



MOKSHA®
SPA & WELLBEING CENTER

Festive Plan

2025 - 2026

CORA CORA®
Maldives





Journey with
MOKSHA[®]

SPA & WELLBEING CENTER



This festive season, join us on a rejuvenating Journey with MOKSHA[®] – immerse yourself in alternative therapies, energizing wellbeing activities, and our signature 3-day wellness retreat. Discover the healing art of herbal poultice in our hands-on workshop, and unwind with a relaxing massage class designed to refresh your body and mind.





Highlights

18 DECEMBER
Thursday

08 JANUARY
Thursday

- *Alternative Therapies*
- *Wellbeing Activities*
- *3-Day Wellness Retreat*
- *Herbal Poultice Workshop*
- *Massage Class*

HIGHLIGHTS



Alternative Therapies

Explore holistic wellbeing through workshops and private sessions with our resident wellness practitioners and visiting international master, customizing the path to your personal wellbeing.

Alternative therapies offer deeper levels of wellbeing that cannot always be achieved through touch. Achieving balanced energy is vital to maintaining a healthy diet, healthy lifestyle and managing stress. Energy balancing is extremely effective in improving vitality, awareness, energy and relaxation. We offer you direct exposure to true therapies that have been practiced for centuries throughout the world.

- *Bamboo massage*
- *Chi nei tsang*
- *Abhyanga massage*

ALTERNATIVE THERAPIES
60 MINUTES | 130++ PER PERSON

Prices are in USD and subject to 17% GST & 10% Service Charge.

Wellbeing ACTIVITIES



18 DECEMBER
Thursday

08 JANUARY
Thursday

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00	SOUND HEALING	SOUND HEALING	SOUND HEALING	SOUND HEALING	SOUND HEALING	SOUND HEALING	SOUND HEALING
17:30 - 18:30	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA

Please register for classes on the **Cora Cora Maldives App** or dial **4137** on your villa phone

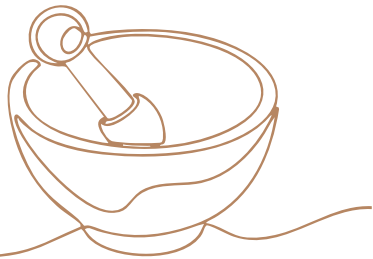
- Please meet us at the MOKSHA® Spa & Wellbeing Center before all classes
- The calendar subject to change due to weather conditions
- Activities must be booked 24-hours in advance due to limited availability
- Minimum age for all classes 12 years old



18 DECEMBER
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Wellbeing Activities SESSION DESCRIPTION



Sound Healing

Experience the soothing embrace of sound healing a harmonious journey that combines ancient sound healing techniques with modern Wellness.



Yin Yoga

All the positions are held for several minutes, the class includes an ongoing meditation and activities of visualization and imagination which will help to take us into the journey of physical, mental, emotional and spiritual health.

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The Re-Set Space 3-day Wellness Retreat

Releasing stress, tension, and what no longer serves you—making space for clarity and joy. The Re-Set Space Emphasizes a full mental, physical, and emotional reset.

Details:

Day 1: Release (60 mins) Gentle morning Yoga Flow | Deep Stretching

Day 2: Restore (60 mins) Restorative Yoga | Sound Healing

Day 3: Regain (60 mins) Power yoga | Mindfulness meditation

Venue: MOKSHA® Spa & Wellbeing Center

Duration: 60 mins each day

USD 80++ PER PERSON



Prices are in USD and subject to 17% GST & 10% Service Charge.

WORKSHOPS

18 DECEMBER
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Herbal Poultice

This workshop teaches the benefits of using steamed herbal packs and sauna with herbs from Thailand. You will learn the specific properties of each herb and how to apply them during a massage. The heat of the steamed herbal packs deeply penetrates muscles and tendons, facilitating relaxation and therapeutic benefit.

Details:

- All necessary equipment's and materials will be provided.
- This workshop is for adults only.

Venue: MOKSHA® Spa & Wellbeing Center

From 10:00AM – 05:00PM

MAXIMUM 6 PERSONS PER SESSION
USD 40++ PER PERSON

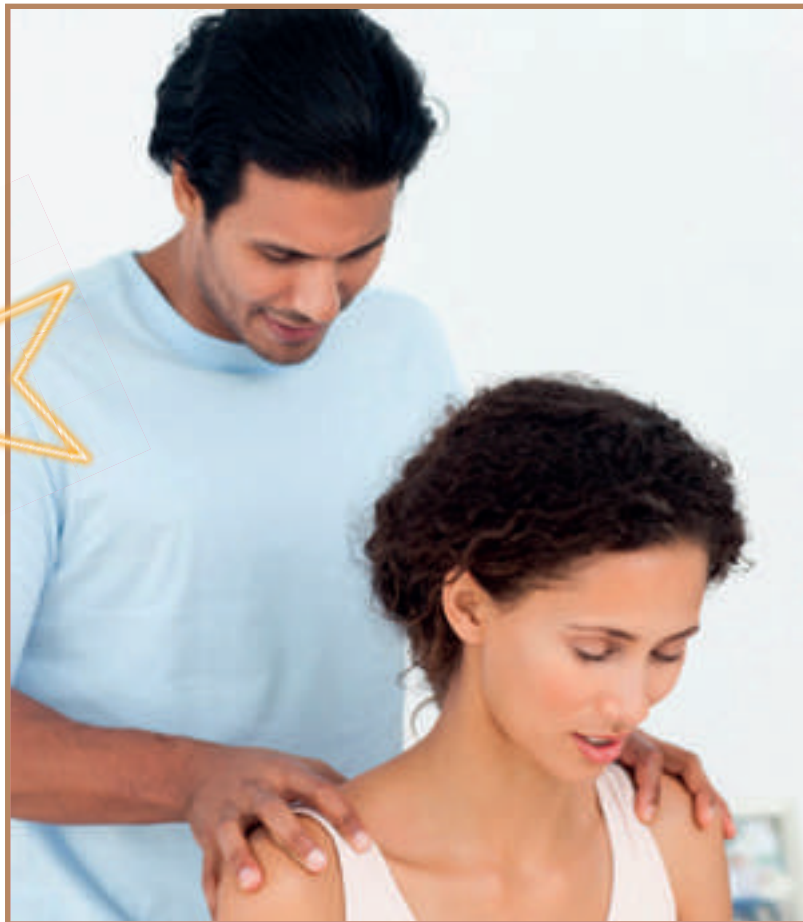


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WORKSHOPS

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Massage Class

Reconnect with each other through this traditional healing therapy. We introduce a new experience to enjoy at our island resorts worldwide: a private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

The experience includes:

- A 60-minute private couple's massage workshop, with attentive guidance from our massage practitioner.
- A back muscle anatomy card for you to make notes and refer to after the experience
- One 30ml MOKSHA® massage oil blend per couple, to recreate the atmosphere when you return home.

Venue: MOKSHA® Spa & Wellbeing Center

From 10:00AM – 05:00PM

MAXIMUM 2 PERSONS PER SESSION
| USD 80++ PER COUPLE

Prices are in USD and subject to 17% GST & 10% Service Charge.



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❁ Thank you ❁

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