



# Dive Into Bliss

Scuba & Yoga Liveaboard Dive Safari - The Maldives

14 - 21 September 2024



*Traveler Submerged*





Hello and Welcome

# Introduction

Join me as we embark on a week of blissful dives and rejuvenating yoga classes, where each breath and movement align with the rhythm of the ocean. Together, we'll dive into the heart of the Maldives, exploring its azure wonders, and finding balance between the thrill of scuba diving and the mindfulness of yoga. This is not just a trip; it's a holistic journey where we'll immerse ourselves in the beauty of both worlds.

Get ready to indulge in the ultimate yoga/scuba connection aboard the award-winning Sachika, appointed "Best Dive Safari Boat 2018, 2019, 2022."



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# What's

special about this trip?

Experience the Maldives beyond the ocean depths. Our days will be filled with delightful activities, from beach barbecues to island tours, yoga and mobility classes geared towards divers, marine biology discussions, air-consumption and buoyancy workshops, beach clean-ups, snorkelling, and water sports.

It's not just a charter; it's a holistic adventure where every moment is crafted for your enjoyment.



Daily Yoga & Mobility Classes designed for Scuba Divers



Breathwork that safely extends your dives



Mindfulness techniques that enhance the dive experience



# Highlights

## Yoga Meets Scuba

Immerse yourself in the unique fusion of yoga and scuba diving. As an experienced PADI scuba and freediving instructor and a dedicated yoga teacher, I bring a harmonious blend of tranquility and adventure to every moment of this journey.

## Award Winning Vessel

Board the Sachika, recognized as the "Best Dive Safari Boat 2018, 2019, 2022." This stylish and spacious vessel sets the stage for a luxurious and comfortable retreat, enhancing the overall experience of our underwater and yoga escapade.

## All-Inclusive Comfort

Your every need is taken care of on board. Comfortable cabins, high-quality meals, and a selection of drinks are provided. The crew ensures your tanks are filled, allowing you to focus on the joy of diving and the serenity of yoga without a worry in the world.

## Holistic Well-Being

This charter isn't just about diving into the depths of the ocean; it's about finding balance and well-being. Daily yoga & breathwork classes will be woven into the fabric of our adventure, providing a rejuvenating and centering experience amid the excitement of scuba exploration.

## Unique Experience

Indulge in up to 18 dives throughout the week, exploring the Best of Central Atolls Maldives. With a focus on quality dives and special moments, we'll create memories, from colourful encounters with Mantas, or Whale Sharks to thrilling night dives with sharks.

## Expert Guidance

Benefit from my expertise as your guide—both in the yoga studio and underwater. As a seasoned instructor, I'm dedicated to ensuring your experience is not only memorable but also transformative, fostering a deeper connection with the ocean and yourself.

# Meet Robin...

With over 20 years working in luxury hospitality, my career has taken me around the globe, living and working on remote tropical islands. This extensive experience has fueled my passion for island travel and the ocean, making this journey not just a trip but a culmination of a lifelong love affair with these breathtaking environments.

As an experienced PADI scuba and freediving instructor, a yoga and mobility teacher, and a breathwork and meditation facilitator, my commitment lies in deepening the connection with the ocean, and marine life, while supporting marine conservation initiatives.

Through my passions, Traveler Submerged was born, and through my brand, I inspire subversive experiences, either in the ocean or through travel and life in general.

This voyage goes beyond exploring the incredible underwater world; it's about finding harmony between the depths of the ocean and the tranquillity of yoga, creating an unparalleled experience.





# Yoga & Diving

Being mindful of our breathing and focusing inward during a dive helps us stay relaxed, slows our heart rate, and improves our air consumption. Through the unique feeling of weightlessness and our slow, calm and relaxed breathing, every dive can be a meditation and bring about a greater sense of well-being. Learn to reach this “flow state” every time you dive.

