

SUMMER WELLNESS

Coco Collection is delighted to announce our Summer Wellness programme with guest yogis and a tai chi master. Take this opportunity to relax, unwind, and gain some interesting new skills. We welcome you to start your healing journey with us.



Beach Bikram with Cat Meffan

A global yoga teacher, blogger, and YouTuber, Cat is on a mission to share her passion for movement and exploration of the body with everyone who crosses her path.

Cat will be teaching a creative and dynamic vinyasa yoga at sunset, with an emphasis on connecting your mind, body, and soul while moving fluidly on the mat.

Cat's vinyasa yoga will leave you relaxed, especially if you are someone who is always on the move. Cat's classes are playful and dynamic, and you will no doubt find your feet off the ground at one point or another.

Dates: 13th June, 15th June, and 17th June | Time: 6:30 – 7:30 pm
Venue: Yoga Pavilion

Meditation in Motion with Shahshan He

Master Shanshan will be conducting her Tai Chi classes at dawn. This mind-body practice, which originated in China as a martial art, helps to improve strength, balance, and breathing.

The experience of tai chi has directed Master Shanshan towards a harmonious relationship between humanity and nature. Master Shanshan encourages all of her students to work within their comfort zones at all times, and to relax and balance, both physically and mentally.

Dates: 27th June, 29th June, and 1st July | Time: 7:00 – 8:00 am
Venue: Spa Beach



Sunset Yoga with Shifana Mufeed

Shifana is a renowned personal trainer and fitness instructor from the Maldives with extensive experience and knowledge in the field of health and wellness.

Shifana considers yoga her true calling, and she combined her experience in group fitness with her yoga mastery by founding Ayoga Fitness, a boutique yoga centre in Male'.

Since then, she has been able to introduce a diverse range of yoga programmes for her clients, and regularly conducts yoga retreats.

Dates: 5th July and 12th July | Time: 6:30 – 7:30 pm
Venue: Yoga Pavilion

