

SIGNATURE EXPERIENCES

Yoga & Meditation Retreat

Step away from the everyday hustle and reconnect with yourself in a peaceful, secluded island setting.

The Barefoot Eco Hotel offers exclusive yoga retreats throughout the year, thoughtfully designed to nurture body, mind, and spirit.

Our retreats are guided by Annemarie, our esteemed Swiss yoga instructor, known for her calming presence, deep expertise, and multilingual guidance.

Annemarie combines a rich variety of yoga traditions and holistic approaches to create a supportive and inclusive environment for all levels—from complete beginners to regular practitioners.

Upcoming dates

November 16–29, 2025

January 18–31, 2026

March 22 – April 4, 2026

What is included?

- Welcome gathering with presentation and yoga introduction
- 12 yoga sessions (60 minutes each, twice daily) including breathing exercises, asanas, and relaxation
- 3 Yoga Nidra sessions (deep guided meditation with stretching and breathwork)
- 1 signature 60-minute massage
- 1 cultural bicycle tour
- 1 Maldivian cooking show
- A daily detox juice



What does a typical week look like?

Day 1 – Arrival & Welcome

- Check-in at The Barefoot Eco Hotel
- Welcome gathering, introductions & yoga presentation
- Evening gentle yoga & relaxation session

Day 2 – Grounding & Flow

- Morning energizing yoga (breath & asanas)
- Afternoon beach time / free leisure
- Evening restorative yoga & meditation

Day 3 – Mindful Awareness

- Morning dynamic yoga flow
- Midday Maldivian cooking show
- Evening Yoga Nidra session

Day 4 – Healing & Balance

- Morning yoga & pranayama (breathwork)
- Afternoon 60-minute massage treatment
- Evening relaxation yoga session

Day 5 – Connection & Culture

- Morning yoga at sunrise
- Afternoon cultural bicycle tour
- Evening Yoga Nidra session

Day 6 – Integration & Deep Relaxation

- Morning yoga with meditation
- Afternoon leisure / optional excursions
- Evening Yoga Nidra session

Day 7 – Farewell & Reflection

- Morning closing yoga practice
- Group reflection & sharing
- Departure with renewed energy and clarity

Pricing

USD 1,090 per person (20% commissionable) in addition to the price of the room.



Experience Fishing Season

Enjoy an unforgettable fishing adventure in the crystal-clear waters of our atoll. Join Ivo — our multilingual Swiss fishing expert—and a local captain aboard a fully equipped open-deck boat with top-quality rods, lures, and gear. While on a beautiful cruise along the various islands of the atoll, you'll reach the best fishing spots and have the opportunity to catch sailfish, wahoo, yellowfin tuna, and more.

Max. 2 people per trip

During your stay, you can also join our weekly bottom fishing trip at sunset, organized aboard a traditional Maldivian dhoni with our friendly local crew (available at an additional charge).

