

“BREATHE”
THE WATER EXPERIENCE
by Bastien Soleil



RAFFLES
MALDIVES MERADHOO

An Underwater Journey of Self-Discovery

In the beautiful and serene Indian Ocean waters of Raffles Maldives Meradhoo, join Bastien Soleil for a unique journey of self-discovery, through a mindful connection with the water. Let Bastien be your guide and engage you with a “mind over matter” session, fully engaging your senses in the underwater world.

In Bastien’s own words, “Civilization has long viewed the ocean as much a healing presence as a humbling one. The feeling of the unknown lurks deep in us all, but we forget that we all came from the ocean, so it’s no wonder we all feel a strong pullback to it. After years of teaching a unique program combining the art of freediving and meditation, I have become convinced that a part of us knows how the union between water, body, mind and soul is peaceful and beautiful. Therefore, my mission here at Raffles Maldives Meradhoo is to patiently guide you to rediscover the magic of this original connection in the most natural surroundings of this beautiful island, located in the world’s finest and one of the most remote locations.”



Bastien Soleil -

Freediving master, photographer, artist and award-winning videographer.