



## LUNAR REFLECTIONS

### FULL MOON RITUAL FOR PEACE, GRATITUDE, AND NEW BEGINNINGS

As the final full moon of the year graces the Maldivian sky, Dr. Abhi invites you to reflect and reset through a moonlit session of restorative yoga, meditation, and sound healing. This closing ritual nurtures gratitude, release, and inner peace, preparing you to welcome the new year with lightness and renewed intention. End with a calming tea ceremony by the ocean.

**4<sup>th</sup> December 2025 | 8:45PM - 9:45PM**

**Location: Deluxe Beach**

**US\$35++ per person**

#### AGENDA

Opening Prayer  
Gentle Stretching  
Chandra Namaskara  
Moon / Sky Gazing  
Ormus Mist  
Meditation & Sound Healing  
Deep Breathing & AUM  
Closing & Tea

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## PRIVATE RITUAL SESSIONS

**3<sup>rd</sup>-5<sup>th</sup> December 2025 | 7:30PM - 8:45PM**

**Location: Deluxe Beach**

**Featuring acupuncture and mini foot reflexology for deep restoration.**

**US\$185++ per person**

All prices are subject to 10% service charge and 17% T-GST.

Advance booking is recommended as limited slots are available.

A minimum of 10 and maximum of 20 participants are required to proceed with this event.

For bookings, please contact your Island Host or the Spa Reception on 5360 from your villa telephone.