Upcoming dates

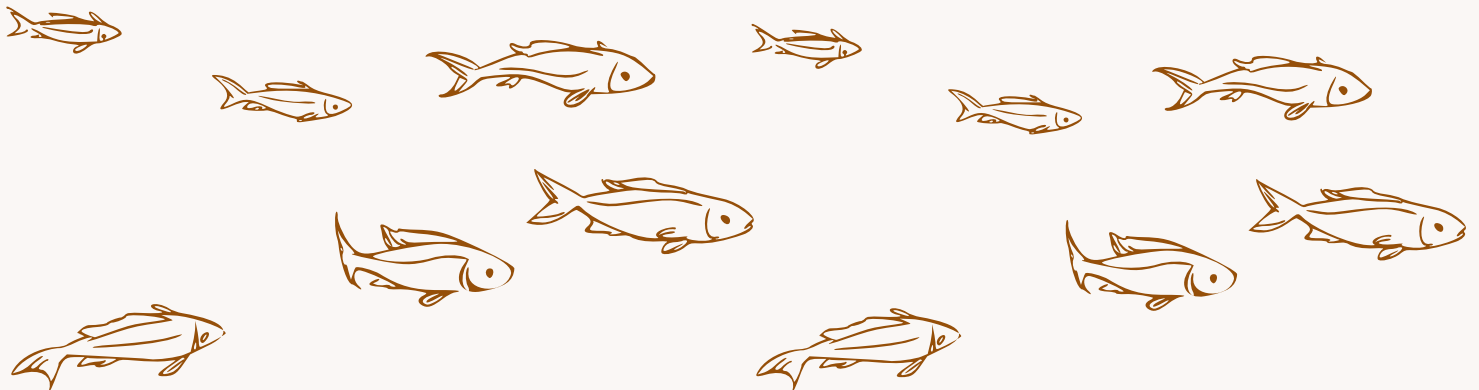
November and March

What is included?

Various fishing techniques are available, including trolling, casting, jigging, and spinning — suitable for both beginners and experienced anglers. You can choose to catch and release or enjoy your fresh catch prepared for you.

Pricing

Half-day | Special rate: USD 280 per boat (excluding tax)



Local Culture Immersion Week

Immerse yourself in the Maldives' culture, nature, and traditions through authentic, enriching experiences. Each activity connects you to local life and ecological practices, all while fostering respect for the environment and traditions.

Join us at any time during the week—whether for the full experience or just a day (a minimum of 6 participants is required).

Upcoming dates

all year round.

Sample week

Day 1: Welcome and introduction to local culture (traditional ceremony)

Day 2: Snorkeling excursion to the Coral Garden with our marine biologist (including a coral awareness session) + guided bike tour with a traditional snack at a local home.

Day 3: Visit the Heritage Villas, enjoy a behind-the-scenes tour, savor a traditional Maldivian dinner, and experience the rhythm of a Bodu Beru performance.

Day 4: Visit a local school, meet teachers and children, tour a nearby mosque, and meet a representative of the local Community. Take part in a cooking show.

Day 5: Visit Uthemu Palace, enjoy a local fishing excursion, followed by a BBQ dinner with fresh fish (served the same evening or the next day, depending on preparation).

Day 6: Forest walk to discover local plants and flowers, visit to the agriculture center, beach cleaning activity with staff and locals, and an ecology workshop.

Day 7: Local crafts show.

Pricing

Upon request or on our website: thebarefoot.com/SignatureExperiences



Discovering Mantas with Marine Biologist

Go beyond a simple wildlife encounter—immerse yourself in manta conservation and deepen your connection with the marine world.

Join us any day of the week, whether you're in for the full program or just a single day.

Upcoming dates

From November to April.

Sample week

Day 1 – Welcome & Marine Biodiversity Briefing

An insightful introduction to the Maldivian marine ecosystem and the essential role of manta rays, followed by a guided snorkeling session on our house reef.

Day 2 – Manta Ecology & Conservation

Multimedia presentation on manta species, behaviors, life cycles, and threats. Q&A with the marine biologist.

Day 3 – Manta Snorkeling & Citizen Science

Morning: Snorkeling trip to observe mantas in the water

Afternoon: Workshop on manta ID, behavior, and monitoring techniques using non-invasive tools.

Day 4 – Marine Conservation & Beach Cleanup

Morning: Workshop on marine protection efforts, MPAs in the Maldives, and threats to mantas.

Afternoon: Eco beach cleanup and talk on marine pollution, especially plastic waste.

Lecture on how to reduce personal impact. Marine documentary.

Day 5 – Deeper Dive into Manta Encounters

Morning: Guided scuba dive for certified divers to observe mantas up close.

Deep-water snorkeling for non-divers.

Afternoon: Boat excursion focused on behavioral observation followed by a short recreational snorkeling session.

Day 6 – Field Monitoring & Data Analysis

Morning: Sunrise boat outing for manta tracking in aggregation zones. Participants assist with ethical photo documentation.

Afternoon: Data analysis workshop led by the biologist, explaining research techniques and findings. Final Documentary: A short video capturing highlights of the week.

