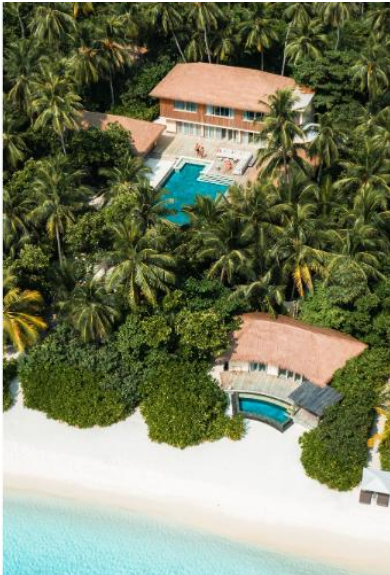


RESTORE MIND, BODY & SOUL WITH CURATED WELLNESS JOURNEYS AT INTERCONTINENTAL MALDIVES MAAMUNAGAU RESORT



Prioritise your wellbeing with a complimentary Tai Chi session by visiting harmony healer Thana Jindashotinun, alongside mindful movement, rejuvenating spa treatments, and an array of wellness-focused activities designed for teens.

What's more, take the opportunity to reconnect with your partner through the luxury AVI Wellness Journey, complete with a nourishing daily breakfast and dinner, a consultation with a wellness mentor, two private fitness sessions, soothing massages, exclusive discounts, and more.

October 2025...// The change of season calls for a shift in pace with a tranquil retreat to [InterContinental Maldives Maamunagau Resort](#). In honour of International Mental Health Day on 10th October, the resort presents an exclusive 'Tai Chi for Internal Peace' class with practitioner Thana Jindashotinun, followed by complimentary one-on-one consultations. Additionally, guests opt to embrace the occasion by booking the AVI Wellness Journey, guiding you and your loved one through breathwork, meditation, yoga, spa rituals, and more, all grounded in the breathtaking natural beauty of the Maldives.

Located on the southernmost tip of Raa Atoll, on the edge of a UNESCO World Biosphere Reserve, the resort is the ideal place to reset and reconnect with yourself and nature. As the first and only all-Club InterContinental resort, it offers a rare blend of five-star Maldivian luxury and generous club benefits designed to enhance every moment. Guests can tailor their stay across 81 villas and residences, seven restaurants and bars, and The Retreat, a dedicated adults-only zone. Meanwhile, AVI Spa offers an overwater sanctuary with signature treatments and wellness therapies for those seeking true serenity.

Perfectly aligning with International Mental Health Day, harmony healer Thana will be on hand to guide guests on their wellness journey from October to November 30th. Having first turned to Tai Chi at just eight years old to support his asthma, Thana has since dedicated his life to this transformative practice.

Blending a background in psychology with a deep understanding of anatomy and Oriental medicine, his sessions draw on a wide range of disciplines, including Qi Gong, Meridian breathwork, yoga, postural assessment, and acupressure.

Inviting all resort guests to experience the healing power of Tai Chi, Thana's signature class takes place on October 10th at the Lighthouse Beach at 18.00 hrs. Designed to calm the overstimulated nervous system, the session blends gentle movement with mindful breathing to ease anxiety, improve sleep, and restore internal balance. After the class, guests can also enjoy a complimentary 15-minute one-on-one consultation to further explore their personal wellness needs.

Offering a truly holistic approach to wellbeing, guests can also explore a range of alternative therapeutic experiences by Thana throughout his visit. Release built-up tension through Yin Yang Bodywork, restore inner harmony with the grounding EnerQi Massage, or sink into a deep state of relaxation with focused breathwork and acupressure to encourage better sleep. For those in search of a more complete reset, Thana's Energy Detox Treatment works to stimulate circulation and realign the body's internal rhythms for renewed vitality.

In addition to exclusive sessions with Thana Jindashotinun, guests can look forward to regular classes with resident wellness mentor Zhazira Kurmangalina and personal trainer Mett. Ease into your retreat with guided yoga, aerial yoga, meditation, and mat pilates sessions, surrounded by the island's tranquillity. Alternatively, join an invigorating high-energy bootcamp, circuit training, or opt for one-on-one personal training.

Encouraging mindfulness in guests of all ages, the resort offers a plethora of wellness-focused activities for teens, including 'Peace of Mind' meditation and posture yoga at the scenic Yoga Pavilion. Younger guests can also stay active with Muay Thai boxing classes or immerse themselves in local culture with crafting and Boduberu workshops. Finally, unwind at the AVI Spa with a Young Spa ritual, crafted specially for teens, complete with a soothing facial, revitalising massage, and body scrub.

Celebrate wellness this season at InterContinental Maldives Maamunagau Resort with exclusive experiences designed to restore mind, body, and soul. Join visiting harmony healer Thana Jindashotinun for complimentary Tai Chi and personalised consultations from October to November 31, and explore holistic therapies including Yin Yang Bodywork, EnerQi Massage, and guided meditation sessions at AVI Spa.

[Explore more wellness offers at InterContinental Maldives](#)

Take time to slow down, reconnect with a loved one, and put your wellbeing first this International Mental Health Day with AVI Wellness Journey. Perfect for making the most out of your restorative Maldivian retreat, this luxury spa package begins with a consultation by one of the resort's wellness mentors, who will create a bespoke journey to suit your unique goals. With private yoga, fitness, or meditation sessions, spa treatments, and thermal suite time all a part of the package, every moment is an opportunity to feel more like yourself again.

Giving you the space to totally unwind, the experience also includes complimentary breakfast and dinner, access to non-motorised water sports like catamaran sailing and stand-up paddling, and



exclusive Club InterContinental benefits of daily afternoon tea, evening aperitif, and poolside sips. Those extending your stay will also enjoy 30% savings on seaplane transfers and all meal plans when you book a stay of four nights or more, and USD 50 in daily resort credit for stays of seven nights or more.

*For bookings and more information, click [here](#)

For reservations and more information, please visit <https://maldives.intercontinental.com/> or email reservations.icmaldives@ihg.com

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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 and Instagram [@intercontinental_maldives](https://instagram.com/intercontinental_maldives).