Itinerary

8 Day Paradise Yoga Retreat With Flights

***IMPORTANT NOTE: Any extra nights, optional tours or other amendments, will not be visible on this itinerary.**

DAY 1: Depart Australia (19th October 2027)

Today you will depart on your flight from Australia to Malé. This is an overnight flight with a transit in either Singapore or Kuala Lumpur, depending on your airline.

NOTE: Some flights may arrive into Malé at 10pm on DAY 1. In this case, you are required to spend the night in Malé at your own cost.

MEALS: In Flight

OVERNIGHT: In Flight

DAY 2: Arrive Malé ~ Filitheyo Island Resort (20th October 2027)

Upon arrival at Malé International Airport, clear customs and collect your luggage. Head to the Maldivian Airways Seaplane Transfer Desk, where you will check in for your transfer. Relax in the seaplane terminal as you wait for your exhilarating 35-minute flight over the brilliant atolls. Once you land, board a 10-minute boat ride that brings you directly to Filitheyo Island Resort.

Filitheyo Island Resort is the only resort in the pristine Faafu Atoll, sitting 118km from Malé. It is set on 21 hectares of lush foliage and offers 125 beautifully designed villas. After check-in, you'll be taken to your villa, your home for the next 6 nights. Receive a welcome orientation and the opportunity to book your included activities, such as fishing and a massage.

In the evening, meet Cheryl and your fellow yogis for a welcome gathering at the Sunset Bar at 5:30pm. Enjoy your first evening in paradise together, taking in the magnificent sunset views.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

DAY 3: Filitheyo Island Resort - Core Yoga under the Palms (21st October 2027)

Wake up to paradise on Filitheyo Island. If you're in a beach villa, you're just steps from crystal-clear waters and the house reef. Start your morning with a swim in the warm Indian Ocean. The renowned house reef is home to colourful fish, rays, and turtles. For the best snorkelling, bring your own mask or hire one on the island (US$15 per day).

Enjoy breakfast in the main buffet restaurant before joining Cheryl at 10:00am under the palms for a fusion Yoga and Pilates class. This session will stretch and strengthen your body, finishing with a mindful meditation surrounded by nature.

Savour delicious lunch and dinner at the resort's restaurants, and explore activities like water sports, the infinity pool with swim-up bar, or relaxing in the lush gardens. Let the peaceful pace of island life refresh you completely.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

DAY 4: Filitheyo Island Resort – Stargazing Meditation (22nd October 2027)

Spend today exploring all that Filitheyo Island Resort has to offer. Choose from a variety of activities including snorkelling, water sports like stand-up paddling and kayaking, or simply relax and enjoy the beautiful surroundings. If you seek adventure, consider booking the optional Whale Shark Snorkelling Excursion (surcharges apply). Even if a whale shark is not seen, you will visit reefs teeming with colourful corals and marine life.

In the evening, after a delicious dinner, meet Cheryl at 8:45pm in the Sunset Bar for a guided Stargazing Meditation. Marvel at the vast Maldivian night sky, unwind, and enjoy a tranquil end to your day.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

OPTIONAL EXCURSION: Whale Shark Snorkelling: 7:30am to 3pm

- Join our experienced boat crew for a search lasting about an hour to spot whale sharks, the world's largest fish (12–18 metres/39–59 feet).
- If a whale shark is found, you'll enjoy a safe, supervised snorkel with these gentle giants. If not, you'll explore a vibrant reef full of marine life.
- **This excursion is for confident swimmers only.**
- Snorkelling gear can be rented from the dive centre or purchased in the gift shop. Always keep a safe distance: at least 3 metres from the body and 4 metres from the tail. Never touch, chase, or obstruct whale sharks, and always follow crew instructions for a respectful, safe experience.
- Contact Guest Relations at the resort to book this excursion.

DAY 5: Filitheyo Island Resort - Ocean Yoga (23rd October 2027)

This morning at 10:00am, join Cheryl for Ocean Yoga. Experience yoga like never before as you practice in the gentle surf, using the ocean's buoyancy for support. Movements are low-impact, therapeutic, and deeply relaxing. All levels can participate, with modifications available to suit your ability and comfort.

In the afternoon, indulge in the luxury of Filitheyo Spa. Choose from an enticing menu of therapies, from traditional Balinese massages to seasonal body wraps and facials. Couples and honeymooners can reserve the twin treatment suite for a special shared experience. Rejuvenate, refresh, and unwind as highly trained therapists treat you in this peaceful island sanctuary.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

DAY 6: Filitheyo Island Resort - Sunrise Beach Yoga (24th October 2027)

Wake up early and join Cheryl for Sunrise Beach Yoga at 5:30am, meeting at the Sunset Bar. Move with the sunrise and feel energised for the day ahead as you practice yoga right on the sand with the gentle sounds of the ocean.

This is a perfect day to do as much or as little as you wish. Take time to relax, read your favourite book, explore the island, or simply unwind on a secluded stretch of beach.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

DAY 7: Filitheyo Island Resort - Sunset Beach Yoga (25th October 2027)

On your final full day in paradise, relax by the pool, snorkel on the house reef, enjoy island activities, or simply unwind with a cocktail. The choice is yours!

This evening at 5:30pm, join Cheryl for a guided vinyasa yoga flow by the ocean. As the sun sets, transition into meditation, moving, breathing, and connecting with your retreat community. Watch the sky change colours over the Indian Ocean and savour the peaceful end to your retreat experience.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Filitheyo Island Resort

DAY 8: Depart Filitheyo Island Resort ~ Malé ~ Departure (26th October 2027)

This morning, enjoy a final breakfast at Filitheyo Island Resort. Take some time to relax and say farewell to new friends and the beautiful island. Afterwards, board your seaplane transfer back to Malé International Airport. Connect to your overnight international flight home to Australia.

We hope you leave feeling relaxed, pampered, and revitalised after your unforgettable island retreat. See you again soon! You will arrive in Australia the following morning (Day 9).

MEALS: Breakfast, In-Flight

OVERNIGHT: In-Flight

DAY 9: Arrive Australia (27th October 2027)

Arrive back to Australia today - Thank you for joining NQ Power Yoga and MyHoliday2 on retreat!

MEALS: In-Flight