



A Yoga & Diving Retreat

IN MALDIVES

RECHARGE IN
PARADISE WITH

TANVI MEHRA

26TH - 31ST JULY 2020



YOGA
STATION

SO WHAT IS SO SPECIAL ABOUT THIS TRIP TO HANIFARU BAY, MALDIVES !

An uninhabited island of the Maldives with a small, enclosed, underwater bay approximately the size of a football field, a nursery ground for grey sharks, and stingrays, also one of the very few places in the world where whale sharks congregate to mate and most importantly best known for its concentration of the graceful reef manta rays whose wingspan can reach up to 3.5m.

When time and tide align the lucky snorkelers get to observe and whirling feast, a ballet so to say of 50 or more mantas. A feeding frenzy behaviour which results in a disorganised, bumper-car like performance by the Mantas.

Witnessing this spectacle can be considered a once in a lifetime experience.

CONSCIOUS BREATHING IS THE CORE FOCUS OF BOTH THE ACTIVITIES - DIVING & YOGA.

The stillness and relaxation you will adopt on this yoga retreat will bring you unbelievable diving experiences that will be pinned to your memory SCUBA can be a physically demanding activity. Therefore, maintaining good general health and fitness is an important part of being a diver. The physical postures in Yoga help strengthen and limber up the body, which reduces the risk of injuries, as well as prevents over-exertion, which can lead to breathlessness, anxiety, and other problems in the water. Being in better shape makes diving less strenuous, and therefore, more safe and enjoyable!

ABOUT ME

A professional dancer and certified yoga-trainer, Tanvi Mehra founded Tangerine Arts Studio with the aim to provide lovers of fitness easy access to varied workout routines within one venue.

When she's not at Tangerine teaching yoga or learning dance herself, Tanvi takes frequent trips to pristine beaches to swim, tan, dive and meditate.

The focus of the Yoga sessions will be a lot of Pranayamas, stretching and mobility work so as to compliment the diving.

Participants will feel more calm and grounded post these sessions which will also incorporate meditation techniques and Yoga Nidra (deep relaxation)





WHERE WILL WE STAY?

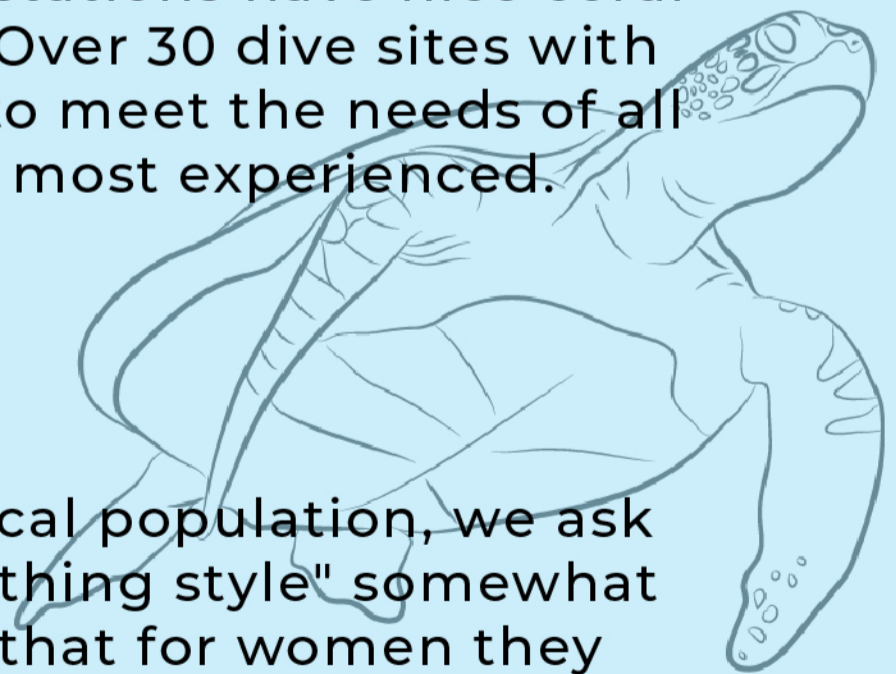
The closest resort to Hanifaru is Kiha Maldives, which is a five-minute boat ride away.

DIVING

As there are huge numbers of mantas in the area between June and October, Baa Atoll is known for diving with mantas and sometimes a whale shark if you get lucky. Most cleaning stations have nice coral cover and plenty of reef fish. Over 30 dive sites with varying degrees of difficulty to meet the needs of all divers, from beginners to the most experienced.

PLEASE NOTE

As a sign of respect for the local population, we ask our guests to adapt their "clothing style" somewhat to local customs. This means that for women they must always have their shoulders and knees covered and for men to wear shorts and a shirt if they stay on the island. There are beaches reserved for tourists, where it is possible to stay in bikinis and swimsuits. However on the uninhabited islands and on the Dhoni there is no rule to follow.





DIVER

USD 1751

+5% GST

per person

NON-DIVER

USD 1419

+5% GST

per person

PAYMENT POLICY

No dates can be changed, once the booking has been confirmed.

50% payment required to block your spot.

50% of the remaining payment to be made before 60 days prior to the trip.

