



From Personal To Planetary

SOUL Festival Programme



September 29 - October 8, 2023



A festival with a purpose, SOUL offers a verdant space to move, eat, explore and be creative, while celebrating ancient healing traditions and modern innovations that benefit individuals, communities and the planet.



Immerse yourself in an exploration of wellness in all its forms during the first-ever SOUL Festival at Soneva Fushi. Stay for a minimum of three nights and enjoy full access to the festival programme, including gala events on the sand, speaker sessions and experiential workshops, as well as daily full board dining, return domestic transfers and 24/7 Barefoot Guardian service. Learn more about SOUL Festival [here](#).

Festival Line-Up



Damon Gameau
Award winning Australian actor, director, and producer



Shamini Jain
Psychologist, Scientist & Social Entrepreneur



Bruce Lipton
Developmental Biologist, GoI Peace Award Recipient & Best-selling Author



Shauna Shapiro
Clinical Psychologist, Professor, Author & Mindfulness Expert



Emeran Mayer
Gastroenterologist and Author of the bestselling *The Mind Gut Connection* and *The Mind Gut Immune Connection*



Davinia Taylor
Two-time #1 Sunday Times Bestseller, Actress & Biohacking Expert



Swami Chidanand Saraswati
Spiritual Leader & Karma Yogi



Sadhvi Bhagwati Saraswati
Renowned Spiritual Leader & Motivational Speaker



Dr Libby Weaver
Thirteen-time Best-selling Author, Speaker & Founder of Bio Blends



Dr Jo Marchant
New York Times Bestselling Author, Award-winning Journalist & Keynote Speaker



Louie Schwartzberg
Award-winning Cinematographer, Director & Producer



Dr Lilly-Marie Blecher
Chief Medical Officer at Soneva



Robert Svoboda
First Western Ayurvedic Physician in India & Author



Amanda Huggins
Mindfulness Coach, Yoga Instructor & Keynote Speaker



Gaia Vince
Award-winning Science Journalist, Author, Broadcaster & Speaker



Luke Coutinho
Award-winning Holistic Lifestyle Coach & Best-selling Author



Farida Irani
Holistic Health Practitioner, Ayurvedic Aromatherapy Pioneer & Author



Dr Paul Salins
Medical Director & Senior Vice President of Mazumdar Shaw Medical Centre



Dr Nasha Winters
Oncology Specialist & Author



Dr Timothy Doolin
Orthotropics, Orthodontics & Homeoblock Dentist




Dr Joanna Hooper
Family Medicine Specialist & Co-Medical Director at Taos Whole Health Integrative Care




Anders Olsson
Author, Inventor & Founder of Conscious Breathing


Live Music Performances



Ustad Kamal Sabri
Renowned Indian Classical Musician & Composer



Kristin Hoffmann
Internationally-acclaimed Singer, Songwriter & Sound Healing Practitioner



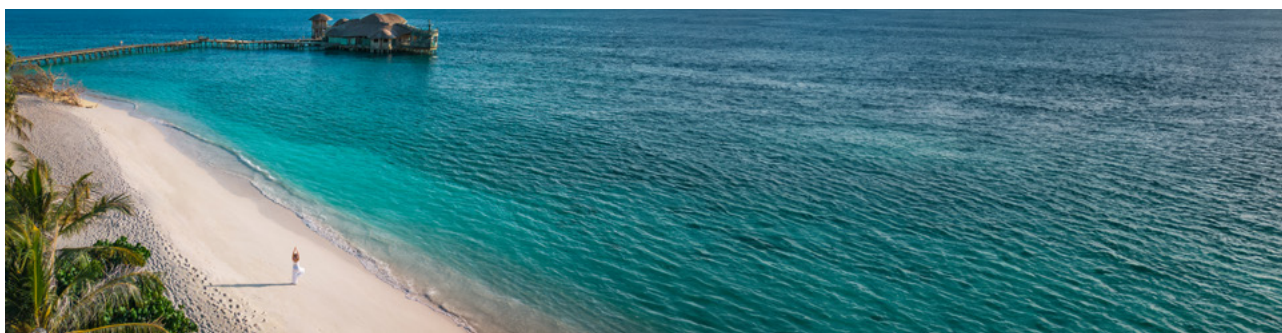
Bawari Basanti
Contemporary Indian Musician, Poet & Storyteller

