



**DROWN OUT THE NOISE OF THE CITY DURING DUBAI'S ONLY UNDERWATER YOGA & MEDITATION CLASS AT ATLANTIS, THE PALM'S LOST CHAMBERS AQUARIUM**

*Practice yoga poses against a soothing backdrop of 65,000 marine animals every Tuesday, Friday and Saturday morning, with a special Tibetan Singing Bowls meditation session on the last Saturday of each month*

**DUBAI, United Arab Emirates** (24<sup>th</sup> January 2020) – Set against the mesmerising tranquillity of The Ambassador Lagoon at Atlantis, The Palm, Underwater Yoga in The Lost Chambers Aquarium is available to book every Tuesday, Friday and Saturday from 8:00-9:00am, providing a relaxing start to the day. This expert-led class involves a beautiful, calming sequence of poses, breathing exercises and relaxation techniques that is suitable for all yoga levels.

On every last Saturday of the month, the one-hour yoga session is followed by a 30-minute Tibetan singing bowls meditation. Tibetan singing bowls are an ancient form of medicine that use sound to restore and relax the body as the harmonics and vibrations of the bowls help lower blood pressure, soothe pain and significantly reduce stress levels. This unique yoga and meditation session is available for just AED 175.

The only kind in the region, underwater yoga is an idyllic way to kick-start the day, with the one-hour class costing just AED 160. 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 sequence of postures and breathing exercises. Led by an expert yogi, the personalised class hosts no more than 8 guests per session, following the two-metre social distancing guidelines.

Given the popularity of the underwater yoga classes, 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.

**Underwater Yoga in The Lost Chambers Aquarium**

*Every Tuesday, Friday and Saturday*

*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 Saturday 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 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).

\*\*\*ENDS\*\*

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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 [media.atlantisthepalm.com](http://media.atlantisthepalm.com).

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

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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 31 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar, and award-winning underwater restaurant, Ossiano. 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.