



**SAY 'NAMASTE' ON INTERNATIONAL YOGA DAY WITH A FREE UNDERWATER YOGA CLASS AT ATLANTIS, THE PALM'S LOST CHAMBERS AQUARIUM**

*Set against the calming backdrop of 65,000 marine animals, yogis can register to attend a free in-person session or tune into a special live stream and practice from home*

**DUBAI, United Arab Emirates** – Everyday millions of people around the world practice the ancient art of yoga to clear the mind, relieve stress, and strengthen the body. Tuesday, 21<sup>st</sup> June marks International Yoga Day, and in celebration Atlantis, The Palm is offering a free Underwater Yoga class at 8:00am in The Lost Chambers Aquarium – an idyllic way for Dubai yogis to kick-start the day. Spaces are limited, and registration is required to attend.

Given the popularity of the class, a free Instagram Live will also be offered at 6:30am so Dubai residents – and attendees from around the globe – can celebrate from the comfort of home and experience the serenity of practicing yoga against the soothing backdrop of 65,000 marine animals.

**Underwater Yoga in The Lost Chambers Aquarium – FREE Class**

- **Date:** Tuesday, 21<sup>st</sup> June
- **Time:** 8:00am – 9:00am
- **Cost:** FREE (spaces are limited, registration required)
- 16+
- Call +971 4 426 1000 to register

**Instagram Live of Underwater Yoga in The Lost Chambers Aquarium**

- **Date:** Tuesday, 21st June
- **Time:** 6:30am – 7:30am (7:30pm Pacific Standard Time, USA, Monday 22<sup>nd</sup> June)
- **Cost:** FREE
- [Streamed on Instagram @atlantisthepalm](#)
- [Streamed on TikTok @atlantisdubai](#)

Taking place in front of a myriad of colourful marine life swimming inside The Ambassador Lagoon, the dynamic Hatha practice aims to rejuvenate both body and soul. Open to all levels and abilities, the class



helps to improve strength, flexibility and balance through a fluid, calming sequence of postures, breathing exercises and meditation techniques. Led by one of the region's leading yogis, the personalised class hosts no more than 15 guests per session.

### **Underwater Yoga in The Lost Chambers Aquarium – Regular Schedule**

- **Date:** Every Monday, Wednesday, Saturday and Sunday
- **Time:** 8:00am-9:00am
- **Cost:** AED 160 including entrance to The Lost Chambers Aquarium
- 16+
- For bookings please visit: [www.atlantis.com/dubai/shuiqi-spa-and-fitness/shuiqi-fitness/yoga-at-the-lost-chambers-aquarium](http://www.atlantis.com/dubai/shuiqi-spa-and-fitness/shuiqi-fitness/yoga-at-the-lost-chambers-aquarium) or call +971 4 426 1000.

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### **MEDIA ENQUIRIES**

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For further information about Atlantis, please call +971 4 426 1000, or visit [www.atlantis.com/dubai](http://www.atlantis.com/dubai). Both low and high-resolution colour photography of Atlantis is available at [www.kerznercommunications.com/atlantis/the-palm](http://www.kerznercommunications.com/atlantis/the-palm).

### **Follow Atlantis, The Palm on Social Media**

Facebook: @AtlantisThePalm

Twitter: @Atlantis

For Resort: @AtlantisthePalm #AtlantisThePalm

For Atlantis Aquaventure: @aquaventuredubai

For F&B: @OssianoDubai @BreadStreetKitchenDubai @NobuDubai @SeafireSteakhouse

@HakkasanDxb @WavehouseDubai

### **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 35 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, 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 is the perfect place to unwind with a drink as the sun slips into the Arabian Sea.