

**FOR IMMEDIATE RELEASE**

**Begin Your Journey To A Healthier Life At Kurumba Maldives**



Kurumba Maldives invites guests to enjoy a healthy escape whilst holidaying at Kurumba; be motivated and inspired to focus on fitness, as well enjoying the freedom and time away from their normal hectic life, in a paradise setting.

With this in mind, Kurumba Maldives has recently updated their activities schedule with exciting new daily fitness programs, such as Yoga for beginners, Tai Chi and Stretch & Relax. Advanced Yoga is available at Veli Spa with the resident Yogi, Dimple. Guests can choose their own location for a bespoke experience ranging from the privacy of their villa, on the beach or enjoy the tranquillity of the yoga pavilion. A variety of different yoga sessions are available including power yoga, meditation, pre-natal and anti-stress yoga just to name a few.

For runners and gym enthusiasts, Kurumba boasts a 900m long running path around the island and offers a 24-hour gym complete with first-class equipment and a full range of weights. Three tennis courts are available for guests as an extra activity to add to their health schedule. To accompany this, the Water Sports centre has now introduced stand up paddleboards and kayaks for guests as part of resort's facilities, providing the perfect way for guests to enjoy the natural beauty of the Maldives, and work on their fitness goals. Within the weekly activity program, the resort also offers sports sessions with the team twice per week in which guests are welcome to join in.

To top this off, the Food and Beverage department has created a new, enticing selection of non-alcoholic beverages, wholesome smoothies and juices, with a focus on tantalising tropical flavours and special concoctions that will aid post-workout recovery.

Glenn Cardeno, Recreation Manager at Kurumba Maldives commented: "we are seeing an increase in guests being more serious about their wellbeing. We have seen that more guests are visiting the gym and attending our fitness and health programs than ever before. Hence Kurumba has expanded their health and fitness offerings, encouraging our guests to enjoy a balanced and healthy getaway and to inspire them even after they have departed. "

Kurumba Maldives offers guests the chance to experience an unforgettable holiday and come back richer and healthier.



## About Kurumba Maldives

Kurumba was the very first private island resort in the Maldives when it opened its doors in 1972. Kurumba draws on its proud history, charismatic personality and heartfelt service, to offer compelling and diverse experiences amidst a stunning island setting.

Conveniently located just 10 minutes by speedboat from the airport at Malé, the resort offers nine distinct styles of accommodation, eight different restaurant outlets, as well a rich variety of recreation and entertainment activities suitable for honeymooners and families alike.

Over the years, Kurumba has played host to a variety of foreign dignitaries and Heads of State, including Indian Prime Minister Dr. Manmohan Singh, former UN Secretary-General Kofi Annan, and former US Presidents Bill Clinton, George H.W. Bush and George W. Bush. It has also been the recipient of numerous accolades and awards, including Maldives Leading Hotel (World Travel Awards) in 2010 and 2011, as well as the number one all-inclusive resort in Asia, third best all-inclusive resort in the world (2014) and the Travellers' Choice Awards (2015) on Trip Advisor.

## ENDS

For further information contact [sales@kurumba.com](mailto:sales@kurumba.com) or one of our PR agencies listed below.

- Go to <http://www.kurumba.com/e-blast/salesupdate/mar2013/video.html> to watch the new *Kurumba In Full Colour* branding video.
- New images are available on: <http://www.universalimagesonline.com/kurumbamaldives>

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