Yoga Diving helps to focus the mind and bring about a subtle sense of inner peace through controlled breathing, sensory consciousness, and an undivided point of attention.





# Sachika

## Top Class Cruising

Sachika is a 33-meter liveaboard yacht that offers a diving safari in the Maldives. She is the perfect choice for divers of all levels, from beginner to experienced. Sachika has 10 spacious cabins that can accommodate up to 22 guests. Each cabin has an air conditioner, en-suite bathroom and mini-bar.



The sundeck with its jacuzzi is perfect for relaxation between dives and stargazing at night. Four dive guides and Nitrox available on board. The crew is experienced and professional, and they are dedicated to providing you with the best possible diving experience.





# SACHIKKA

## Daily Life

### Leisure & Relax

As you go about your daily life aboard our vessel, you're invited to indulge in the delicious buffet meals in the restaurant. Their seasoned chefs have created a delectable array of culinary options to appeal to every palate. You will find our convenient water dispenser readily available. For your convenience, there are self-service tea and coffee stations throughout the ship.

The Lounge bar with open-air ocean views offers selected cocktails, mocktails, worldwide spirits and a fine selection of wines. A jacuzzi placed on the boat stern offers you a stunning relaxation surrounded by a paradise panorama.

# Best Of Central Atolls

The Best of Central Atolls Maldives liveaboard is an unforgettable journey that begins in North Malé Atoll, where you'll have the chance to explore some of the most incredible dive spots next to the capital city.

From there, we'll set sail towards South Malé Atoll, passing through the famous Guraidhoo Marine Protected Area: get ready to dive into this colourful corner of the archipelago and witness stunning encounters with large predators, framed by schools of trevally and snapper.

The trip continues towards Vaavu Atoll (Felidhoo Atoll) where grey reef sharks are waiting for you in the channels and nurse sharks are ready to greet you during an exciting night dive.

The journey moves on to Ari Atoll, from South to North, where encounters with manta rays and whale sharks are possible all year round. The dives in this atoll are colourful and full of life.

On the last day, we head back to Malé, to enjoy the last dives and to visit the capital during a 2 hours long tour





# Diving Schedule

The first dive happens in the early morning when the sun comes up suddenly at about 6:00 am, and after a coffee and the dive briefing.

After the dive, enjoy a gentle morning yoga class with Robin, to get your body and mind ready for the rest of the day's dives and exciting encounters.

Enjoy a full breakfast and a good hour break before hopping in for the second dive between 10 am and 11:30 am.

Lunch is served shortly after the second dive and is no doubt followed by a power nap on the sun deck, preparing you for the third dive.

The days are filled with delicious food between dives and various activities: barbecue on the beach, trips to desert islands, sand banks and local islands, biology lessons, beach clean-ups, snorkelling and water sports.

# Accommodations

## Lower Deck

In the lowest deck, you can find a total of 7 cabins that come in either double or twin formats. These cabins are located in a prime spot on the ship that offers comfort, convenience, and an enjoyable experience for your scuba diving cruise in the Maldives.

