



easter programme
03rd april - 12th april


SIX SENSES

Ziggy Bay

chaica's club activities

Our Chaica's Club is centrally located adjacent to the Main Pool, below Zighy Bar, and is available for those aged 4 – 12 years. Hours of supervision in the club are: 10:00– 13:00; 15:00 – 17:00; 19:30– 21:00. Unless specified, activities are offered with our compliments.

Arabic Lesson

Impress your family and friends when you learn how to count and say local greetings in Arabic, the language of Oman.

Arts and Crafts

Make yourself some memories to take home. How about a bookmark, hat, or many other items that our creative Chaica's Club hosts can assist.

Bubble Maker Diving Course

You are at between 8 -10 years old? Come and join the diving team in the Bubblemaker programme and experience your first breath underwater. After your safety briefing, the Instructor will take you under the water in the swimming pool for fun exercises and games! This activity is offered at the Main Pool and is chargeable at fifty OMR per child, including certificate.

Bird Watching Scavenger Hunt

Did you know that Oman has many beautiful birds? You may have heard many of them singing. We will take you throughout the resort with a list and pictures of the birds to find as many as possible.

Cookie, Cupcake and Pizza Making

Our chefs may have made the batter and dough, but it's missing the last ingredient; fun! Let us gather and create some tasty snacks. Once they've baked we can decorate them with all sorts of goodies.

Crab Searching

Have you seen the sand tunnels and towers along the beach? Inside lives an adorable ghost crab, aptly named because they blend in so well. Come searching with our torches and you can see them scurry.

Easter Bunny Ears and Mask Making

Complete an Easter Bunny outfit; make ears and masks to show off.

Easter Egg Decorating

Paint on real boiled eggs and then use it for our Easter egg hunt.

Easter Egg Hunt

Before you wake on Easter morning the Easter Bunny will come to Zighy to hide your painted eggs. When he leaves we get to look for them, finding as many as you can. No peeking!

Egg Run

How quickly can you run balancing an egg on a spoon? Team up and see who crosses the finish line first (no dropping the eggs!)

Environment Lesson

Learn to love Mother Earth, care about her and protect our environment with Mundher, our Social and Environment Officer.

Feed the Zighy Goats

Have you counted all of the Zighy goats? There are lots of them waiting to play with you, and they're *all* hungry! We like to give them organic scraps to ensure their health and safety, and as part of our environmental conscious efforts to reduce waste.

Four Square

This is like hand tennis in a 2X2 metre square divided in four spaces. Hit the ball into your own block; after that it must bounce in the opponent's block.

Henna

This temporary application will last only a day or two. Henna is a celebrated tradition in Arabia, and you can have any design you like!

Mix and Match Juices

Fresh juices are a great way to drink your daily requirement of fruits and vegetables. Make your own combination to discover a tasty treat.

Omani Story Time

Spend time with one of our Omani hosts as he tells stories of the land, history and experiences of Oman.

Rock Painting

Take a piece of Oman home with you by painting your own design on a rock from our Hajar Mountains. We've got all sorts of non-toxic paints and colours for you to create beautiful designs.

Make Your Own Play Dough

Using salt, water, and flour you get to make your very own play dough! Now you get to shape, mold, and play with it. Maybe you can make a sculpture!

Sand Animals and Name

You may end up bringing some sand home in your suitcase, but here's a fun memory you can create with our very own Zighy Bay sand. You'll be able to write your name on paper with our sand and decorate with more colours. You can make one for your parent or friend too!

Sardine Hide and Seek

One person hides, and everyone else searches for the hidden person. Whoever finds the hidden person, they quietly join him or her in the hiding spot. When everyone is hiding together, we will all look like a bunch of sardines!

Swimming Lessons

Learn the basics of swimming, practicing proper breathing with our in-house certified instructor.

Young Picassos

Show off your creativity and let your painting strokes fill the paper!

Zighy Cinema

Watch new releases and old classics with popcorn while the family enjoys dinner. We've got great movies and friends to keep you company.



al feetean's club

With easy access to the beach, volleyball, pétanque and tennis courts and Jungle Gym, our teenage club, *al Feetean's Club* is a great place to make new friends and get away from the family. Al Feetean's Club is open to guests aged 12 – 18 years. Unless specified, activities meet at al Feetean's Club and are offered with our compliments.

Abseiling

Rappel from the top to the bottom of the wine tower on a rope. A qualified guide will put you in a harness, explain the abseiling technique and send you down an adrenaline experience.

Archery and Big Archery Day

Join a safe and professional lesson on how to target shoot with a bow and arrow. We provide all of the materials and training with our compliments. This activity meets at al Feetean's Club. After you have gained new skills, join us on our Big Archery day, where we shoot with a crossbow, learn accuracy and try to be great at cloud archery.

Body Boarding

Equipped with body boards and safety gear we head out and body board on morning waves.

Capoeira

This is an introductory session to a Brazilian martial art that involves music and dance.

Chocolate Egg Sculpture and Amazing Egg Race

In our special Easter activity you will decorate, make and eat your eggs. On Easter Sunday we will take on an amazing egg race, where you will, with the help of photos and maps, find the secret treasure.

Downhill Dash

Full of experience and knowledge from mountain biking, we will load our bikes in a car and head into the Wadi. We will ride our bikes on a down hill route that will end at the entrance to the resort. This excursion meets at the LIFE Centre and is chargeable at ten OMR per person.



