle and safe for everyone. Reiki energy helps to clear and balance our energy pathways, physically, mentally, emotionally and spiritually.

Burn those calories off in the crystal- clear lagoon waters with **Water Aerobics**, an ideal way to tone muscles, improve circulation and flexibility whilst the buoyancy of the water supports your body reducing stress on joints. It's particularly beneficial for individuals with arthritis or joint pain or those that simply want to enjoy the warm natural swimming pool and scenery!!

Find your inner peace and serenity whilst trying your hand at **Healing painting** and truly indulge in a sumptuous seafood BBQ dinner on the beach, Harvester style.

In addition to these wellness offerings, guests can also enjoy snorkeling on the stunning house reef, Diving, stand up paddle boarding, kayaking, sound healing, being pampered at the Duniye Spa or snorkeling with whale sharks and manta rays in the surrounding atoll waters.

Book your barefoot wellness journey with us today!



# WELLNESS WEEK

	Monday 22/04/2024	Tuesday 23/04/2024	Wednesday 24/04/2024	Thursday 25/04/2024	Friday 26/04/2024	Saturday 27/04/2024
8.00 - 9.00	Ashtanga Vinyasa Yoga at Bageechaa Pavilion	Tai Chi at Bageechaa Pavilion USD 40++ per person	Ashtanga Vinyasa Yoga at Bageechaa Pavilion	Tai Chi at Bageechaa Pavilion USD 40++ per person	Hatha Yoga at Bageechaa Pavilion	Tai Chi at Bageechaa Pavilion USD 40++ per person
9.30 - 10.00	Water aerobic with Danushka USD 20++ per person	Water aerobic with Danushka USD 20++ per person	Water aerobic with Danushka USD 20++ per person	Water aerobic with Danushka USD 20++ per person	Water aerobic with Danushka USD 20++ per person	Water aerobic with Danushka USD 20++ per person
10.30 - 11.30	Tai Chi at Bageechaa Pavilion USD 40++ per person	Pranayama, Mudras & Bandhas Yoga at Bageechaa Pavilion	Tai Chi at Bageechaa Pavilion USD 40++ per person	Iyengar Yoga at Bageechaa Pavilion	Tai Chi at Bageechaa Pavilion USD 40++ per person	Iyengar Yoga at Bageechaa Pavilion
12.00 - 13.00	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person
14.30 - 15.30	Tai Chi at Bageechaa Pavilion USD 40++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person	Tai Chi at Bageechaa Pavilion USD 40++ per person	Reiki Healing at Bageechaa Pavilion USD 80++ per person
16.00 - 17.00	Healing Painting on the beach USD 20++ per person	Tai Chi at Bageechaa Pavilion USD 40++ per person	Healing Painting on the beach USD 20++ per person	Tai Chi at Bageechaa Pavilion USD 40++ per person	Healing Painting on the beach USD 20++ per person	Tai Chi at Bageechaa Pavilion USD 40++ per person
17.30 - 18.30	Gentle Yoga on the beach	Nidra Yoga on the beach	Yin Yoga on the beach	Gentle Yoga on the beach	Shatkriyas & Pranayama on the beach	Mantra on the beach
20.00				Harvest BBQ Dinner on the beach seafood & fish USD 65++ per person		
21.00		Documentary Night				Movie Night





### **YOGA WITH DANUSHKA**

Join our resident Yogi Danushka to practice the different forms of Yoga – Ashtanga Vinyasa, Pranayama, Mudras & Bandhas, Shatkriyas, Hatha and Mantra.

These total mind-body workouts increase flexibility, build muscle strength, boost immunity, help calm the mind and improve focus, to promote a healthy balanced lifestyle.



### **TAI CHI WITH SUCHAN HONG**

Learn Yang style Tai Chi with our visiting instructor Suchan Hong from Sawasdee Tai Chi studio – Thailand. Tai Chi is an ancient Chinese tradition based on martial arts and is now a popular low-impact exercise suitable for all ages. This activity strengthens internal organs, reduces stress, enhances concentration and assists to achieve emotional balance.



### **REIKI HEALING WITH LIA**

Immerse yourself in the healing art of Reiki with our visiting Yogi and Wellness facilitator Lia from Yoga bliss with Lia – Bali. Reiki healing is a Japanese technique which reduces stress and aids relaxation and an energy healing modality that is gentle and safe for everyone. Reiki energy helps to clear and balance our energy pathways, physically, mentally, emotionally and spiritually.

# SOUL REFRESHMENTS

Discover our bar menu and treat yourself with our island made tropical creations and classic cocktails, as well as a wide spread selection of beers, wines and spirits. If you desire a drink which is not mentioned in this menu, please let us know - we are more than happy to prove our skills by shaking, stirring and blending to your satisfaction! As we are committed to using only fresh products, please note that some items are subject to seasonal availability.



## GREEN MACHINE

BELL PEPPER  
CELERY  
CUCUMBER  
CARROT  
LIME JUICE  
SALT



## IMMUNITY BOOSTER

GINGER  
MINT LEAVES  
ORANGE  
SODA WATER



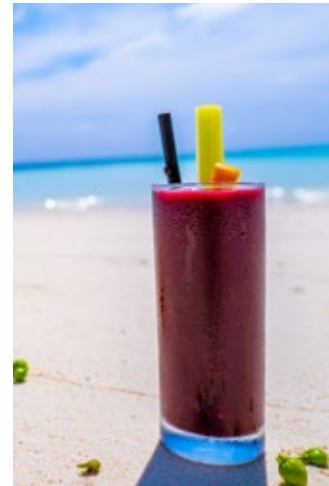
## MULBERRY BOOSTER

MULBERRY  
GUAVA  
THYME  
CUCUMBER



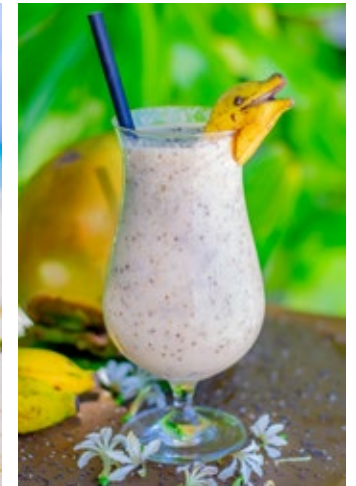
## COCONUT FLASH

COCONUT WATER  
COCONUT FLESH  
GINGER



## BLACK SUN

GREEN MANGO  
BLACKBERRY  
CELERY  
LIME JUICE  
INFUSED FENNEL SEEDS



## MIRACLE SEEDS

CHIA SEEDS  
BANANA  
FRESH MILK



# HARVEST BBQ DINNER

## Fish & Seafood on the beach

Indulge in a delicious barbequed fish dinner on the beach under a blanket of stars.

**On Thursday, 25.04.2024 at 8 pm**

USD 65++ per person

Amuse Bouche  
Carrot lox kale salad

Yellow fin tuna tataki on green mango wakame salad with quinoa  
Bael laksa soup with charcoal pasta and Maldivian lobster basil pops

Mulberry sorbet

Grilled grouper filet on butterfly pea flower risotto with kankun  
Mango kebab grilled on Himalayan salt with black sticky ice cream