

Yoga

GAN ISLAND
LAAMU ATOLL

MALDIVES

LAAMU ATOLL

LOCAL PARADISE



GAN ISLAND

The local island of Gan is inhabited by a friendly and sociable community with cafes, schools and many fishermen. It belongs to the Laamu atoll, a paradise that includes more than 80 small islands not yet well known in the south of the Maldives.

Being one of the most virgin and wild islands still accessible in that country, marine life flourishes with little trace of human beings.

Incredible diving and snorkeling spots include channels and reefs inhabited by pelagic species, with colorful and still very much alive coral.

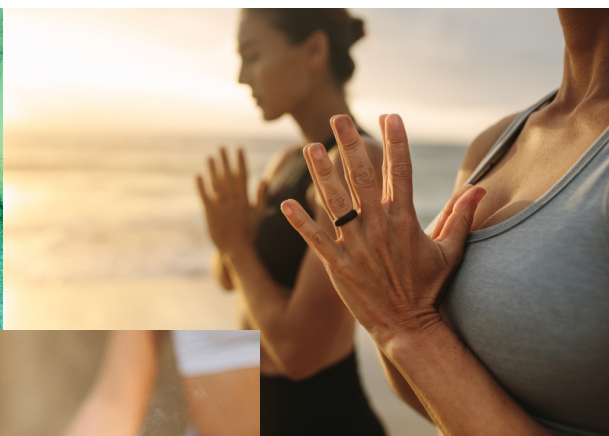
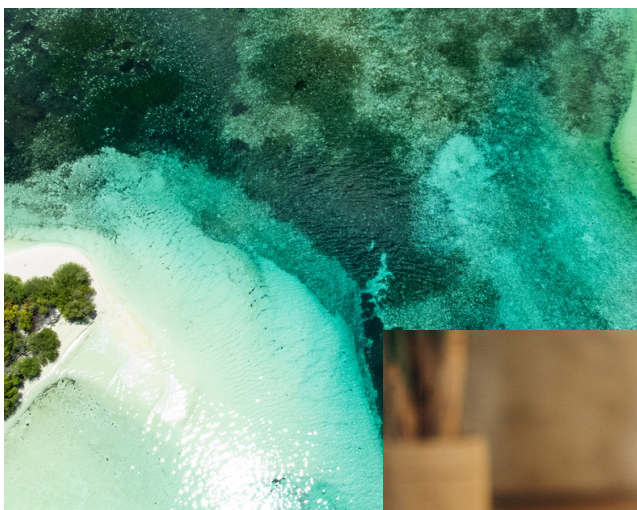
All the activities and camps are located directly on the beach, next to the accommodation.

The best season to visit the south of the Maldives is from December to April, where there is sowing between 28° and 32°.

The water temperature is between 28° and 30°.



AN UNCONVENTIONAL RETREAT



REJOICE
RECONNECT
REDISCOVER

YOGA
OCEAN
CULTURE
EXPLORATION



THE RETREAT

12 March - 17 March 2024

USD 1 200 / person



Yoga Classes

Daily energizing Vinyasa Yoga classes are customized to suit all levels of experience. Free yourself from self-imposed limitations and grow beyond.



Empowering Workshop & Self Study

Join our Workshops with liked-minded souls to experience the commonality and find your uniqueness.



Ice Bathing

Time to cool down! Ice bathing has numerous positive effects for the body & mind. Learn more about it and try it.



Boat Trip

We won't miss the best part of the Maldives: Its ocean! Combined with workshops or just at a chilled sunset tour.



Discover Scuba Diving

Laamu is an underwater paradise. Try Scuba Diving for the first time in a safe environment. We are happy to organize it on additional charge.*



Meditations & Breathing

Pranayama and meditations bring you into your parasympathetic nervous system and create a safe space for reflection and regeneration



Releasing Floating Workshop

We use the nature's beauty to help finding inner connection, liberation and expansion.



Snorkeling

Enjoy the beauty of one of the most healthy underwater places in the Maldives. Discover the magnificent underwater world.



White Sand Beach

Enjoy leisurely downtime at the private white sand beach while relaxing under palm trees or trying water activities (e.g. SUP)



Island life

We are living on a local island with a super friendly community. Don't miss to check out the wilderness and some cafes