29 September, Friday

- 10:00 – 18:00** **Arrival & Orientation:** Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with **Soneva's Marine Biologist** and other unique experiences
- 12:00 – 15:00** Lunch at **Mihiree Mithaa**
- 18:00 – 19:45** Sunset cocktails at **Mihiree Mithaa Beach**
- 19:45 – 20:00** Welcome address by **Sonu Shivdasani** and **William Bissell** at **Mihiree Mithaa Beach**
- 20:00 – 22:00** Gala dinner under the stars with live musical performance by sarangi maestro **Ustad Kamal Sabri** at **Mihiree Mithaa Beach**
- 22:30 – 23:00** **Stargazing experience** at the largest observatory in the Maldives

30 September, Saturday

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Hatha Yoga** with Hitesh Kumar at **Turtle Beach Champa** or **Jungle Gym Bootcamp** with Eric Munters at **Jungle Gym** or **Guided Snorkelling** with our resident Marine Biologist.
- 10:00 – 11:00** Rewire Your Mind: A Powerful Practice to Decrease Stress, Increase Mental Clarity and Strengthen Overall Wellness with **Shauna Shapiro** at **Down to Earth**
- 11:00 – 11:15** Coral regeneration sharing at **Down to Earth** with **Dr Johanna Leonhardt**
- 11:30 – 12:45** The Soul of Wellness: What Is True 'Wellness' and How Can It Be Sustained? In discussion with **Sonu Shivdasani, William Bissell, Sadhvi Bhagwati Saraswati, Dr Libby Weaver, Farida Irani** and **Luke Coutinho** at **Down to Earth**
- 12:30 – 14:15** Buffet lunch hosted by wellness visionaries and experts at **Mihiree Mithaa**
- 14:15 – 15:30** Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles by **Dr Bruce Lipton** at **Down to Earth**
- 15:30 – 16:45** The Science of Wellness hosted by **Dr Jo Marchant** in discussion with **Dr Bruce Lipton, Dr Emeran Mayer, Dr Paul Salins, Dr Shamini Jain** and **Farida Irani** at **Down to Earth**
- 16:45 – 18:15** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences
- 18:15 – 22:00** Sunset cocktail on the **Sandbank** followed by a wellness dinner and live musical performance by **Ustad Kamal Sabri**



1 October, Sunday

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Qi Gong** with Roger Moore at **Turtle Champa** or **Primal Movement** with Jonathan Owen in the **Jungle Gym** or a **Tour and Coral Propagation Talk** with our Marine Biologist in **AquaTerra**
- 9:45 – 10:15** Opening meditation with **Pujya Swamiji Swami Chidanand Saraswati** at **Down to Earth**
- 10:15 – 10:45** The Mind-Gut-Immune Connection: Understanding How Food Impacts Our Mind, Our Microbiome and Our Immunity by **Dr Emeran Mayer** at **Down to Earth**
- 11:15 – 11:45** Healing Ourselves: Biofield Science and the Future of Health by **Dr Shamini Jain** at **Down to Earth**
- 12:15 – 12:45** Nomad Century: How to Survive the Climate Upheaval by **Gaia Vince** at **Down to Earth**
- 13:15 – 13:30** Closing meditation with **Sadhvi Bhagwati Saraswati** at **Down to Earth**
- 13:30 – 14:30** Family-style sharing lunch hosted by wellness visionaries and experts at **Out of the Sea**
- 14:30 – 17:30** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences
- 18:00 – 21:30** Explore and celebrate the diverse flavours and stories that make up the Soul Food Journey to nourish our bodies, hearts and souls. Your journey begins at **Jetty C** where you will board a boat to have sunset cocktails in **Out of the Sea**, walk towards the **Banyan Tree**, have a small break in our **Kitchen Junction**, take a detour to the **Bookshop**, followed by a sumptuous buffet dinner at **Down to Earth**
- 20:30 – 21:30** Musical performance by **Kristin Hoffmann** at **Down to Earth**



2 October, Monday

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Sunrise Beach Yoga** by Hitesh Kumar at **Turtle Beach** or **Mat Pilates** with Rushika Tadarwal at **Turtle Champa** or **Freediving Techniques** and **Breathing Exercise** with our Marine Biologist Nathalia Samper at **Watersports Beach**
- 9:00 – 9:45** Grounding: The Enormous Health Benefits of Walking Barefoot with **Dr Lilly-Marie Blecher**, **Dr Vidya Dinesh**, **Dr Kristen Bohnet** and **Dr Michelle Valdez** at **Down to Earth**
- 10:00 – 11:15** The Business of Wellness: Taking the Principals of Wellness into the Corporate World – Fire side chat with **Sonu Shivdasani** and **William Bissell** at **Down to Earth**
- 10:15 – 11:30** Immersive aromatherapy workshop by **Farida Irani** at **Jungle Champa** in **Soneva Soul**

