

## **W MALDIVES LAUNCHES GLOW IN THE DARK YOGA**

**Maldives, July 18, 2016:** With the increased demand for fun-filled healthy lifestyle choices that deliver the optimum body and mind balance, W Maldives is launching its very first Glow in the Dark Yoga series.

Glow in the Dark Yoga is now available on Thursdays at 15BELOW, Maldives' only underground club located just fifteen steps below the sea level. This initiative showcases W Maldives' commitment to deliver fun-packed fitness space to W consumers. The yoga sessions are held by in-house yoga masters who are combining the healing yoga properties with the trendy environment of the venue.

Glow in the Dark Yoga is ideal for novices and guests wishing to try a new form of body and mind exercise. The main goal is to develop an understanding of how the body engages in each posture while the yoga master guides one's awareness to specific areas and aspects of the practice to enhance the body's natural intuition. Stress release, improved flexibility plus a stronger and more powerful body are additional benefits guests can expect from this class.

All the guests also receive fluorescent bracelets to wear during the class and may have their body painted with the glow-in-the-dark paints upon request.

Click [here](#) for high res photos.

Stay tuned by following W Maldives on 

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### **About W Maldives**

Connect with your inner peace and go along with the pace of island life. Experience one of the 78 Escapes, either on the beachside or overwater giving you access to endless Indian Ocean views. Succumb to the dazzling blue waters, spectacular reefs and pristine sands in style and be at one with both body and soul. AWAY® Spa at W Maldives is the ultimate sanctuary for well-being with four overwater treatment villas, each with a private outdoor area and a range of treatments designed to remove all the stresses and strains of modern day city life.

### **About W Hotels Worldwide**

W Hotels is a contemporary, design-led luxury lifestyle brand and the industry innovator with 47 hotels and retreats, including 17 W-branded residences, in the most vibrant cities and exotic destinations around the world. Inspiring, iconic, innovative and influential, W Hotels provides the ultimate in insider access, offering a

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unique mix of cutting-edge design and passions around fashion, music and entertainment. With 15 years of proven success, W Hotels is on track to reach more than 60 hotels by 2018. W Hotels have been announced for Shanghai, Tel Aviv, Abu Dhabi, Dubai, Amman, Jakarta, Panama, Muscat, Suzhou, Changsha, Chengdu, New Delhi, Kuala Lumpur, Shenyang, Marrakech and Brisbane, while upcoming W Retreats include Goa, Phuket, Hainan Island and Mexico's Riviera Maya.

**For more information**

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