



FOR IMMEDIATE RELEASE

THE ART OF BOHEMIA SERIES: THE NAUTILUS MALDIVES INTRODUCES NIRANJAN DAS,
VISITING WELLNESS MASTER – IN COLLABORATION WITH ANANDA IN THE HIMALAYAS

[December 2022 – Maldives] Usher in the New Year with a wellness regime with Niranjana Das, at this ultra-luxe bohemian hideaway. The Nautilus Maldives and Ananda in the Himalayas spa collaboration is set to elevate the wellness offering for The Nautilus's free-spirited guests seeking to achieve good health, happiness and balance in their lives through yoga and meditation. Niranjana will be leading morning traditional hatha yoga sessions and evening meditations for self-awareness from **10 to 14 January 2023**. Private consultation and one-on-one meditation and yoga sessions are available upon request at a rate of USD 110++ per person, USD 200++ per couple, USD 90++ per person for a group of 3 guests or more.

Born and raised in Rishikesh, nestled at the serene foothills of the Himalayan range, Niranjana began practising yoga as a teenager in school and later had an opportunity to study this subject with eminent scholars from Bihar school of yoga, an ancient and authentic yoga institute in India. He completed his master's in yogic science from S-VYASA, a reputed yoga university in Bangalore.

Now a practitioner and teacher of traditional Hatha yoga and meditation with more than 15 years of experience as a yoga teacher, Niranjana is recognised by health and wellness destinations across different geographical locations around the world. His expertise lies in creating a customised yoga session based on an individual's needs and capacity. His sessions focus on guiding individuals through yoga asanas with the desired physical and mental alignment. His unique style of blending ancient yogic philosophy with modern science is widely appreciated. Niranjana strongly believes that by adopting the discipline of yoga, a person can achieve good health, happiness and harmony.

The Nautilus Maldives is home to 26 beach and ocean houses, an immensely private ultra-luxury island resort offering a place with highly personalised service where every experience is tailored to you. The art of bohemian hallmark emphasises on a passion for self-expression, a taste for elegance and a touch of trademark whimsy. The Nautilus allows its creative side to run wild. It shares a passion for art, literature, music and creative craft, ensuring the guest experience is a rich celebration of life's greatest gift.



To begin your journey to wellness on a path to a healthier you, explore the freedom of time at an ultra-luxe bohemian hideaway, where bespoke experiences await. Contact us at hello@thenautilusmaldives.com to craft a world of your own making.

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About The Nautilus Maldives

The Nautilus is your luxury bohemian hideaway in the Maldives. A highly personalised, immensely private ultra-luxury island resort with only 26 beach and ocean houses and residences, where every experience is tailored to you. Where nothing is fixed and anything is possible. Where you are free to set your own beat; free to do – and to be – as you please.

Conceptualised by a Maldivian hospitality icon and visionary entrepreneur who was instrumental in creating many award-winning resorts, The Nautilus is the result of his lifetime's worth of expertise and represents what ultra-luxury should be – not just in the Maldives, but worldwide. The legacy of this visionary entrepreneurship is now carried forward by the next generation of the family.

A celebration of the individual spirit, The Nautilus offers liberation and freedom unconditional. Space to share, to meet, where guests are encouraged to be themselves and shape their own personal journey. Above all, The Nautilus encourages its guests to reflect and celebrate with the people they're with, in any way they choose. Because in the end, it's these simple, elemental pleasures – that ability to simply be – that form the greatest luxury of all.

Since its opening, The Nautilus has gained phenomenal international recognition, most notably named by *Condé Nast Traveler's* Readers' Choice Awards 2020 as the Best Resort in the Indian Ocean and among the top three Best Resorts in the World. The Nautilus was also listed in *Condé Nast Traveler's* highly prestigious The Gold List 2021 and *Condé Nast Traveller Middle East's* The Gold List 2021, and named by *Tatler's* renowned Travel Awards 2021 as Best Private Island Retreat. Most recently, The Nautilus was named by *Condé Nast Traveler's* 2022 Readers' Choice Awards as one of the top resorts in the Indian Ocean.

About Ananda in the Himalayas

Ananda is an award winning luxury destination spa resort situated in the Himalayan foothills in Northern India. Located on a 100 acre Maharaja's Palace Estate, Ananda is surrounded by graceful Sal forests and overlooks the spiritual town of Rishikesh and the Ganges river valley.

Ananda, one of the best Luxury Spa Resorts in India and the world, integrates traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmonize energy.

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