- 10:45 – 12:00** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Timothy Doolin** for Homeoblock and Dentistry and **Anders Olsson** for Conscious Breathing at **Soneva Soul**
- 11:15 – 12:30** **'Tearoom Session'** hosted by **Organic India**: Ancient Wisdom for Modern Times – Exploring Traditional Healing Techniques in conversation with **Pujya Swami Chidanand Saraswati**, **Sadhvi Bhagwati Saraswati**, **Dr Emeran Mayer**, **Dr Lilly-Marie Blecher** and **Dr Robert Svoboda** at **Down to Earth**
- 12:30 – 14:15** Lunch at **Mihiree Mithaa**
- 14:15 – 15:15** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Amanda Huggins** for Mindfulness and Yoga and **Dr Emeran Mayer** for Digestive Health at **Soneva Soul**
- 15:00 - 16:15** The Spirit of Wellness – An immersive session with **Swami Chidanand Saraswati** and **Sadhvi Bhagwati Saraswati** at **Villa 11**
- 15:00 – 16:45** Regenerative Futures: Rebuilding our Relationship with Planet Earth – An immersive discussion with **Gaia Vince** and **Damon Gameau** at **Organic Garden** followed with **Eco Centro Tour** by **Amritansh**
- 17:00 – 18:00** "Small Wins: How to Start Small and Win Big" with **Luke Coutinho** at **the Jungle Gym**
- 17:00 – 19:30** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences
- 18:00 – 19:00** Paddle through paradise – Kayaking with **Jonathan Owen** at **Watersports Champa**
- 19:30 – 20:00** Introduction to Fantastic Fungi with award-winning cinematographer, director and producer **Louie Schwartzberg** at **Cinema Paradiso**
- 20:00 – 22:00** Enjoy dinner under the Maldivian skies at **Cinema Paradiso** followed by a screening of Fantastic Fungi
- 22:15 – 23:00** **Stargazing experience** at the largest observatory in the Maldives

3 October, Tuesday

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Qi Gong** with Roger Moore at **Turtle Champa** or **Core Workout Class** with Eric Munters at **Turtle Beach** or a **Zipline session** with our professional zipline rangers
- 9:30 – 11:00** Glass blowing demonstration at **So Glasscycle**
- 10:00 – 11:00** The Structure of Breath by **Anders Olsson** in conversation with **Dr Timothy Doolin** at **Villa 11**
- 10:00 – 11:00** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Paul Salins** for Medicine and **Dr Robert Svoboda** for Ayurveda at **Soneva Soul**
- 11:15 – 12:15** The Honeymoon Effect: Exploring the Science of Love – fireside chat hosted by **Luke A Coutinho** with **Dr Bruce Lipton** and **Margaret Horton** at **Villa 11**
- 12:30 – 14:15** Lunch at **Mihiree Mithaa**
- 12:30 – 16:00** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences

- 15:00 – 17:00** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Lilly-Marie Blecher** for Naturopathic and Traditional Chinese Medicine and **Dr Timothy Doolin** for Homeoblock and Dentistry at **Soneva Soul**
- 16:45 – 17:30** Clean Food for the Future: Going Zero Processed with **Chef Diana Von Cranach** and **Chef Carsten Kyster** at **Villa 11**
- 17:00 – 18:00** Mindfulness breathwork with **Hitesh Kumar** at **Turtle Champa**
- 18:00 – 19:30** Soul sunset session with cocktails, elixirs and live DJ entertainment at **Sandbank**
- 18:00 – 19:30** Sunset SUP & Stretch – Wellbeing adventure with **Jonathan Owen** at **Watersports Centre**
- 18:30 – 19:45** Trātaka – Technique of candlelight gazing with **Hitesh Kumar** at **Soneva Soul Turtle Champa**
- 19:30 – 22:00** Dinner at **Down to Earth** with live musical performance by **Kristin Hoffmann** presenting "Songs of the Sea"



4 October, Wednesday

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Morning Meditation** with Shauna Shapiro on **Sandbank** or **SUP Lesson** with Ardie or **Sunrise Catamaran Sailing** with our skipper at **Watersports Champa**
- 10:00 – 11:45** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Paul Salins** for Medicine and **Dr Timothy Doolin** for Homeoblock and Dentistry at **Soneva Soul**
- 10:00 – 11:00** Gut Health Immersion with **Dr Emeran Mayer** and **Dr Lilly-Marie Blecher** at **Down to Earth**
- 10:30 – 11:30** Tools for Stress Management, Anxiety and Restful Sleep by **Amanda Huggins** at **Villa 11**
- 11:30 – 12:00** Sol Aum - Sound Healing session with **Kristin Hoffmann** at **Villa 11**
- 12:30 – 14:00** Lunch at **Mihiree Mithaa**
- 12:00 – 14:00** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences
- 14:00 – 15:00** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Emeran Mayer** for Digestive Health and **Farida Irani** for Ayurveda at **Soneva Soul**
- 15:00 – 16:00** Mixology with naturopathic doctor **Michelle Valdes** at **Organic Garden**