Day 7 – Wrap-Up & Celebration

Morning: Experience sharing and open discussion

Afternoon: Closing ceremony with participation certificates, group photo, and eco-friendly gift.

Pricing

Each half-day boat snorkeling trip is priced at USD 65 per person (a minimum of 6 participants is required)



Discovering Dolphins with Marine Biologist

Go beyond a simple dolphin sighting—immerse yourself in dolphin conservation and strengthen your bond with the ocean.

Join us any day of the week, whether you're interested in the full program or just a single day.

Let your curiosity lead the way as our resident marine biologist guides you through an unforgettable experience.

Upcoming dates

From October onwards.

Sample week

Day 1 – Welcome & Marine Biodiversity Briefing

Morning: Welcome session, introduction to Maldivian marine ecosystems and the ecological role of dolphins, followed by a guided snorkeling session on our house reef — a perfect first glimpse into this vibrant underwater world.

Day 2 – Dolphin Ecology & Conservation

Multimedia presentation on dolphin biology and dolphin species in Maldives. Q&A with the marine biologist.

Day 3 – Dolphin Photo ID & Citizen Science

Morning: Boat excursion focused on dolphin observation, species ID and photo documentation.

Afternoon: Workshop on dolphin ID and monitoring techniques using non-invasive tools.

Day 4 – Marine Conservation & Beach Cleanup

Morning: Workshop on marine protection efforts, MPAs in the Maldives, and threats to dolphins.

Afternoon: Eco beach cleanup and talk on marine pollution, especially plastic waste. Lecture on how to reduce personal impact. Marine documentary.

Day 5 – Dolphin Communication & Behavior

Morning: Workshop on the study of communication strategies and behaviors in dolphins.

Afternoon: Boat excursion focused on behavioral observation followed by a short recreational snorkeling session.

Day 6 – Field Monitoring & Data Analysis

Morning: Dolphin monitoring session to record group structure, behavior and environmental notes, together with ethical photo documentation.

Afternoon: Data analysis workshop led by the biologist, explaining research techniques and findings.

Final Documentary: A short video capturing highlights of the week.

