



DUBAI'S ONLY UNDERWATER PILATES CLASS LAUNCHES AT ATLANTIS, THE PALM'S LOST CHAMBERS AQUARIUM TO SUPPORT SELF CARE THIS SUMMER

Designed to improve strength, flexibility and core stability, pilates classes will provide an intimate and immersive workout, with yoga and Tibetan bowl meditation also returning to the tranquil setting

DUBAI, United Arab Emirates (12th June 2021) – Pilates lovers can now crunch and stretch in the most tranquil setting in Dubai, immersed in the serenity of the underwater world at The Lost Chambers Aquarium. Set against the ultimate backdrop of 65,000 colourful marine animals, the 60-minute class led by an expert practitioner guides guests through a series of pilates exercises, incorporating breathing techniques and engaging their core strength – while getting a solid toning workout and prioritising self-care.

Taking place every Saturday from 8:00am-9:00am at The Lost Chambers Aquarium, pilates class goers can dedicate an hour to their wellbeing, emerging from their mats feeling fully revitalised as they round off their weekend. Classes cost just AED 120, are suitable for all levels, and hold a maximum occupancy of 12 people, so those in attendance can enjoy the space and the individual experience on their mats while drawing energy from the group atmosphere.

Yogis can also return to the tranquil setting of The Lost Chambers to practice yoga during 60-minute sessions, every Tuesday and Friday from 8:00am-9:00am, for only AED 160 per class, led by an experienced yoga instructor. Underwater Yoga at The Ambassador Lagoon involves a sequence of calming postures, traditional breathing techniques and relaxation exercises suitable for people at all yoga levels to connect mind, body and soul, channelling positive energy from the majestic marine surroundings.

On the last Friday of every month, the one-hour yoga session from 8:00am-09:00am will be followed by a 30-minute Tibetan singing bowls meditation for a longer switch-off from the outside world. Tibetan singing bowls are an ancient form of medicine that are not only used for meditation but for deep release and restoration, relaxing the body as the vibrations of the bowls help to lower blood pressure, strengthen immunity, soothe pain and significantly reduce stress levels. Creating a perfect harmonious balance to optimise inner healing, this combined yoga and meditation session is available for just AED 175 and will leave yogis feeling fully refreshed and rejuvenated.



Given the popularity of the underwater pilates and yoga classes, all guests are advised to book in advance. As per COVID-19 government guidelines, participants must bring their own towels and mats; alternatively, the hotel has a special partnership with SUGAR yoga mats, which will be available to purchase on the day.

Underwater Pilates in The Lost Chambers Aquarium

Every Saturday

8:00am-9:00am

AED 125 including entrance to The Lost Chambers Aquarium and a bottle of water

16+

As per government guidelines, participants must bring their own towels and mats

Underwater Yoga in The Lost Chambers Aquarium

Every Tuesday and Friday

8:00am-9:00am

AED 160 including entrance to The Lost Chambers Aquarium and a bottle of water

16+

As per government guidelines, participants must bring their own towels and mats

Underwater Yoga & Meditation in The Lost Chambers Aquarium

Every last Friday of the month

8:00am-9:30am

AED 175 including entrance to The Lost Chambers Aquarium and a bottle of water

16+

As per government guidelines, participants must bring their own towels and mats

For all bookings, please visit: <https://www.atlantis.com/dubai/shuiqi-spa-and-fitness/shuiqi-fitness/yoga-at-the-lost-chambers-aquarium>

***ENDS**

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For further information about Atlantis please call +971 4 426 1000, or visit www.atlantis.com/dubai. Both low and high resolution colour photography of Atlantis is available at media.atlantisthepalm.com.

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About ShuiQi Spa

The multi-award winning ShuiQi Spa & Fitness at Atlantis, The Palm presents a memorable experience for guests, awakening the senses in a setting that is as stunning as it is serene. Upon entering the two-storey 2,400 square metre spa, guests are greeted by a soothing water wall – the start of their relaxation journey. With earthy hues and a water pathway, guests continue on their on their voyage of tranquillity which leads them to one of 27 treatment rooms, for a bespoke treatment, tailored to individual needs. With its extensive menu boasting more than 60 treatments, head-to-toe, inside out pampering is guaranteed with a range of restorative facials, rejuvenating body therapies and all-encompassing spa journeys. There is also a separate woman’s-only salon, the Nailology nail bar, and Gentlemen’s Tonic for a bespoke haircut and traditional wet shave. ShuiQi Spa & Fitness offers something for everyone to rebalance, relax and unwind.

About Atlantis, The Palm, Dubai

Located at the centre of the crescent of The Palm in Dubai, Atlantis, The Palm is the first entertainment resort destination in the region. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 22 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the biggest waterparks in the world and the one of the largest open-air marine habitats, with more than 65,000 marine animals in lagoons and displays including The Lost Chambers Aquarium, a maze of underwater corridors and passageways providing a journey through ancient Atlantis. Aquaventure Waterpark features 23.5 million litres of fresh water used to power 105 thrilling waterslides and attractions, including several world record-breaking slides, and two river rides featuring tidal waves and pools, water rapids and white-water chargers. Dolphin Bay, the unparalleled dolphin conservation and education habitat, and Sea Lion Point were created to provide guests a once in a lifetime opportunity to learn more about some of nature’s most friendly mammals. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities. Atlantis, The Palm is also known as the culinary destination in the region where guests can take their pick from a collection of 29 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar and the award-winning underwater restaurant, Ossiano. Atlantis is also home to a buzzing nightlife scene with entertainment destination Wavehouse offering something for everyone, while WHITE Beach & Restaurant is the perfect place to unwind with a drink as the sun slips into the Arabian Sea.