- 15:00 – 16:00** The Cancer Dialogues: Current Topics on Cancer Research by **Dr Paul Salins** and **Dr Nasha Winters** at **Villa 11**
 - 16:00 – 17:00** Eco Centro Tour
 - 17:00 – 18:00** Mantra Chanting with **Hitesh Kumar** at **Turtle Champa**
 - 18:00 – 21:00** Cocktails and canapés at **Down to Earth** followed by Four Hands Dinner with **Chef Diana Von Cranach** and **Chef Carsten Kyster** with live musical performance by **Bawari Basanti**
 - 21:00 – 23:00** **Stargazing experience** at the largest observatory in the Maldives
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5 October, Thursday

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Balanced Yoga** by Hitesh Kumar at **Turtle Champa** or **Primal Movement** by Jonathan Owen at **Jungle Gym** or **Eco Centro tour** including the organic garden at **Fresh in the Garden**
- 8:00 – 9:30** Glass blowing demonstration at **So Glasscycle**
- 10:00 – 11:30** **'Tearoom Session'** hosted by **Organic India: Health Crisis to Health Awakening** with **Amanda Huggins, Davinia Taylor, Dr Jo Marchant** and **Dr Shamini Jain** at **Villa 11**
- 10:30 – 11:30** My Chocolate – Chocolate making experience with Chef Emdadul Islam at **Out of the Blue**
- 12:00 – 13:00** Hormones: Our Personal Mood Controllers with **Dr Libby Weaver** and **Dr Lilly-Marie Blecher** at **Down to Earth**
- 12:00 – 13:00** Maintaining a Healthy Heart by **Dr Paul Salins** at **Villa 11**
- 12:00 – 14:00** Lunch at **Out of the Sea** hosted by one of our visiting chefs
- 14:00 – 15:30** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Lilly-Marie Blecher** for Naturopathic and Traditional Chinese Medicine, **Dr Timothy Doolin** for Homeoblock and Dentistry and **Anders Olsson** for Conscious Breathing at **Soneva Soul**
- 15:00 – 16:00** Spontaneous Evolution – An unstructured session at **Down to Earth** for presenters to co-create together and share the Inspirations that are emerging from their journey at SOUL Festival
- 15:30 – 16:45** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Paul Salins** for Medicine and **Farida Irani** for Ayurveda at **Soneva Soul**
- 15:30 – 16:45** Waste NOT, Want NOT with **Chef Diana Von Cranach** and **Damon Gameau** at **Villa 11**
- 17:00 – 18:00** Active Stretch and Mobilisation with **Eric Munters** in **Turtle Champa**
- 18:30 – 19:30** Sunset cocktail in the **Shades of Green**
- 19:00 – 20:00** Cocoa ceremony with **Dr Michelle Valdes** at **Turtle Champa**
- 19:30 – 19:45** Introduction to the film 2040 with award-winning screenwriter, director, author and activist **Damon Gameau** at **Cinema Paradiso**
- 19:45 – 22:15** Enjoy dinner under the Maldivian skies at **Cinema Paradiso** followed by a film screening of 2040.
- 21:00 – 23:00** **Stargazing experience** at the largest observatory in the Maldives

