

**Press Release – June 2024**

## **Exploring Holistic Wellness: International Yoga Day at Kuramathi Maldives**

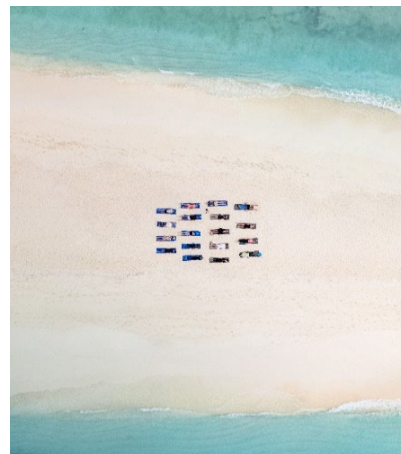
On June 21<sup>st</sup>, 2024, Kuramathi embraced the spirit of International Yoga Day with a diverse array of activities that catered to all ages and interests. From sunrise to sunset, guests immersed themselves in various yoga disciplines and mindfulness practises, enhancing both physical vitality and inner peace.

The day began energetically with Hatha, Vinyasa, Ashtanga, and Dynamic Yoga sessions at the Yoga Pavillion from 7:00 AM to 8:00 AM, where participants connected breath with movement. For our younger guests, the morning continued with a specially designed Kids Yoga session at the Yoga Pavilion from 11:00 AM to 11:30 AM. Led by our experienced instructor, the young yogis explored yoga through interactive poses inspired by animals, fostering focus, self-awareness, and emotional regulation.

As the day progressed, guests gathered at the Sand Bank for Pranayama & Meditation from 5:00 PM to 6:00 PM, where the tranquil setting complemented the practise of deep breathing and mindfulness. Here, amidst the natural beauty of Kuramathi, participants found moments of tranquillity and introspection, concluding the day on a serene note.

Throughout the celebration, children also engaged in creative activities at Bageecha Kids Club such as Yoga Freeze Dance, Yoga Art, and Beach activities integrated with yoga games. These initiatives not only promoted physical activity and teamwork but also nurtured creativity and a deeper connection to yoga beyond the mat.

International Yoga Day at Kuramathi was not just a series of events but a holistic experience that encouraged guests of all ages to explore the transformative benefits of yoga, fostering well-being in mind, body, and spirit amidst the stunning backdrop of the Maldives.



-ENDS-



# KURAMATHI

MALDIVES

## Note to Editors:

Kuramathi Maldives is proud to be one of the first properties to open in this archipelago nation. As part of Universal Resorts, a 100% Maldivian-owned company and the pioneers of tourism in the Maldives, Kuramathi Maldives embodies the country's unique culture and heritage.

Situated in Rasdhoo Atoll archipelago, Kuramathi Maldives is 1.8 km in length and tapers to a pristine stretch of white sandbank, lending a dramatic quality to the idyllic surroundings of turquoise lagoons, tropical jungle and flora. Catering to all budgets, 12 distinct choices of villas are on offer, ranging from the individual Beach Villas to the idyllic Water Villas with Pool. Dining options are diverse with many restaurants, bars and great-value all-inclusive packages, topped off with Maldivian service – welcoming, genuine and friendly. There is something for everyone on this paradisiacal haven that embodies the Maldives in a natural setting.

Universal  
Resorts

For any further information, please contact:

Malsha Thilini  
PR Executive  
Kuramathi Maldives  
Email: [pr@kuramathi.com](mailto:pr@kuramathi.com)  
Website: [www.kuramathi.com](http://www.kuramathi.com)  
Phone: +960 747 3198