



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



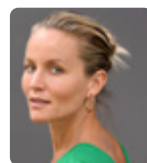
Bruce Lipton
Developmental Biologist, Go! Peace Award Recipient & Best-selling Author



Shauna Shapiro
Clinical Psychologist, Professor, Author & Mindfulness Expert



Emeran Mayer
Gastroenterologist & Bestselling Author of The Mind Gut Connection & The Mind Gut Immune Connection



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



Swami Chidanand Saraswati
Spiritual Leader & Karma Yogi



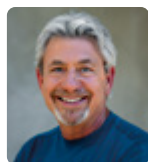
Sadhvi Bhagwati Saraswati
Renowned Spiritual Leader & Motivational Speaker



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



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



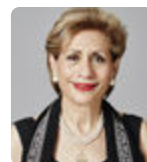
Amanda Huggins
Mindfulness Coach, Yoga Instructor & Keynote Speaker



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



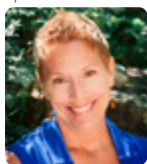
Luke Coutinho
Award-winning Holistic Lifestyle Coach & Best-selling Author



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



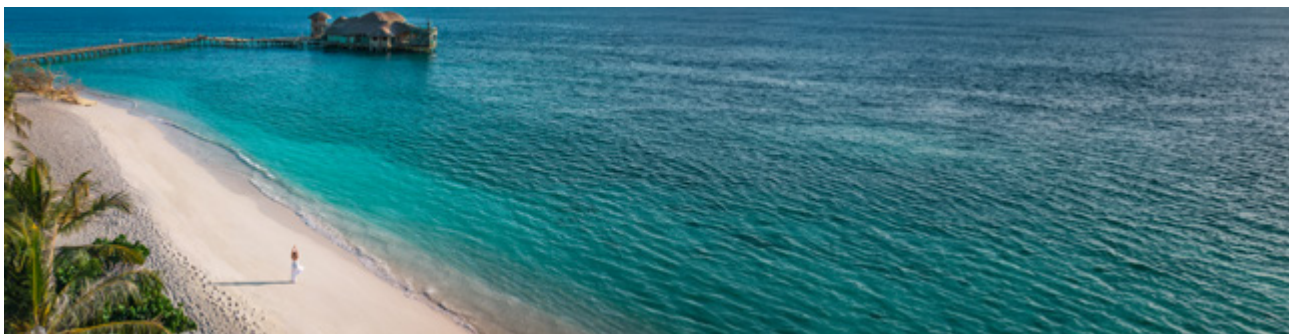
Bawari Basanti
Contemporary Indian Musician, Poet & Storyteller

Friday, 29 September

- 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 **Down to Earth**
- 22:30 – 23:00** Stargazing experience at the largest observatory in the Maldives

Saturday, 30 September

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: Hatha Yoga with **Hitesh Kumar** at **Soneva Soul Turtle Champa** or bootcamp circuit training with **Jairo Alonso** at **Jungle Gym** or guided snorkelling with our resident Marine Biologist
- 10:00 – 11:00** Tuning the Collective Field: Opening meditation and talk with **Shauna Shapiro** at **Down to Earth**
- 11:00 – 11:15** Coral regeneration sharing at **Down to Earth** with our Marine Biologist
- 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** and **Farida Irani** 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 Neuroscience of Wellness – 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 **Kristin Hoffmann**



Sunday, 1 October

- 7:00 – 10:30** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: Qi Gong class with **Roger Moore** at **Turtle Champa** or primal movement with **Jonathan Owen** at 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** at **Down to Earth**
- 10:15 – 10:45** The Gut Immune Connection: How Understanding the Connection Between Food and Immunity Can Help Us Regain our Health 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** Transcendence: How Humans Evolved Through Fire, Language, Beauty and Time 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 **Barefoot Bookshop**, followed by a sumptuous buffet dinner at **Down to Earth**
- 20:30 – 21:30** Musical performance by **Kristin Hoffmann** and **sarangi maestro Ustad Kamal Sabri** at **Down to Earth**