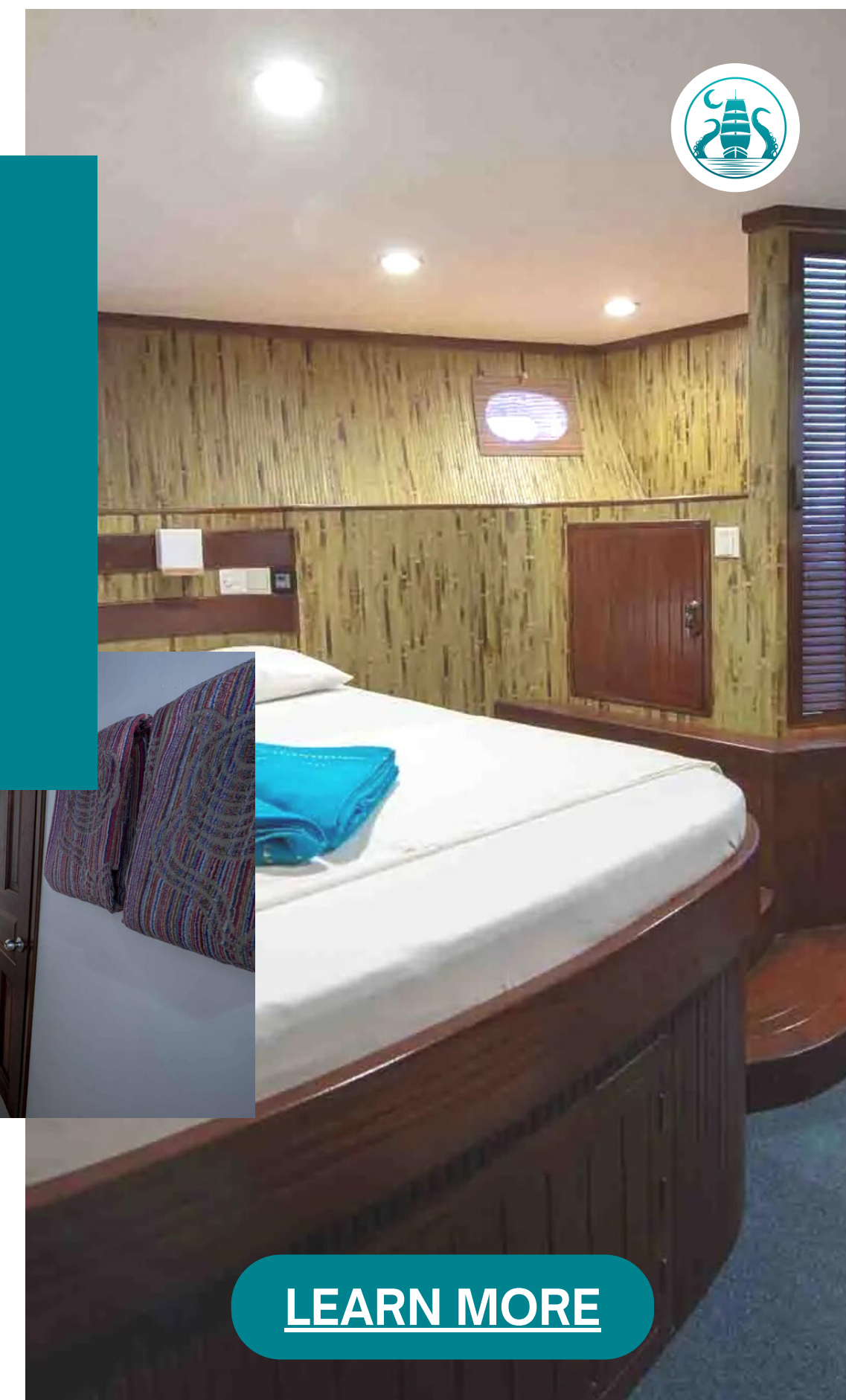
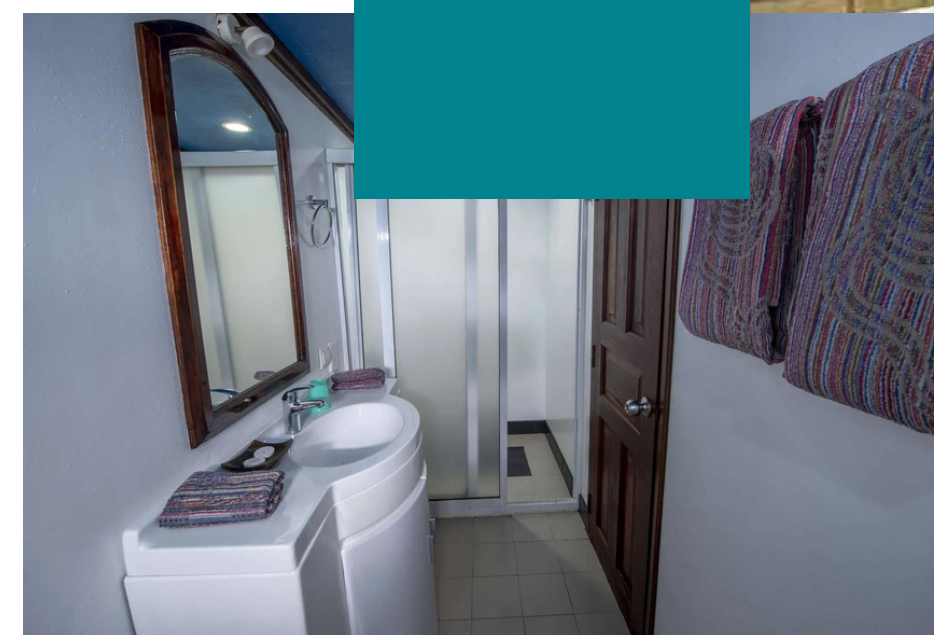
Whether you're travelling alone or with a companion, they have designed these cabins to provide you with everything you could need to make your journey everything you dreamed it would be. These cabins are carefully crafted to offer spaciousness and a homely feel.

