



“Hack Your 21st Century Digitised Body” with fitness expert to the stars,
Yasmin Karachiwala at Vakkaru Maldives

Male, Republic of Maldives, June, 2019 – [Vakkaru Maldives](#) together with world-renowned fitness expert, Yasmin Karachiwala, invites you to “Hack Your 21st Century Digitised Body” from 9 to 13 August 2019. Awarded “Best Fitness Instructor” by VOGUE, Yasmin Karachiwala and her team have curated a bespoke programme to rev up your daily routine.

With over 26 years in the industry and *the* pioneer of Pilates in India, Yasmin is also India’s first “Balanced Body Master Pilates” instructor and “Fletcher Pilates” instructor. With numerous awards and accolades including best-selling author to her name, her elite client list reads like the cover of a fashion magazine, literally. India’s A-listers from Katrina Kaif to Deepika Padukone, Alia Bhatt to Kareena Kapoor and more train with Yasmin to sculpt, tone and look their ultimate best for one of the world’s largest film industry, Bollywood.

Harnessing all her knowledge and experience, Yasmin invites you to unplug and reset at Vakkaru Maldives. “I am absolutely thrilled to be bringing my brand of fitness to the Maldives for the first time. I am looking forward to “Hack Your 21st Century Digitised Body” as I have created a holistic experience where guests will be able to take away a little bit of everything. My personal goal is to increase your knowledge on Pilates and to beat the common misconception that you need equipment to work out. I want you to know that you can work out anytime, anywhere! I will also be joining forces with the culinary team at Vakkaru Maldives to curate my ultimate breakfast table every morning, spend an afternoon sharing my hacks on the best travel-friendly snacks and smoothie concoctions as meal replacements and share some of my well-kept secret recipes for desserts. At my masterclass, I want you to understand that the food you eat must not be a tedious diet that you have picked out of a magazine, but a variable routine that you look forward to each morning,” says Yasmin Karachiwala.

“Nestled within the UNESCO Biosphere Reserve of Baa Atoll in the Maldives, Vakkaru Maldives is the perfect setting to bask in the ultimate luxury of “time” and “space” where guests are invited to relax, reflect and refocus. We recognise that our guests are on a lifelong, personal and emotional quest towards a fulfilling health and wellness goal and we are dedicated to ensuring they have access to the best,” says General Manager Nicholas Mason.



To “Hack Your 21st Century Digitised Body” at Vakkaru Maldives with Yasmin Karachiwala, guests can book an all-inclusive-retreat or a class-by-class session. The programme includes:

9 August 2019 - Day 1

- 8:30AM Mat Pilates at Main Pool Side Deck
- 6:30PM Leg, Butt and Abs at Vakku Beach

10 August 2019 - Day 2

- 8:30AM Beach Cardio with Tone-Y Bands at Isoletta Beach
- 6:30PM Pilates with Props at Gym

11 August 2019 - Day 3

- 8:30AM 20-20-20 Pilates at Lagoon Bar
- 6:30PM Beach Tabata at Vakku Beach

12 August 2019 - Day 4

- 8:30AM Beach Boot Camp at Isoletta Beach
- 6:30PM Circuit Pilates at Merana Spa’s Wellness Area

13 August 2019 - Day 5

- 8:30AM Beach Circuit at Isoletta Beach
- Close

Yasmin Karachiwala’s 5-Day “Hack Your 21st Century Digitised Body” is priced at:

- Beach Pool Villa US\$7954
- Over-Water Villa US\$6024

Inclusive of:

- 5 nights’ in above mentioned villa category
- Half Board Meal Plan ie; daily breakfast and dinner
- Return transfers either via seaplane or domestic flight (subject to international arrival time, weather and availability)
- 1x 60-minute body massage at Merana Spa
- Access to Yasmin Karachiwala’s “Hack Your 21st Century Digitised Body”
- Green taxes and other applicable taxes

Alternatively, guests may book individual classes at US\$70+ per session.

This 2019, complementing Vakkaru's island offerings will be a collection of curated, ultra-immersive and cherishable guest experiences in collaboration with luxury guest experiences specialist, The Magnolia Creative Collaborations. From culinary greats to wellness mentors, from scent experts to fitness guru's, from luxurious fashion collaborations to exquisite



artisanal pop-ups, Vakkaru Maldives will be inspiring guests to create timeless memories, effortlessly.

From 21 to 25 October 2019, Vakkaru Maldives will open its shores to Alistair Birt, Head Pastry Chef of Harrods London for an extraordinary experience with Chocolate.

For reservations and general information, please visit vakkarumaldives.com or contact reservations@vakkarumaldives.com. For real time updates, follow us on Facebook at facebook.com/vakkarumaldives and Instagram [@vakkarumaldives](https://instagram.com/vakkarumaldives).

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Download high resolutions images [here](#)

About Vakkaru Maldives

Vakkaru Maldives is a secluded tropical island resort located within the Baa Atoll, a UNESCO Biosphere Reserve, in the heart of the Indian Ocean. Only 30 minutes north of Male International Airport by seaplane, Vakkaru – meaning coconut timber in Dhivehi – is an unforgettable paradise blessed with powder soft, brilliant white sand, crystal clear turquoise water, 360-degree uninterrupted views and sprawling coral reefs with unique marine biodiversity. Keeping the natural beauty of the island as unspoilt as possible – including retaining over 2,300 fully grown coconut trees – and drawing on the rich traditions of the locale, design elements are focused on Maldivian style fused with the finest natural resources and contemporary interior. Guests can revel in the choice of 125 beach and over water villas and suites, as well as four sensational restaurants, two bars, a wine cellar and an outstanding array of treatments in the over-the-water [Merana Spa](#). Facilities also include Splash Dive and Water Sports, two tennis courts, a badminton court, the Parrotfish Club for children below 12 years, Coconut Club for teens and an overwater gymnasium with personal trainer.

For more information about Vakkaru Maldives, contact:

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Vakkaru Maldives

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