



Footprints

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Theme	Art Attack	Island Adventure	Under the Water	Wellness Day	Mad Science	All Things Maldives	Super Sports
10:00 – 12:00	Crafty Kids Arts & Crafts Workshop	Create Your Own Tribe	Marine Biology Workshop	Kids Spa Workshop	Mad Science Workshop	Maldivian Arts & Crafts Workshop	Super Sports Arts & Crafts
12:00 – 14:00	Creative Play	Creative Play	Creative Play	Creative Play	Creative Play	Creative Play	Creative Play
14:00 – 16:00	Kids Movie & Popcorn	Cooking Creations* Mocktail Making Class	Pool Fun with Footprints	Face painting and costume play!	Cooking Creations* Art of Food Sweet Treats	Cooking Creations* Local Food Appreciation	Pool Fun with Footprints
16:00 – 18:00	Dodge, duck, dip, dive and dodge! Its time for dodgeball!	Family Scavenger Hunt with Footprints	Special Activity** Banana Boat (15 mins each) 5-11 years Minimum 3 Children \$45++ per child	Kids Vs Staff Beach Games	Family Pool Fun with Footprints	Games Galore Outdoor Active Games	Family Mini Olympics

* These activities have limited spaces and require advance bookings

**Please note these activities do have limited spaces and are chargeable.

4-11 years, 10am – 6pm Daily

RHYTHM & VIBES





Soul-freeing experiences designed to expand your time at Patina.

Life vibrates with a rhythm and we tune our surroundings to fall perfectly in sync. At Patina Maldives, we galvanise the power of nature, wellness, creativity, and exploration to expose you to an unimaginable euphoria during your stay. From harmonising with Fari Island's marine universe to challenging your endurance to pulsating beats, our collection of Rhythm & Vibes are designed to complement the energy you radiate.

Scan the QR Codes to be linked to three schedules, one for each section ►



RHYTHM & VIBES



FOOTPRINTS



WELLBEING

We believe in the art of hacking our biology in the name of energising and enhancing our bodies and minds. Nutrition plays a role in this, as does everything that stimulates our senses.

Our Wellbeing experiences complement the profoundly nurturing spa to guide guests in their desire to refresh, rejuvenate, re-energise, and release. By layering wisdoms and practices, we can unearth the body's own source of wellbeing to enhance sleep, reduce stress, rejuvenate skin, and combat the negative effects of travel.



PADDLEBOARD MEDITATION

Guests will be able to improve balance, strengthen the core, and calm the mind during Paddleboard Meditation sessions within Patina Maldives' lagoon. These sessions incorporate challenging yoga poses with relaxing breathwork for a combined mind and body workout. After the session, yogis can re-energise with fresh fruit skewers and healthy granola bars.

Venue: Veli Pool

Paddleboard Meditation sessions are available on request | There is a charge of \$50 per person for this activity.*

SUNRISE AND SUNSET YOGA

Sunrise and sunset are two of the most calming and beautiful times of day on Fari Islands. Guests are invited to embrace the early morning or magical golden hour with a Sunrise or Sunset Yoga session. Incorporating slow, sustained sun salutations, the series of poses will warm, strengthen, and align the body. By moving the body in all directions, Sun Salutations help to clear the energy pathways, with each movement touching at least one of the chakras, thereby helping to invigorate the body.

Venue: FLOW

(Sunrise) 7:30am | Sunday, Tuesday, Thursday and Saturday

(Sunset) 7:00pm | Monday, Wednesday and Saturday

AQUA BIKE FITNESS

Aqua Bike Fitness helps to improve cardiovascular endurance, tone muscles, activate blood circulation, and reduce fatigue. Essentially a spinning class submerged in water, this low impact workout is suitable for all fitness levels, thanks to its scalable moves. One of the key benefits of this workout is the lack of muscle soreness after class; thanks to the massaging effects of the water, lactic acid does not build up in the muscles, minimizing aches.

Venue: Veli Pool

10:30am | Sunday and Wednesday

IMMUNE BOOST

Led by the Roots culinary team, the Immune Boost Nutrition & Lifestyle Workshop aims to introduce simple hacks to help guests look and feel better and improve overall wellbeing. Inspired by holistic food philosophies where pure, seasonal ingredients are honoured, the core values of Roots are aligned with nature to deliver dishes that are good for the body, soul, and our planet. The workshop will help guests understand the slow food concept in more detail and share insightful advice and recipes to help fulfil a more healthful way of life.

