



## Nova Maldives launches new experience for guests to explore the Indian Ocean from meditation to underwater discovery – a true Money Can't Buy Experience!

Authentic happiness is something achieved not only with optimism but also through practice and skill. While stress and anxiety are a part of daily life, the connection between spirit and nature is one of the greatest ways to improve the body's mental and physical health.

Nova Maldives has crafted a path to serenity, helping guests find the true balance of mind, body, and spirit. The journey begins with a guided calming meditation session of 30 minutes, which ushers guests to identify their thoughts and feelings as they arise, and to explore their contours dispassionately. This exercise helps the body adapt and detach from stress and anxiety while heightening the awareness of its five senses.

Surrounded by the tranquillity of the Indian Ocean, Nova's in-house yogi guides the guests to master the healing power of meditation, bringing a more peaceful and contented life within their reach.

The curative journey continues by taking a step into the discovery of an underwater paradise. Settled in South Ari Atoll, Nova presents one of the most magnificent snorkelling locations. The untouched underwater heaven is home to a rich array of colourful creatures, most notably Whale Sharks and Manta Rays all year round. Nova invites guests to swim alongside these gentle giants as they feed and cruise along the reef.

A boat ride across the Indian Ocean welcomes guests to truly experience the aquatic dream. With a Nova soulmate guiding and briefing them about best practices to snorkel through the dramatic underwater topography of



overhangs and canyons draped with colourful soft corals, they are presented with the opportunity to swim alongside exquisite marine life and to let their spirit be nourished beneath the azure.



By the end of the spiritual trip, guests are welcomed back to their soul place with titbits and mocktails, specially prepared by the chef to hydrate the body and to feel the clarity of mind, all in dedication to completing a key step toward genuine wellbeing.

At Nova, guests are looked after, cared for and guided to find inner peace. The island welcomes guests to embrace the beauty of nature and lose themselves in the serenity of a timeless haven.

This unique package was crafted exclusively to make the soul joyful and to brighten the days by drawing unforgettable moments.



Guests can book this unique experience with the following inclusions:

- 30 minutes of calming meditation lead by in-house yogi
- Boat ride across the reef
- Guided boat trip including briefing about the best practices to snorkel with either Mantas or Whale Sharks
- Welcome back from boat ride with titbits and mocktails
- Minimum 4 pax
- Duration 3 hrs

Get in touch with: [hello@nova-maldives.com](mailto:hello@nova-maldives.com)

#### ABOUT NOVA MALDIVES

Nova is the bright new star among resorts in the Maldives, as it believes in a greater calling than simply a lifestyle holiday destination. It's where people can live in the moment and immerse themselves into the spirit of the Maldives and the vibrant Nova community. Smart, playful, rooted and responsible, Nova embodies the very essence of the Pulse Hotels & Resorts brand. It's a refreshing take on the all-inclusive concept that extends beyond the meals and services, welcoming everyone to enjoy what Nova offers. This 76- villa island is in South Ari Atoll and is reached by seaplane and guests of all ages are welcome at Nova, as we are a truly inclusive community. From beach volleyball and diving to local art and culture, from the stylish, laid-back land and over-water villas to deliciously fresh dining, Nova is about people taking the time to do what makes their soul happy.

#### About Pulse Hotels & Resorts

Established in 2015, Pulse Hotels and Resorts is an umbrella brand for a range of innovative and contemporary hotels and resorts that are being built upon their core philosophy of being smart, playful, rooted, and responsible. The brand will provide class-leading accommodation and facilities with a relaxed ambiance and importantly.