Monday, 2 October

- 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 at **Out of the Blue** or freediving techniques and breathing exercise with our Marine Biologist **Nathalia Samper** at **Watersports Champa**
- 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**
- 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 **Soneva Soul Jungle Champa**

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 – 16:45	Regenerative Futures: Rebuilding our Relationship with Planet Earth – An immersive discussion with Gaia Vince and Damon Gameau followed by Eco Centro Tour
17:00 – 18:00	Sol Aum – Sound healing session with Kristin Hoffmann at Villa 11 or fitness bootcamp 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 Jairo Alonso 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

Tuesday, 3 October

7:00 – 10:30	Breakfast at Mihiree Mithaa
7:00 – 9:00	Your choice of morning activity: Qi Gong Class with Roger Moore at Out of the Blue or core workout class at Soneva Soul Turtle Champa with Jairo Alonso 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 – A fireside chat with Dr Bruce Lipton and Margaret Horton in conversation 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**
- 15:30 – 16:30** The Spirit of Wellness – An immersive session with **Puja Swami, Chidanand Saraswati** and **Sadhvi Bhagwati Saraswati** at **Villa 11**
- 16:45 – 17:30** Clean Food for the Future: Going Zero Processed with **Chef Diana Von Cranach** at **Villa 11**
- 17:00 – 18:00** Mindfulness breathwork with **Pawan Kumar** at **Soneva Soul 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 **Jairo Alonso** at **Watersports Champa**
- 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*



Wednesday, 4 October

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: Morning meditation with **Shauna Shapiro** on the **Sandbank** or SUP workout with **Jairo Alonso** at **Watersports Champa** or sunrise catamaran sailing with our skipper
- 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 Libby Weaver** at **Down to Earth**
- 10:30 – 11:30** Tools for Stress Management, Anxiety and Restful Sleep by **Amanda Huggins** 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 and Pawan 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 at Down to Earth
21:00 – 23:00	Stargazing experience at the largest observatory in the Maldives

Thursday, 5 October

7:00 – 10:00	Breakfast at Mihiree Mithaa
7:00 – 9:00	Your choice of morning activity: Balanced yoga by Hitesh Kumar at Soneva Soul Turtle Champa or primal movement by Jonathan Owen 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 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 Jairo Alonso in Turtle Champa
18:30 – 19:30	Sunset cocktail in the Shades of Green
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 – 22:00	Cocoa ceremony with Dr Michelle Valdes in Flying Sauces
21:00 – 23:00	Stargazing experience at the largest observatory in the Maldives

Friday, 6 October

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: Sunrise beach yoga at **Soneva Soul Turtle Champa** or core class at **Out of the Blue** 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** Mind-Body-Spirit Connection 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 Lilly-Marie Blecher** for Naturopathic and Traditional Chinese Medicine, **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** with live DJ performance
- 19:30 – 19:45** Sharing of thoughts, ideas and inspiration by **Sonu Shivdasani** and **William Bissell** 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**



Saturday, 7 October

- 7:00 – 10:00** Breakfast at **Mihiree Mithaa**
- 7:00 – 9:00** Your choice of morning activity: Jungle gym training with **Jairo Alonso** or mat Pilates at **Soneva Soul Turtle Champa** 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 **Jo Marchant** at **Down to Earth**

- 15:15 – 15:30** Coral regeneration talk at **Down to Earth**
- 15:30 – 17:00** Building a Regenerative Future with **Sonu Shivdasani, William Bissell, 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**

Sunday, 8 October

- 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 **Soneva Soul Turtle Champa** or guided snorkelling with our Marine Biologist
- 10:00 – 10:30** Group vocal toning with **Kristin Hoffmann** at **Down to Earth**
- 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**
- 15:15 – 15:30** Waste to Wealth Talk at **Down to Earth**
- 15:30 – 17:00** Wellness in the Marketplace: Sustaining True Wellness in Our Modern and Complex World with **Sonu Shivdasani, William Bissell, 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** and **William Bissell**
- 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 **Barefoot Bookshop**, followed by a sumptuous buffet dinner at **Down to Earth**
- 21:00 – 23:00** Live world fusion musical performance by **sarangi maestro Ustad Kamal Sabri, Bawari Basanti** and **Kristin Hoffmann** 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

