



EXPERIENCE AS HEALING

PATHWAYS SERIES ONE: 2 TO 3 JUNE 2023

From ancient spiritual practices to the wild new frontiers of biohacking, countless theories have sought to balance the relationship between our emotional, physical and intellectual states. How will this widening field of knowledge and desire affect the way we travel?

A portfolio brand of Capella Hotel Group



PROGRAM HIGHLIGHTS



LEARNING TO BREATHE WITH AVERY WHITMORE

Avery Whitmore is a leading, Los Angeles based sound meditation and breathwork practitioner who travels the world helping others find their own healing journeys. Find Avery at Patina Maldives Fari Islands at our upcoming Experience as Healing event on 2-3 June.

MORE, DRINKING WHEN YOU'RE NOT DRINKING WITH CLAIRE WARNER

Our expectations for beverage don't stop at taste and flavor – use of natural ingredients, ethical production and sustainability, as well as health benefits are all important components. Get ready to be inspired by Claire, award-winning ambassador of 'positive drinking', as we bring in exciting non and low-alcoholic beverages into our lifestyle.



WHY GREAT SLEEP IMPROVES YOUR CREATIVITY WITH TONY ESTRELLA

We spend up to one-third of our lives asleep. We strive to improve and optimize our waking hours but we know so little about sleep. Together with Tony Estrella, best selling author and wellness-tech investor we explore the art, science and a new path towards better sleep and, quite simply, better living.





When technology wasn't interrupting the natural rhythms of our body, when we lived by the seasons, we lived by the sun and the moon. We were much more in tune.

For a short weekend in June, we head to Fari Islands, one of the most beautiful, inspired places in the Indian Ocean, with a group of leaders in the fields of psychosocial health, nutritional sciences, and esoteric practices.

EVENT PROGRAM

(ALL-ACCESS PROGRAM FOR RESORT GUESTS)

2 JUNE, FRIDAY

ARRIVAL AND NEW AWARENESS

5.30pm to 6pm

Healing Sound and Breathwork Opening

Avery Whitmore

6pm to 7.30pm

Welcome reception

"Drinking when you're not drinking"

Claire Warner

7.30pm

Dinner "New Horizons in Good Food"

3 JUNE, SATURDAY

DEVELOPING NEW HABITS

8am to 8.30am

Beach Clean up "Plastic Free Seas"

(Optional)

9am to 10.30am

Plant-based Breakfast

11am to 12pm

Masterclass "My Pathways"

· Plant-based breakfast cooking

Raphaella Llorente

· Conscious, Connected, Deep Breathing

Avery Whitmore

2.30pm to 3.30pm

Masterclass "My Pathways"

· Non and low-alcoholic cocktails making

Claire Warner

· How great sleep helps your creativity

Tony Estrella

6pm to 7.30pm

Cocktails "More, drinking when you're not drinking"

7.30pm till late

Shared Dining Experience "Communal Table"

Beach Party "Boho White Night"

OFFER INCLUDES

(ALL-ACCESS PROGRAM FOR RESORT GUESTS)

- Complimentary daily half board meal plan (based on standard villa occupancy).
- Complimentary luxury transfer if staying 4 nights or more.
- Up to 2 children below the age of 12 years stay for free with complimentary meals from the kid's menu.

To make a booking, [click here](#) or contact reservations.maldives@patinahotels.com.