

A person is shown in silhouette, meditating in a lotus position. The room is dimly lit with numerous lit candles on the floor, creating a warm, ambient glow. The background shows a sunset or sunrise over a body of water, with soft orange and pink hues in the sky. The word "dhulhaheyo" is written in a large, white, serif font across the center of the image. Above the word, there are two white lines that curve upwards and outwards, resembling a stylized 'V' or a pair of wings. In the upper right corner, there is handwritten text in white that reads "xc17" and "7/14/23".

dhulhaheyo

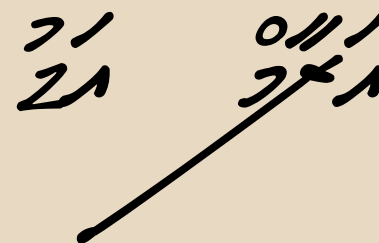
Staying true to Hoba's core purpose of nurturing and healing by guiding, empowering, educating and inspiring, our Dulhaheyo activities are combinations of many healing modalities, and offer great learning experience for everyone, even the busiest! Check the *dhulhaheyo* weekly schedule to book your session.



> Dhulhaheyo

araam adu

Healing sounds.



Used for thousands of years in several practices, these singing bowls are proven to help with a wide variety of issues, such as stress, sleep problems, depression, low immunity and physical pain. The healing sounds of the bowls deeply restore all biorhythms of the body, bringing peace and balance within. Our 7 bowls are crafted to resonate with the seven energy centers, bringing healing and balance to each chakra. An extremely powerful experience that may bring immediate shifts in the physical, mental and emotional sphere.

> Dhulhaheyo

heylavva

With Fayel



Kickstart your day with Fayel's morning energizer session. A gentle stretching to wake up your body, and a soothing sound healing session to clear your mind.



> Dhulhaheyo

dhandi jehun dance therapy

With Saritha



Embrace the rhythm of the Maldives and discover a new path to wellness with Saritha's expert guidance in this harmonious blend of traditional dance and modern movement techniques.



> Dhulhaheyo

himeyn

Anxiety & Stress Relief with Shri.

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Join Shri for a transformative wellness class designed to alleviate anxiety and stress. This session integrates mindfulness practices, breathwork techniques, and sound healing to help you find inner peace and balance.



> Dhulhaheyo

hendhunu

Morning ritual.

رَسْرَسْ هَنْدْ هُنُو

This intention-setting ritual includes a few body's stretches to awaken the body and a short meditation to prepare the mind for the day ahead. Off to a good start with positive vibes!

haveeru

Evening ritual.

هَافِی رُو

The evening ritual is a moment to tune in with your inner self and restore both body and mind after a long day. It combines a variety of healing elements, such as meditations, breathwork, releasing exercises and more, in a beautiful ritual of awareness and release.

> Dhulhaheyo

hin dhemilun

Full body stretch.



