

**REJUVENATE AND RESTORE AT DUBAI'S ONLY UNDERWATER YOGA CLASS AT
ATLANTIS, THE PALM'S LOST CHAMBERS AQUARIUM**

*Say 'Namaste' against a calming backdrop of 65,000 marine animals every Tuesday and Friday
from 12th June onwards*

Set against the mesmerising tranquillity of The Ambassador Lagoon at Atlantis, The Palm, Underwater Yoga in The Lost Chambers Aquarium is now available to book every Tuesday and Friday from 8:00-9:00am.

A first of its kind in the region, underwater yoga is an idyllic way to kick-start the day, with the one-hour yoga class costing just AED 90. Taking place in front of the 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 five guests per session, following the two-metre social distancing guidelines currently in place.

Given the exclusivity and popularity of the class, guests are advised to book in advance. As per 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.

A recent study released by researchers from the National Marine Aquarium, Plymouth University and the University of Exeter revealed that observing fish in an aquarium can lower blood pressure and reduce levels of stress and anxiety. Underwater Yoga at The Lost Chambers Aquarium is next-level chill...

Underwater Yoga in The Lost Chambers Aquarium

Every Tuesday and Friday

8:00am-9:00am

AED 90 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 bookings please visit: www.atlantis.com/dubai/shuiqi-spa-and-fitness/shuiqi-fitness/yoga-at-the-lost-chambers-aquarium.

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***ENDS**

MEDIA ENQUIRIES

Alina Gusakova

Manager, Public Relations

Mobile: (+971) 565224841

Email: alina.gusakova@atlantisdubai.com

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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#AtlantisThePalm #AWorldAway #ServingTheExtraordinary

About Atlantis, The Palm, Dubai

Atlantis, The Palm is the first entertainment resort destination in the region and located at the centre of the crescent of The Palm in Dubai. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 17 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the largest open-air marine habitats in the world, with over 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. Atlantis Aquaventure waterpark features 18 million litres of fresh water used to power thrilling waterslides, a 2.3-kilometre river ride with 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 one 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, award-winning underwater restaurant, Ossiano, and traditional Middle Eastern favourite, Ayamna. The nightlife scene at Atlantis is lively, too, with the fun filled Wavehouse offering something for everyone, and WHITE Beach & Restaurant the perfect place to unwind with a drink as the sun slips into the Arabian Sea.

About The Lost Chambers Aquarium

The Lost Chambers has delighted guests with unusual salt and fresh water attractions and an amazing aquatic ecosystem never before seen in the Middle East. The open-air marine habitat is the focal point of Atlantis, Dubai's first truly integrated entertainment destination resort. Resort guests, visitors to Dubai and residents of the Emirates can enjoy and explore an extensive collection of exhibits, pools, lagoons and underwater ruins showcasing an impressive variety of marine life including sharks, eels, rays, piranhas, hundreds of exotic and tropical fish.

Throughout the expansive 46 hectare resort, 42 million litres of salt water are home to more than 65,000 fish and sea creatures representing over 250 species. Second only to Mother Nature, this harmony of marine life is managed by a team of more than 165 full-time Marine Animal Specialists. The veterinarians, biologists, aquarists, divers,

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laboratory managers, food technicians, mechanics and directors who tend to this delicate eco-system on a 24-hour basis, have over 200 years' experience from world-renowned marine institutes and facilities.

The aquarium is attempting to boost the numbers of these species by participating in international breeding programmes and releasing native species into the Arabian Gulf. They have had much success with growth and translocation of local coral species and also a number of seahorses that were released earlier in the year.