

WELL FIT EVENTS

Overview of the upcoming event highlights at ROBINSON NOONU

FIT TEAM FUNCTIONAL - WORKOUT - DANCE & MOBILITY EVENT BY GESINE RATAJCZYK & NICOLA OLIANAS
12.04.-26.04.

Our Wellfit coaches Gesine and Nicola are experts in sports science and, with their numerous certifications and licenses, have the best prerequisites for offering high-quality courses at the ROBINSON NOONU. These two weeks are all about functional training, various workouts, mobility courses and dance classes. We look forward to great fitness sessions with our guests!



YOGA & MEDITATION “RELEASE & LET GO EVENT” BY LAURA SCHLOSSER
27.04. - 09.05.

Event expert Laura Schlosser invites you to switch your mind off and your feelings on every day with her yoga sessions and matching meditations.

Whether you are a professional or a beginner is completely irrelevant. It's all about a loving connection with yourself and an unforgettable time out in paradise.



CHAKRA JOURNEY BY MIRIAM WIGGE
02.06. - 17.06.

Miriam is a trained yoga teacher (250 hours +) as well as a holistic fitness and group fitness instructor. Her many further training courses have given her a broad base. Her classes are based on the 3 pillars of movement, mental work and regeneration. This chakra journey gives you a new perspective on your emotions and their connection to your body. You will understand which chakra is assigned to which area of the body and which emotional energy is linked to it. With intensive chakra work, you learn to let go of these feelings and replace them with positive ones such as trust, joy, love, compassion, self-esteem, intuition, etc.

During this time, dedicate yourself completely to yourself in order to get the energy flowing within you and to reinforce optimism, joie de vivre and lightness in your life.



DANCE & FUN JUNE WITH LARA BOTHE & JULIA MEYER

04.06. - 15.06.



"Dance in paradise" - In this lively event week here at the ROBINSON NOONU, we take you into the world of dance.

There is something for every taste in couple dancing: from Bachata to Rumba, Salsa and much more. Enjoy exuberant dance lessons right by the sea on the sand and feel the "kick" when you move, experience the feeling of lightness and pure joie de vivre and let's simply "dance through life".

Let our friendly experts Julia Meyer and Lara Bothe guide you and learn Latin dances.

Feel how the rhythm guides you and how easily your steps become more confident from dance to dance. Learn the dances during the day with a view of the Indian Ocean and consolidate what you have learned in the evening under the stars until the stars fall from the sky. Dancing is joy and dancing is fun - so dance with us!

HOLISTIC HEALTH JULY

In July, the ROBINSON NOONU is all about holistic health. Holistic health experts will be on hand to advise our guests on the topics of exercise, nutrition, mindset and relaxation. There will also be great offers such as meditations, sound baths, Ayurvedic treatments and much more.



NOW YOGA EVENT BY JANG HO KIM

03.08. - 17.08.

ENTERTAINMENT HIGHLIGHTS

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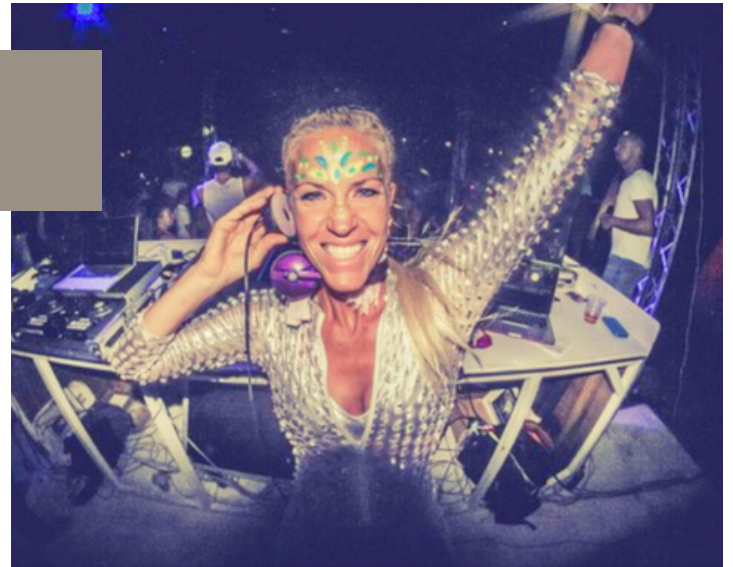


BAND LISTEN2 22.04. - 11.05.

The band Listen2 from Mannheim presents top-class music entertainment. Listen2 has been delighting guests worldwide for several years. We are delighted that they will be providing us with many more wonderful musical moments over the coming days, be it at the live sundowner, aperitif or other live concerts.

DJANE E*STAR 27.05 - 11.06.

*Djane E*star is often on the road at ROBINSON and actually comes from Heidelberg. She is known as a DJane and has already been to ROBINSON NOONU several times, ensuring full dance floors with her performances. She is one of the most famous DJanes in Germany - the disco queen behind the turntables. In short: a passionate DJane with heart & known for rocking every party!*



SINGER JAY OH 27.05 - 13.06.



In these two weeks, we can look forward to a very special musical highlight: Jay Oh and Esther Kim - both of whom have been on the big stages for years!
The singer Jay Oh won the RTL show "Supertalent". Esther Kim has not only accompanied Die Toten Hosen for almost two decades, but has also played for national and international stars such as Lionel Richie and Silbermond!
Together they reinterpret jazz and pop classics and create emotional goosebump moments with current chart hits!
... we are all the more delighted to be able to enjoy them at our ROBINSON NOONU!