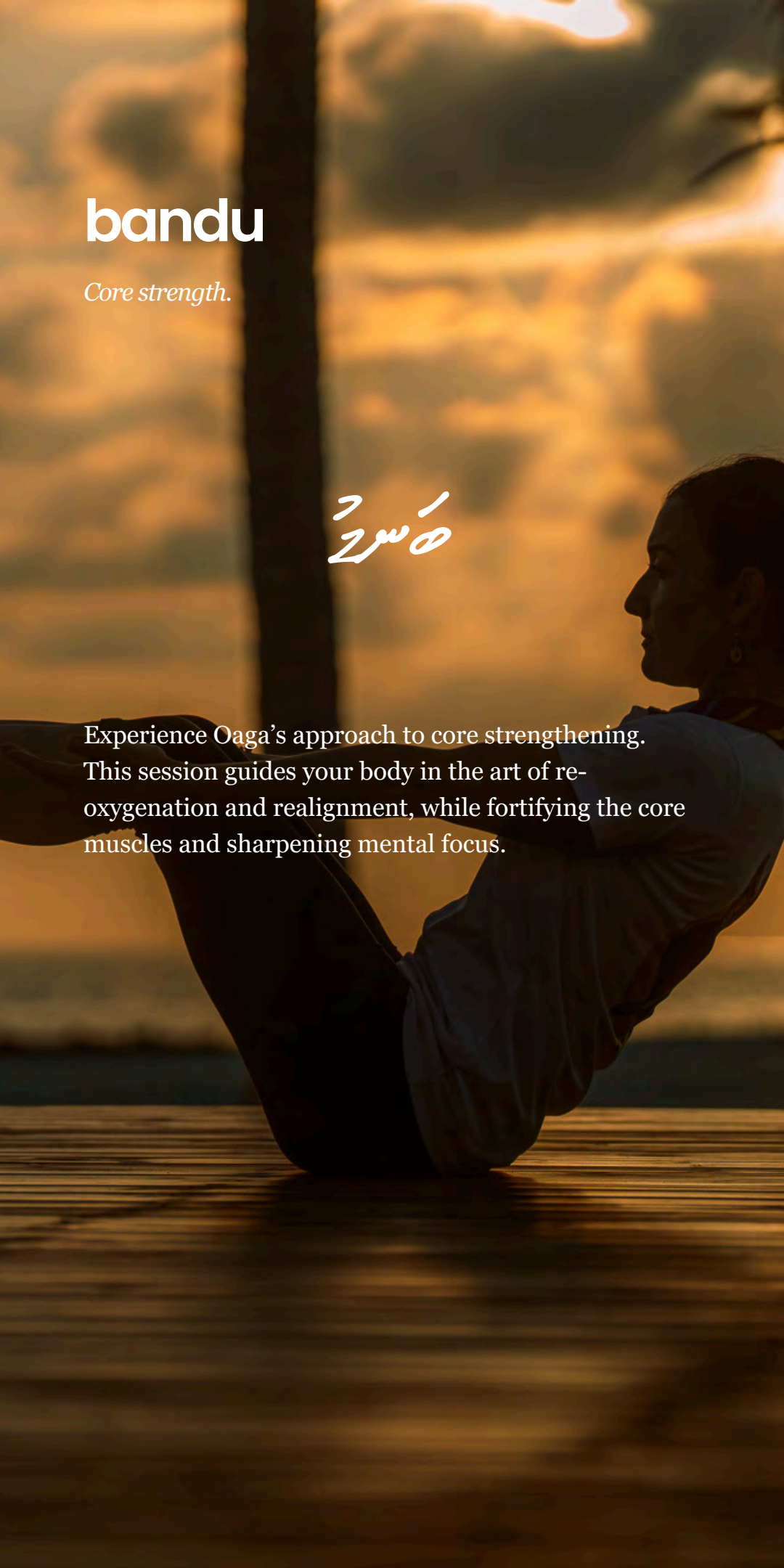
Enhancing both physical and mental wellness, this comprehensive full-body stretching class integrates asanas, fluid movements, and gentle stretches within sequences designed to invigorate the body, increase joint flexibility, and fortify muscles.

bandu

Core strength.



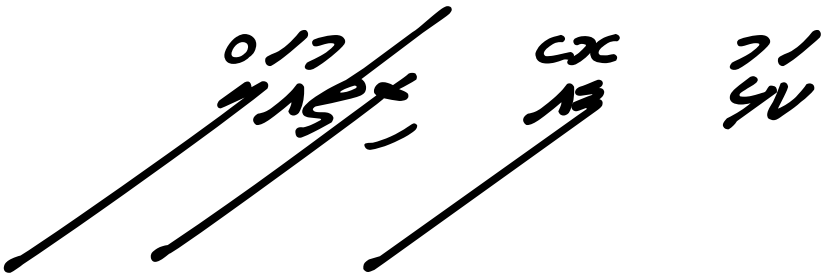
Experience Oaga’s approach to core strengthening. This session guides your body in the art of re-oxygenation and realignment, while fortifying the core muscles and sharpening mental focus.



> Dhulhaheyo

kalhu foe' ritual

New moon ritual.



A night of new beginning. Taking place on the darkest night of the month, this beautiful manifesting ritual helps set clear goals and intentions, through mindful and intention setting meditations, smudging and energy clearing, breathing detoxification and sound healing with Tibetan singing bowls.

handhuvaru ritual

Full moon ritual.



A magical time to release what has been dark or heavy, transporting areas of lack into abundance. A beautiful chance to honor the power of the moon and its pure light.

Taking place on full moon nights, the ritual includes a mindful meditation, smudging and energy clearing, chakra healing with Tibetan singing bowls and a harmonizing concert with the crystal bowls, ending with a releasing meditation and fire ritual.

> Dhulhaheyo

fen fit

With Deepika



Dive into wellness with our aqua fit class. This innovative fitness session harnesses the healing power of water to provide a low-impact, high-benefit workout..
Join Deepika in the refreshing waters of our island for a fitness experience like no other.