CANCELLATION POLICY

If cancelled more than 30 days prior to the trip - 50% payable

If cancelled within 30 days prior to the trip - 100% payable

FOR BOOKINGS

98673 69960

info@tangerineartsstudio.com



INCLUSIONS

Accommodation in one of the nicest guest houses on Twin/Double sharing basis at Kiha Beach Resort ,
Daily breakfast, lunch, dinner,
Domestic transfers, 6 Dives (only for diver package),
Hanifaru Bay park fees
snorkeling with Mantas for 2 trips (Diver & Non diver), Green Tax, Instructor surcharge, Orca Dive Club Handling fees, Yoga

EXCLUSIONS

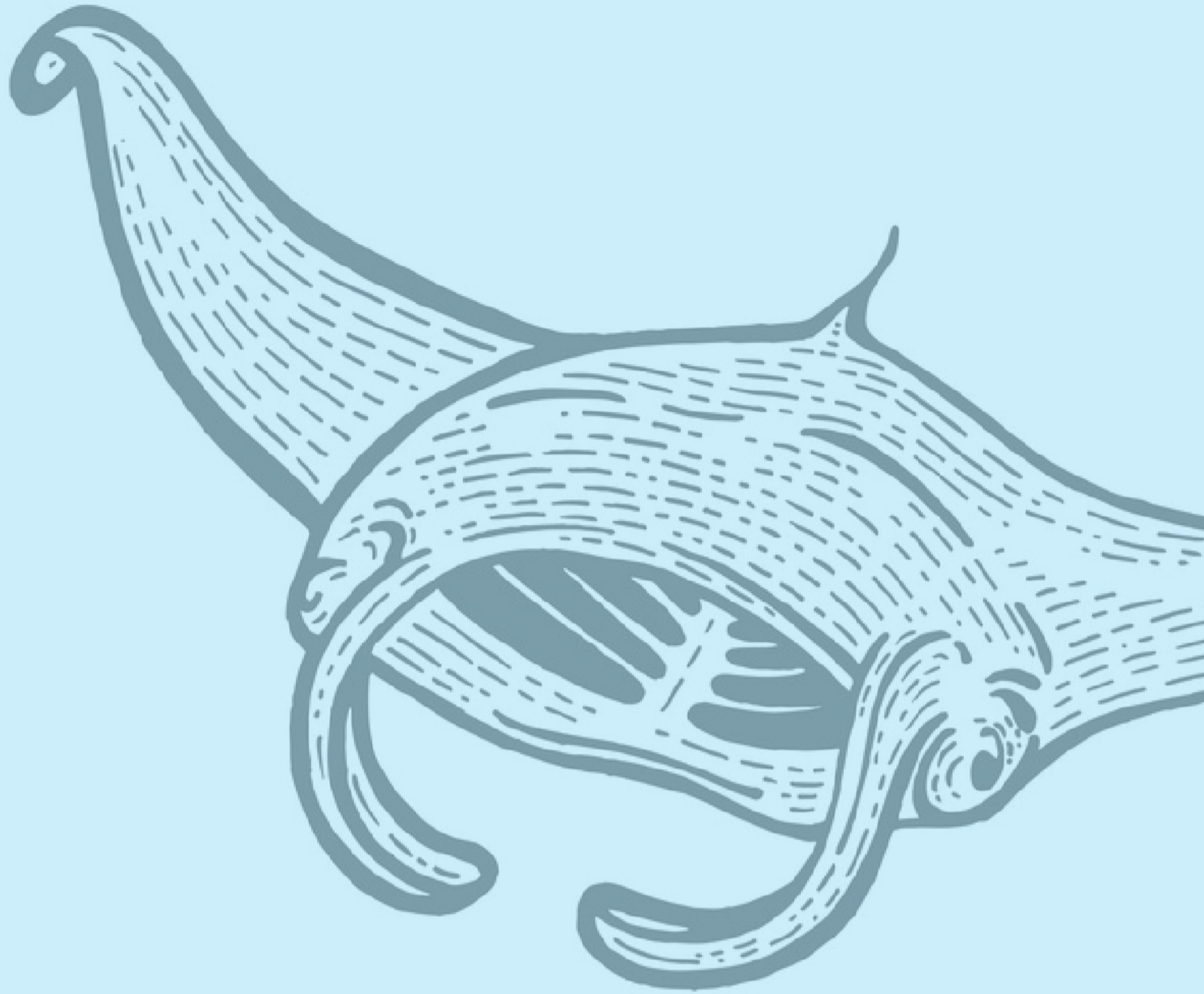
International Flights, Additional dives, Night Dive (USD 15 per dive), Additional meals, Equipment Rental : USD 20 per day per person, TCS @ 5% if PAN is available or 10% if PAN is not available on the trip cost

On an important note, modest dressing is a must as this is a local island.

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DISCLAIMER

Orca Dive Club will not be responsible for no diving due to weather conditions, for civil unrest, terrorism, strikes, illness, epidemics, accidents, Injuries, damage, loss and theft, quarantine, customs regulations, changes in flight itinerary, delays, deportation or refusal of entry by immigration authorities and in case of any cancellation or changes to itinerary by the Local Government. For qualified divers, you are expected to be able to dive to a standard as per the certification and experience requirements outlined. You are responsible for your own and your buddy's safety during the dive.



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