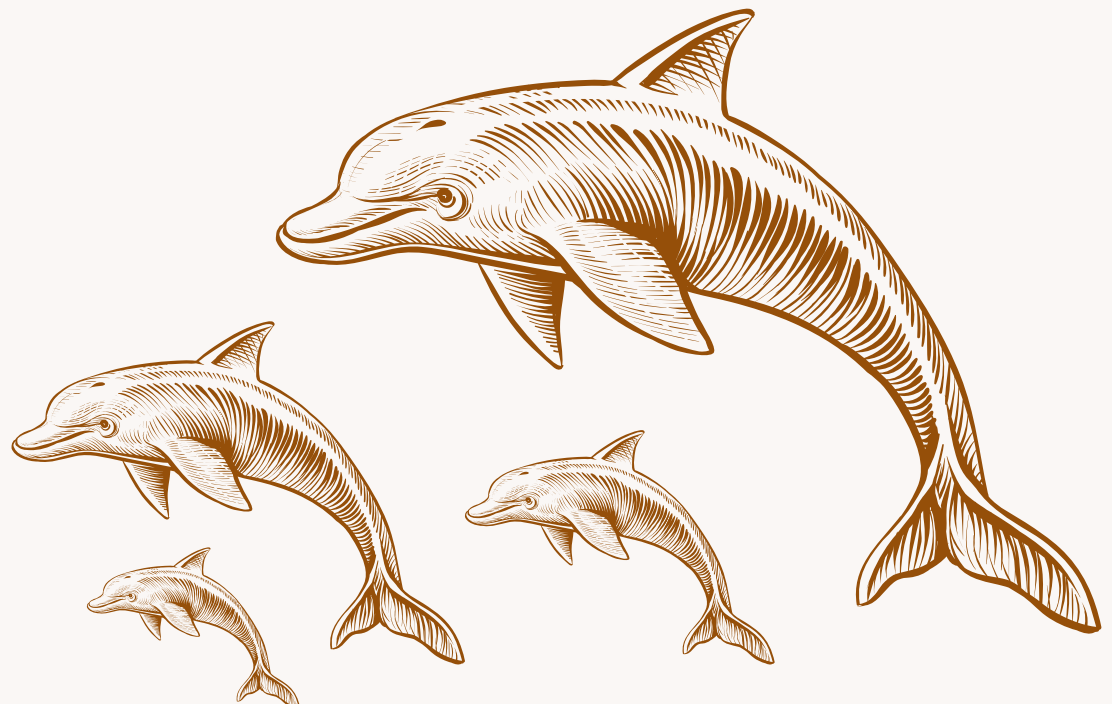
Day 7 – Wrap-Up & Celebration

Morning: Experience sharing and open discussion.

Afternoon: Closing ceremony with participation certificates, group photo, and eco-friendly gift.

Sample week

Each half-day dolphin snorkeling boat trip is priced at USD 45 per person(a minimum of 6 participants is required).



Diving Deeper with Marine Biologist

Explore the underwater wonders of the northern atolls of the Maldives like never before! Join our in-house marine biologist for a guided dive and discover the secrets of the reef through the eyes of a scientist.

Upcoming dates

All year round.

What's included?

- Swim alongside vibrant coral gardens
- Encounter turtles, rays, and schools of tropical fish
- Learn fascinating facts about marine life and ecosystems
- A meaningful, educational, and eco-conscious experience

Perfect for ocean lovers, underwater photographers, and curious minds eager to understand the marine world on a deeper level.

Pricing

Starting from USD 25 (on top of standard dive price).



Cooking Class Day

Join us on a culinary journey into the heart of Maldivian culture. Begin with an introduction to the rich heritage of Maldivian cuisine—its origins, unique ingredients, and deep cultural significance. Explore our farm and agricultural center, where you'll see how tropical herbs and vegetables are grown and discover their role in traditional dishes.

Upcoming dates

All year round.

What's included?

- Introduction to Maldivian Cuisine
- A short presentation on the origins, ingredients, and cultural importance of traditional Maldivian food.
- Visit Our Farm and Agricultural Center
- Discover our lush gardens and explore the tropical herbs and vegetables that play a vital role in Maldivian cuisine. Learn how they're grown, harvested, and used in traditional cooking.
- Hands-on Cooking Session
- Guided by our chef, you will prepare 2–3 traditional dishes, such as:
 - Mas Huni – A traditional tuna and coconut salad
 - Roshi – Local flatbread
 - Dhal Curry – Made with lentils and coconut milk
 - Fried Reef Fish – Marinated in local spices
- Tasting & Sharing
- Enjoy the dishes you've prepared in a relaxed setting by the beach
- Certificate of Participation
- Receive a small token and certificate to remember your culinary experience.

Pricing

USD 50 per person (a minimum of 4 participants is required).



Cooking Class (Extended programme)

Join us on a culinary journey into the heart of Maldivian culture. Begin with an introduction to the rich heritage of Maldivian cuisine—its origins, unique ingredients, and deep cultural significance. Explore our farm and agricultural center, where you'll see how tropical herbs and vegetables are grown and discover their role in traditional dishes.

Upcoming dates

All year round.

What's included?

Each day focuses on different themes:

Day 1 – Traditional Maldivian Flavors

- Introduction + Mas Huni, Roshi, and Maldivian curry

Day 2 – Street Food & Snacks

- Learn to make local snacks like Bajiya (tuna samosas), Gulha (fish balls), and sweet Bondibaiy (coconut rice pudding)

Day 3 – Seafood Specialties

- Catch of the day: Learn how to clean and cook reef fish using traditional spices and coconut-based sauces

Optional: Night Fishing Experience the evening before, followed by a "Catch & Cook" session the next day!

Pricing

USD 120 per person (a minimum of 4 participants is required).