Venue: Roots

10:30am | Monday and Thursday



STIMULATE

Patina embraces the energy of creativity, thriving on the spirit of originality and expression. Stimulate encourages guests to embrace boundless creativity, showcasing an imaginative collections from local artisans, capsule collections born out of partnerships with seminal designers, and morphing into an open studio to experience creation.

RETAIL THERAPY

The luxurious Retail Therapy experience at Patina Maldives takes place in the comfort of the guests' villa. A style expert from The Rake – a luxury e-commerce platform offering an expertly curated offering of clothing and accessories, as well as exclusive collaborations with the most exciting sustainable artisans and brands in the world – will present a selection of resort wear to each guest - which they can mull over, Champagne in hand. Following the styling session, guests will be treated to a full hair and makeup appointment to finish the look.

Retail Therapy is available on request | Retail charges apply to any purchases made by guests.

#PATINAMALDIVES #NOFILTER

The Patina Maldives Essentialists know all the most photogenic spots on Fari Islands. During this complimentary #NoFilter session, our Essentialists will guide the guest around the island, helping them to take the perfect IG-worthy images. Our Essentialists will try different angles and backdrops, snapping away until the perfect shot has been captured.

#PatinaMaldives #NoFilter is available on request.

The Patina Maldives in-house photographer is available with an additional charge with 24hrs booking notice.

BODUBERU CLASS

Meaning Big (bodu) Drums (beru), these large drums are used to play dance music – an activity that bonds and encourages community in the Maldives. The beat starts slowly, gradually reaching a crescendo, with an energising steps for participants to dance along to. This folk music is often performed by groups of 15-20 people, including drummers and singers. During this class, guests will learn to play and appreciate this traditional instrument. The session will end with a performance, whereby the class will have the opportunity to show off their new found skills.

Meeting point: Portico

6:00pm | Sunday, Tuesday and Thursday

ART TOUR

Art is at the heart of Patina Maldives; a curation of expressive works punctuates the island. Playful, sculptural to ethereal and textural, they each interpret continuous cadence. Diverse in form yet together in function, the art pieces at Patina Maldives include photography, architecture as art, weaving, and repurposing familiar objects. The Art Tour offers guests a deep dive into the inspiration behind the works, as well as insights into the style of each artist. The tour concludes with a visit to the artist-in-residence studio.

Meeting point: Portico

2:00pm | Monday and Saturday



OCEAN

Water is quintessential to life, the most elemental of all entities, and the essential energy that connects and carries people and creatures, planet and oceans, on a perpetual journey. At Patina Maldives, we are surrounded by some of the most naturally beautiful and serene waters in the world which must be conserved and honoured as the most precious essence. Our ocean-themed experiences help our guests celebrate water and the ocean's ecosystems.

BUILD YOUR OWN CORAL REEF

For guests who wish to leave a positive mark on the Fari Islands following their stay, Patina Maldives offers the opportunity to contribute to our coral seeding program with a live coral frame. The resort's in-house Marine Biologist will guide each guest through the process, from seeding to planting the frame in the Fari Islands lagoon. Following their stay, guests will continue to receive quarterly updates from the Patina Maldives team on how their coral frame is flourishing.

This activity is available on request, and additional charges are as below:

\$150 net for a small frame | \$300* net for a medium frame | \$500* net for a large frame*

LITTLE SURF CAMP

Surfers in the making can take part in Little Surf Camp, organised by the Watersports Center. Certified Surf Instructors will introduce the basics of surfing, including techniques, stances, and the theory behind riding over waves and swells. Conducted in calm waters to help children learn the ropes before trying out a real surf experience, the Little Surf Camp offers a fun, safe environment for kids to learn how to balance on the board before moving onto more advanced surfing.

Suitable for children aged between 6 and 11 years

Meeting point: Watersports Centre

5:00pm | Thursday

OCEAN CONSERVANCY

In line with the resort's goals to tackle marine plastic pollution, these Ocean Conservancy sessions allow guests to hop on a boat around the Fari Islands with our dedicated Patina Marine Biologist, who will share more about the underwater ecosystem of the Maldives. Whilst touring the reef, guests will help to reduce marine pollution by collecting litter, which will be sent to a centre for recycling.

Suitable for guests aged 5 years and above. All children must be accompanied by an adult.

Meeting point: Portico, 5:00pm | Monday, Wednesday and Friday

SNORKELLING

These introductory sessions offer the opportunity for children to get more comfortable being in the water wearing snorkelling gear; an experience guide will offer helpful advice on how to make the most of the equipment and learn to relax in the water, so that guests are able to make the most of their adventure. An introduction to snorkelling in the pool is available for first-time learners. For experienced snorkellers, there are sessions that take you around the shore and lagoon. For recreational snorkelling with dolphins, turtles and sharks, please refer to the Dive Butler activity menu.

