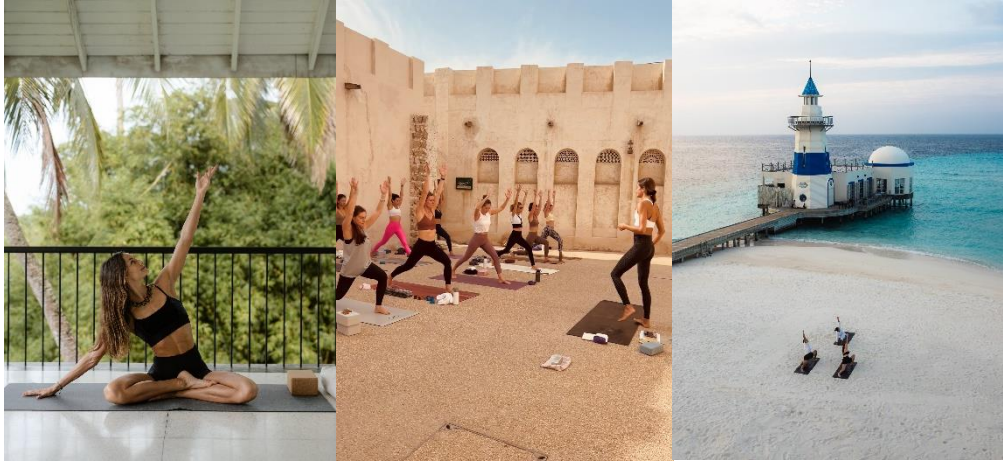


## CELEBRATE INTERNATIONAL YOGA WEEK IN PARADISE AT INTERCONTINENTAL MALDIVES MAAMUNAGAU RESORT



*A transformative wellness escape from 20<sup>th</sup> to 24<sup>th</sup> June, guided by renowned Dubai-based instructor Emilia Métaireau at one of the Maldives' most serene, luxurious island destinations*

**Maldives (5<sup>th</sup> May 2025):** This summer offers the perfect opportunity to realign mind and body amidst the serene beauty of the Maldives. In celebration of International Yoga Day on 21<sup>st</sup> June, [InterContinental Maldives Maamunagau Resort](#) invites guests to an immersive five-day yoga retreat from June 20th to 24th. Led by renowned Dubai-based instructor Emilia Métaireau, the retreat promises a transformative escape from the everyday. Thoughtfully timed for a mid-summer reset, the experience welcomes wellness seekers to disconnect from routine and rediscover inner harmony through mindful movement, breathwork, and meditation, set against the breathtaking backdrop of one of the world's most idyllic island destinations.

Curated as a signature event for International Yoga Day, this retreat is a celebration of holistic healing, blending ancient yogic traditions with modern techniques to create a soul-stirring experience. Daily sunrise sessions will awaken the senses, while thoughtful evening practices help ground the body and soothe the mind. Guided meditations and energy healing techniques will further enhance self-awareness and spiritual connection.

Lead instructor for the retreat, Emilia Métaireau, is a passionate advocate for mindful movement and self-care, with over a decade of dedicated practice. Internationally certified in London and having led more than 2,500 hours of classes and retreats around the world, she brings a grounded yet expansive energy to every session. Her approach blends conscious movement, breathwork, and ancient wisdom to guide guests back to their bodies and inner clarity.

At the heart of the retreat lies the ancient yogic philosophy of the five koshas—a powerful framework for self-discovery and holistic wellbeing. According to yoga tradition, each human being is made up of five interconnected layers, or sheaths, known as koshas, which shape our experience of life, spirituality, and self-realization. These include the Annamaya Kosha (physical body), Pranamaya Kosha (energy

body), Manomaya Kosha (mental body), Vijnanamaya Kosha (intellectual body), and the innermost Anandamaya Kosha (bliss body). Each kosha holds the potential to guide us inward—toward balance, clarity, and the essence of who we truly are. Through thoughtfully curated practices of yoga, meditation, and mindful movement, this retreat offers a deeply experiential journey through these five koshas, helping you peel back each layer and return to a place of inner harmony, joy, and embodied freedom.