6 October, Friday

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Sunrise Yoga with** Hitesh Kumar at **Turtle Beach** or **Core Body Workout** with Eric Munters at **Jungle Gym** or **Guided Snorkelling** with our Marine Biologist
- 10:00 – 11:00** **'Tearoom Session'** hosted by **Organic India: The Healing Powers of Herbs** with **Dr Libby Weaver, Farida Irani, Dr Lilly-Marie Blecher** and **Dr Vidya Dinesh** at **Down to Earth**
- 11:15 – 12:15** Your Tantric Voice: Unleashing The Power of Inner Sound Healing by **Dr Shamini Jain** in **Villa 11**
- 12:30 – 14:00** Lunch at **Mihiree Mithaa**
- 14:00 – 15:45** Meet our Wellness Experts for an intimate **'one on one'** conversation and customised guidance with **Dr Timothy Doolin** for Homeoblock and Dentistry and **Dr Nasha Winters** for Cancer and Holistic Medicine at **Soneva Soul**
- 15:00 – 16:00** 'I Am Perfect As I Am' Overcoming Self Judgements and Fears – A Fireside chat with **Amanda Huggins** and **Luke Coutinho** at **Down to Earth**
- 15:00 – 16:15** Biohacking Workshop: Hacking into Your Personal Biology and Creating a Protocol for Longevity with **Davinia Taylor** at **Villa 11**
- 18:00 – 19:45** Sunset cocktails at **Out of the Blue** Deck with live DJ performance
- 19:30 – 19:45** Sharing of thoughts, ideas and inspiration by **Sonu Shivdasani** at **Out of the Blue**
- 19:45 – 20:00** Gala dinner at **Out of the Blue** followed by a live fusion musical performance by sarangi maestro **Ustad Kamal Sabri, Bawari Basanti** and **Kristin Hoffmann**



7 October, Saturday

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Jungle Gym Training** with Eric Munters at **Jungle Gym** or **Mat Pilates** at **Turtle Champa** with Rushika Todarwal or **Guided Snorkelling** with our Marine Biologist
- 9:15 – 9:45** Opening meditation by **Shauna Shapiro** at **Down to Earth**
- 9:45 – 10:30** The Power of Conscious Breathing by **Anders Olsson** at **Down to Earth**
- 10:45 – 12:00** The Eye of the Storm: Finding Balance in Times of Chaos with **Shauna Shapiro, Dr Lilly-Marie Blecher, Luke Coutinho, Dr Bruce Lipton** and **Dr Nasha Winters** at **Down to Earth**
- 12:15 – 14:15** Lunch hosted by our wellness visionaries and experts at **Out of the Sea**
- 14:15 – 15:00** Cure: A Journey into the Science of Mind Over Body by **Dr Jo Marchant** at **Down to Earth**

- 15:30 – 17:00** Building a Regenerative Future with **Sonu Shivdasani, Gaia Vince, Damon Gameau** and **Louie Schwartzberg** at **Down to Earth**
- 16:30 – 18:00** Leisure time: Enjoy Soneva Soul's signature treatments and wellness offerings, Soneva Fushi's beaches, watersports including guided snorkelling with Soneva's Marine Biologist and other unique experiences
- 18:00 – 19:30** Soul sunset session with cocktails, elixirs and live DJ entertainment at **Sandbank**
- 19:30 – 22:00** Buffet dinner at **Mihiree Mithaa** with world musical performance by sarangi maestro **Ustad Kamal Sabri** and **Bawari Basanti**

8 October, Sunday

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: **Aerial Yoga** with Hitesh Kumar at **Jungle Gym** or **Primal Movement** with Jonathan Owen at **Turtle Beach** or **Guided Snorkelling** with our Marine Biologist
- 10:30 – 11:15** Stress and Anxiety Management by **Amanda Huggins** at **Down to Earth**
- 11:30 – 12:30** Exhausted to Energised: The biochemical, nutritional and emotional factors that impact your energy by **Dr Libby Weaver** at **Down to Earth**
- 12:30 – 14:00** Lunch at **Mihiree Mithaa**
- 14:00 – 15:00** Biohacking: The Ultimate Guide to Optimal Health by **Davinia Taylor** at **Down to Earth**
- 15:30 – 17:00** Wellness in the Marketplace: Sustaining True Wellness in Our Modern and Complex World with **Sonu Shivdasani, Dr Joanna Hooper, Dr Lilly-Marie Blecher, Gaia Vince, Amanda Huggins** and **Farida Irani** at **Down to Earth**
- 18:00 – 19:30** Soul sunset session with cocktails, elixirs and live DJ entertainment at **Out of the Sea**
- 19:30 – 19:45** Closing address by **Sonu Shivdasani**
- 19:45 – 21:00** Explore and celebrate the diverse flavours and stories that make up the Soul Food Journey to nourish our bodies, hearts and souls. Your journey begins at **Jetty C** where you will board a boat to have sunset cocktails in **Out of the Sea**, walk towards the Banyan Tree, have a small break in our Kitchen Junction, take a detour to the Bookshop, followed by a sumptuous buffet dinner at **Down to Earth**
- 21:00 – 23:00** Sacred musical performance by sarangi maestro **Ustad Kamal Sabria** and **Bawari Basanti** at **Down to Earth**
- 23:00 – 24:00** Live DJ performance at **Down to Earth**

**The Festival programme may be subject to change.*



SOUL Festival will be video streamed and guests attending the festival may appear on video footage available online