6 x Standard Cabins - Twin Layout (12 Guests)

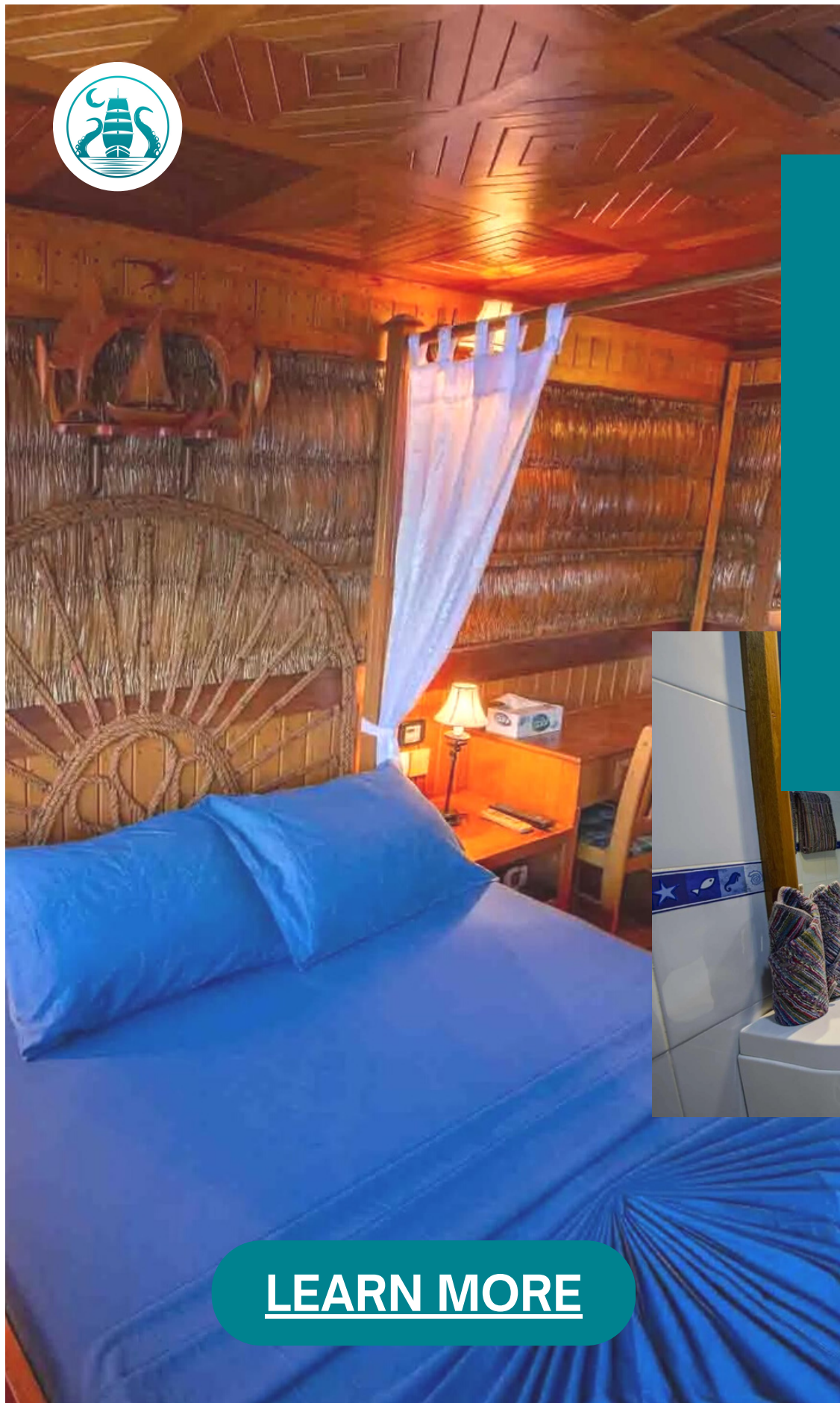
1 x Junior Suite - Twin with Double (2/3 Guests)