AVI Spa, the resort's luxury wellness retreat, welcomes guests to their overwater sanctuary to enjoy signature treatments and wellness therapies, perfect for guests seeking peace and serenity. AVI Spa translates to "sunshine" in the language of its island home, beautifully reflecting the transformative experiences it provides for its guests. The resort's retreat program aims to provide guests with a unique opportunity to embark on a deeply transformative journey that nurtures every layer of your being. The retreat offers a holistic experience designed to restore balance, enhance vitality, and reconnect you with your authentic self.

Sitting on the idyllic Southernmost tip of Raa Atoll, on the edge of a UNESCO World Biosphere Reserve and bordering a juvenile manta ray aggregation spot, the resort is perfectly situated for indulging in a retreat experience. As the first and only all-Club InterContinental resort, guests are truly spoiled with indulgent complimentary benefits alongside luxurious five-star Maldivian facilities such as overwater villas, an adults-only area, including pool and restaurant and a tranquil spa where guests can enjoy guided meditation and yoga sessions to support with mindfulness and re-centring. With six restaurants and bars and 81 villas and residences, partaking guests have the luxury to choose their hideaway as well as exceptional food and beverage options.

### **Retreat Highlights & Activity Schedule**

#### **When: 20-24 June, 2025**

##### **Day 1 – 20<sup>th</sup> June**

Theme: Annamayakosha - Awaken to your body

Dynamic Vinyasa Flow (90 minutes)

Time: 9:00 AM

##### **Day 2 – 21<sup>st</sup> June**

Theme: Pranamayakosha - Cultivate vibrant vitality

Yin & Yoga Nidra (90 minutes)

Time: 6:00 PM

##### **Day 3 – 22<sup>nd</sup> June**

Theme 1. Manomayakosha - Calming the mind

Dynamic Vinyasa Flow (90 minutes)

Time: 9:00 AM

Theme 2. Vijnanamayakosha - Ignite your intuition

Yin & Yoga Nidra (90 minutes)

Time: 6:00 PM

#### **Day 4 – 23<sup>rd</sup> June**

Theme: Anandamayakosha - Blissful state

Dynamic Vinyasa Flow (2 hours)

Time: 9:00 AM

#### **Day 5 – 24<sup>th</sup> June**

Theme: Integrating the five koshas: A journey within

Yin & Nidra (90 minutes)

Time: 6:00 PM

With limited spaces available, this retreat promises to be an unforgettable wellness highlight at InterContinental Maldives. Guests are encouraged to reserve early to secure their place in this transformative celebration of yoga, wellness, and self-discovery.

*To book your place in this unforgettable retreat, contact the reservations team at [reservations.icmaldives@ihg.com](mailto:reservations.icmaldives@ihg.com) or reach out via WhatsApp at +960 730 9300.*

**- End -**

#### **About Intercontinental Maldives Maamunagau Resort**

InterContinental Maldives Maamunagau Resort is an exclusive destination getaway offering a unique opportunity for those looking to unwind and reconnect in an enviable island setting, where exclusive privileges go hand in hand with the personal touch of our signature service at InterContinental Hotels & Resorts' first and only all-Club InterContinental resort. Located in the Raa Atoll; 35 minutes by seaplane from the Velana International Airport, InterContinental Maldives Maamunagau Resort is an award-winning island escape offering beach, lagoon and overwater villas and residences with up to three bedrooms. Curated dining and wellness experiences, an extensive kids club, as well as The Retreat,



an adult-only enclave, along with a myriad of recreational adventures for families and couples alike are also available.

*For real-time updates, follow us on Facebook at [facebook.com/intercontinentalmaldives](https://facebook.com/intercontinentalmaldives) and Instagram [@intercontinental\\_maldives](https://instagram.com/intercontinental_maldives).*

*For more information, please visit [www.maldives.intercontinental.com](http://www.maldives.intercontinental.com) or email [reservations.icmaldives@ihg.com](mailto:reservations.icmaldives@ihg.com).*