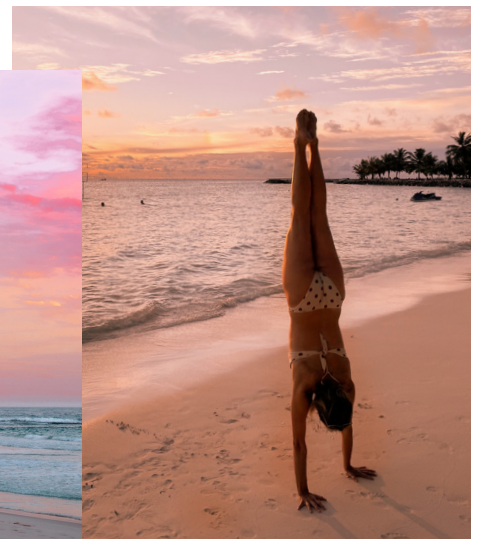
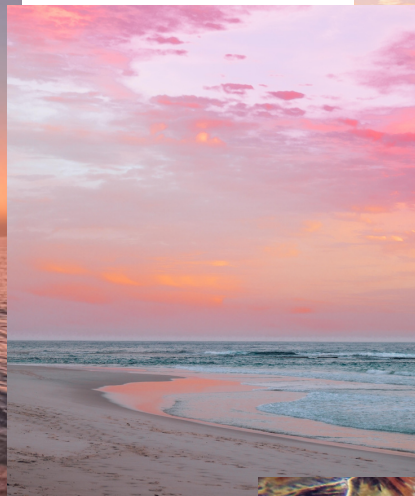
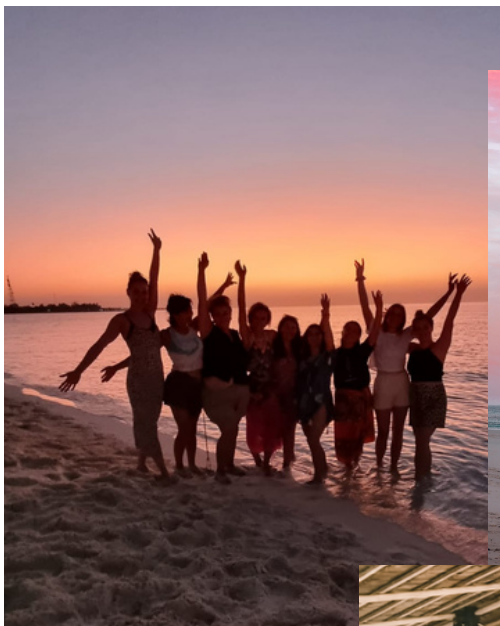


*) Certified divers we recommend to stay some days longer to enjoy the full possibilities
Let us know to check accommodation availability .

THE PROGRAM

How a day will look like

- 07:00 Silence and Tea
- 07:15 Energizing Sun Rise Yoga
- 08:45 Breakfast
- 10:00 Workshop / Time for the ocean
- 13:00 Light Lunch
- 14:00 Time to rest / beach
- 17:00 Restorative Yoga and Meditation
- 17:45 Sunset swim or walk
- 19:30 Dinner



THE ACCOMMODATION

MALDIVES EDITION 2024

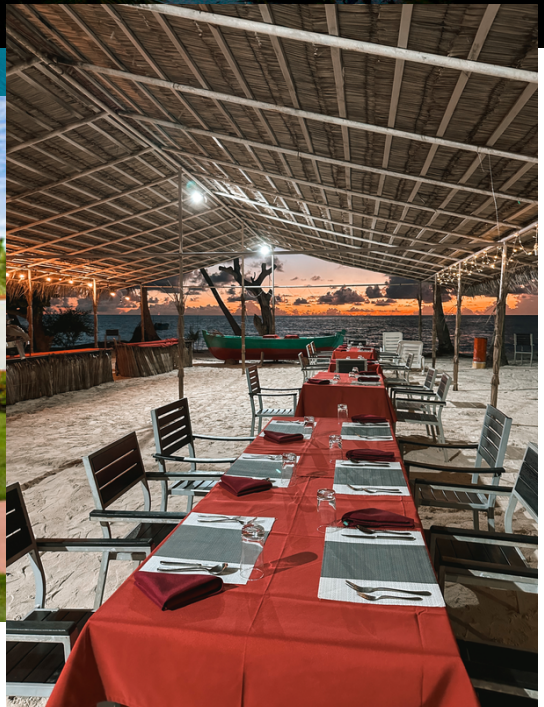
Included:

- 5 nights in double room with air conditioning, private bathroom, WIFI
- Private room on request and additional charge of 30\$ per night
- Full board with vegetarian option menu
- Domestic transfer flight Malè/KADHDHOO airport - Laamu I/V (50 min)
- All taxes

*additional nights before or after the retreat can be requested, we'll check the availability and price



REVERIES BEACH



ACCOMODATION AT REVERIES DIVING VILLAGE

Accommodation includes all the necessities with a soft beachy touch and a great comfort without being over excessive in its manners.

Very pleasant stay just two steps away from the diving center.

The private long bikini beach in front of the guest house, the local crew, the harbour at sunset, the local cafes, the presence of watersports activity guarantee enough options for being in nature while reconnecting with ourselves.

Double rooms are fully furnished with all comfort, aircon, wifi, hot water, ensuite bathroom.

HOW TO ARRIVE TO GAN ISLAND

From Malè International Airport, there will be an transfer flight of 50 min.

(This will be arranged by Reveries. One of the team will come pick you up by car at the local airport to bring you to the final destination few minutes away.)



NICKI

Nicki is a yoga teacher sharing her knowledge in Munich Germany. After 10 years of experience in practicing different yoga styles she completed her yoga teacher training in India in 2019 and Bali in 2023.

A traveller and scuba diver, that is inspired by helping to empower her students to grow beyond set boundaries. With the healing power of yoga she will walk you through an incredible retreat.

CHIARA

Chiara is a master scuba diver trainer, freediver living in Maldives since 4 years. Her home is the ocean. With her passion for creating memories that will last forever she will kindle your spirit of discovery, guiding you through different water related workshops, introducing breathing techniques and also the local Maldivian culture for an unforgettable expedition.



Limited spots available! Join us today!

Info and bookings:
Youyogamuc@gmail.com
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