Beginner lessons, suitable for guests aged 5 years and above.

Meeting point: Watersports Centre

5:00pm | Wednesday

Shore & Lagoon snorkelling, suitable for guests 6 years and above.

Meeting point: Watersports Centre

5:00pm | Sunday





FOOTPRINTS

Patina Maldives' interpretation of perpetuity is rooted in its belief in effecting and empowering lasting change – starting with nurturing sustainable values in tomorrow's travellers. Embodying this future-thinking approach, our pioneering solar powered kids' centre, Footprints, is a place of discovery and inspiration, engaging programming and exceptional facilities.



COOKING CREATIONS

Educating tiny travellers on the importance of food provenance and the benefits of a balanced diet, the Cooking Creations experiences focus on the way our senses – smell, taste, touch, and sight – impact our relationship with food and change our perceptions of dishes and ingredients. Choose from one of the 3 themes: Journey of the Senses, Food Art and Local Food Appreciation.

All activities are suitable for guests aged 4 years and above.

Journey of the Senses | Monday | 2:00pm & 3:00pm | Venue: Footprints

Food Art | Thursday | 2:00pm & 3:00pm | Venue: Footprints

Local Food Appreciation | Friday | 2:00pm & 3:00pm | Venue: Footprints

KID'S SPA WORKSHOP

Wellbeing is a hallmark of the Patina Maldives experience, and the Kid's Spa Workshop is designed to encourage a focus on healthy living from an early age. Dedicated Spa Therapists are on hand to teach Head and Hand Massage techniques, whilst the Roots team will share more about the Patina Maldives Nourished programme, which highlights the benefits of a plant-based diet. A Kid's yoga class rounds off the Workshop, and those with extra energy to spare can also enjoy some dance fitness fun.

Suitable for guests aged 4 years and above.

Venue: Footprints

10:00am | Wednesday

FOOTPRINTS DOLPHIN CRUISE

During the Footprints Dolphin Cruise, kids will sail around the beautiful waters surrounding Fari Islands in search of dolphins. Along the way, our Patina Maldives Marine Biologist will share more information about these intelligent creatures, encouraging them to spot and identify as many different species as possible.

This activity is charged at \$75 per person*

Suitable for guests aged 4 years and above.

Meeting point: Footprints

5:00pm | Friday

FAB LAB

Part of Footprints, the Fab Lab at Patina Maldives takes a pioneering, future-thinking approach. Here, kids can turn recycled ocean plastic into models using 3D printing and laser cutting technology, echoing the energy-saving prefabrication techniques used in the modular construction of the resort's villas.

Other activities include designing a race car using sustainable wood, learning the art of Origami crafting and creating mysterious shadow boxes.

Additional charges apply for Fab Lab activities. (Venue and prices TBA)



RHYTHM ACTIVITIES

Soul-freeing experiences designed to expand
your time at Patina Maldives.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Sunrise Yoga	Sunrise Yoga		Flow Meditation	Pilates	Sunrise Yoga	
11:00 AM	Badminton At Veli Beach	Beach Tennis At Veli Beach	Water Polo At Veli Pool	Petanque At Veli Beach	Badminton At Veli Beach	Beach Tennis At Veli Beach	Petanque At Veli Beach
3:00 PM	Foosball Tournament At Portico	Carrom Board Games	Billiards Tournament At Portico	Marine Talk With Marine Biologist	Foosball Tournament At Portico	Carrom Board Games	Marine Talk With Marine Biologist
5:00 PM	Childrens Lagoon Snorkelling	Childrens Intro to Swimming	Childrens Intro to Marine Biology	Childrens Intro to Snorkelling	Childrens Intro to Surf Camp	Childrens Intro to Water sports	Childrens Trial Dive in The Pool
6:00 PM		Boduberu Class			Boduberu Class		
6:30 PM	Buti Yoga	Tabata	Pilates	Tabata	Buti Yoga	ABS	
8:00 PM							Family Cinema Night 8-10pm
Daily	Curated Art Tour Hosted by your Essentialist		Scuba Pool Trial 10 Years+ 9:30 – 10:30am			Daily Bubble Maker Experience 8 – 9 years 9:30 – 10:30am	

*The above schedule is a weekly program of scheduled activities and can be booked via your Essentialist
Activities are subject to change or may be cancelled due to unforeseen weather or operational challenges.*