**STD Cabin: USD 1,750.00 Per Person**  
**JNR Suite: USD 1,850.00 Per Person**

30% deposit required to secure your spot, balance 1 month before the cruise



[LEARN MORE](#)



[LEARN MORE](#)

# Accommodations

## Upper Deck

The suites ensure the top experience, for those who choose an experience without compromises, with a stunning ocean view.

Understanding that their guests deserve nothing but the best, this is why they spare no expense in ensuring that the suites are equipped with every amenity that could enhance their stay.

3 x Suites - Double or Twin (6 Guests)

**Suites: USD 1,950.00 per person**

30% deposit required to secure your spot, balance 1 month before the cruise

# What's Included

- Accommodation on a sharing basis
- Maldivian T-GST 16% and Maldivian "Green Tax"
- 3 scuba dives per day (except the check-in day and the mandatory 24-hours NO FLY before the International Flight)
- 1 night dive per week
- Full Board: Breakfast, Lunch and Dinner (in buffet style)
- Mineral water, Nescafe & tea
- Transport from and to the airport
- Fishing from the boat
- Trips to local islands, private islands and sandbanks
- Trip to Male'
- Daily snorkeling
- 1 barbeque dinner on the beach

- Check-in time on arrival day: from 11:00 to 24:00.

- Check-out time on departure day is at 7:30.



# Not Included

- Mandatory “Service Fee” of 100 USD per person
- Flight ticket for International Flight
- Insurances: travel, medical, diving
- Beverage: alcohol and soft drinks
- NITROX (70 USD)
- Diving equipment rental
- Diving courses
- Extra dives: when possible, an extra 4th dive will be planned by the cruise manager (e.g. night dive with mantas, channel dives and others)
- Trips to private islands
- Wi-Fi internet access
- Transport from and to the airport outside of cruise dates.
- Everything not described in “The price includes”

All the payments on board are possible in cash US\$, cash EUR or by Credit Cards (we accept MasterCard and VISA, with a commission of 4%).



# Let's Connect



Please feel free to reach out to me with any questions or if you'd like to book your spot on this exciting Maldives Liveaboard Trip.

 +356 79422 630

 [robin@travelersubmerged.com](mailto:robin@travelersubmerged.com)

 [m.me/rbnbull](https://m.me/rbnbull)

 [traveler\\_submerged](https://www.instagram.com/traveler_submerged)

 [travelersubmerged](https://www.facebook.com/travelersubmerged)

 [travelersubmerged.com](https://www.travelersubmerged.com)

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