Kayak

Both competitions and general fun are to be had during these activities. Never paddled before? No sweat! Just join the adventure and glide atop the water. Moonlight kayaking will take you up close to see the phosphorescence algae.

Initiative Games

Think outside the box. Play Tangram, Tower of Hanoi and other brain teasers on our beach.

Morning Workout

We will start the day with stretching, muscle building and endurance.

Mountain Biking

Our mountain biking session will tell you how to use mountain bike gears, brakes and suspension. We will also ride around the bay, trying to learn more about jumps, skids and skills involved.

Photography Skills and Challenge

We will teach you basics of digital photography, using an SLR camera and programmes to adjust your photos. After an hour of learning you will be sent on a challenge that finishes in a great prize.

Pool Madness

Water polo, water basketball, underwater skills and lifeguard skills are some activities that are as crazy as you want them to be.

Rock Climbing

Our skilled instructors will take you out into Wadi al Shamsi on a two-hour introduction to climbing where you will learn all about the climbing gear, ropes and necessary climbing skills. When we are fully equipped we will start climbing our established routes and try as many as we want.

Slack Lining

Walk on our slack line, learning balancing skills that will help you with other activities like surfing or skiing.

Snorkelling

This two-hour underwater exploration begins with a speed boat ride to neighbouring bays. Never used a mask and snorkel? We will show you how as guides show you secret spots and beautiful marine life. With reservation necessary, this activity is charged at thirty-three OMR per person and leaves from the LIFE Centre.

Survival Skills, Ultimate Survival Skills and Campfire

Learn how to make fire with the things you can find around you, bake bread or roast marshmallows and learn how to build a shelter. Learn tips that may come in handy one day if you should find yourself in the desert or a forest. In our Ultimate Survival Skill session you will learn how to survive in any environment only using the things around you, purify water, catch fish and more. Just fun, join us for a night around a campfire. We make smores, tell jokes and stories and look at the stars.

Trekking

We will guide you across the Hajar Mountains to adjacent Smugglers bay.

Team Building

In teams of 3 to 6 members you will be challenged in different activities such as spider web or shrinking island, and form a team that will build friends forever.

Traverse

We will take you from one side of the mountain to the other on a rope. You will walk between the two ropes attached on the top rope with a harness and two slings.

Raft Building and Race

Can you build a raft that will stay afloat? Give it a shot with your team and then race against the others!

Water Sports

Classic water sports like water skiing and wake boarding allow you the opportunity to hone your skills or learn new ones! This activity is chargeable and is offered at the Water Sports Centre.



resort activities

Arabic Lesson

Arabic is spoken as a first official language in 22 countries with over 280 million native speakers, and is the liturgical language of Islam. Take a lesson in the basics with our Omani hosts. This activity is offered in Maktabah, our library adjacent to Sablah.

Chocolate Bonbons Cooking Demonstration

This interactive demonstration with our Pastry Chef will give you the fundamental information and tools needed to work with chocolate. Join in and make festive chocolate bites. This activity is offered in the Board Room, between Maktabah and Summer House.

Cinema Paradiso

Our take on the classic drive-in theatre, we show Six Senses favourites on the big screen and personal stereo surround sound wireless headphones. Relax under the stars, sprawled on loungers with usher service and unique popcorn flavours. Offered twice weekly with our compliments, we show new and old classics directly on the beach with the waves gently crashing and the crisp air highlighting the stars on the screen.

Discover Diving with Extra Divers

A 30-minute boat trip will take you to one of our wonderful dive sites. After an equipment and fitting brief, you are ready to scuba with your instructor to a depth of 6m. This activity requires reservation one day prior, and is available to any guest aged 10 – 77 with a charge of seventy-five OMR per guest.

Introduction to Diving

Our dive masters from *Extra Divers* will show you the basic knowledge of what it takes to explore the water world below. You can sample the equipment and technique. This activity is offered in our Main Pool.

Meet the Management Cocktail

We would love the opportunity to get to know you more. Please stop by and share your feedback, and stories with us over a locally-inspired drink. This event rotates to a unique location each week, and your butler will keep you informed of the invitation.

No Rush Hour

Six Senses' approach to "Happy Hour". Our Bartenders take it easy, charging you every other of our daily-themed cocktails. This activity is offered nightly in Zighy Bar in conjunction with the tapas menu and is chargeable.

Organic Garden Tour

At the heart of our resort is a 2,500 square metre Organic Garden. Year-round we grow herbs, fruits and vegetables, with a maximum of produce used in our restaurants grown onsite. Take the tour to see our local and organic initiatives at work. This activity meets in Sablah.

Organic Herbal Mixology at Zighy Bar

Many ingredients used in our drinks come straight from our Organic Garden. Sample fresh ingredients and make your own refresher. This activity is offered in Zighy Bar and is without alcohol.

Pétanque

This activity uses a form of boules where the goal is, while standing inside a starting circle with both feet on the ground, to throw hollow metal balls as close as possible to a small wooden ball called a cochonnet. Our Pétanque Court is located adjacent to the Beach Volleyball Court, in front of al Feetean, our Teenage Club.



Sorbet Refresh Tasting

Our pastry chefs make over 30 flavours of ice cream and sorbet. Unique flavours like basil, ginger and mango, or rose are yours for the sampling as you step out of the heat. This activity is offered at Zighy Bar.

Wine and Chocolate Pairing

Join our Sommelier in the Wine Cellar for an afternoon degustation. We pair three wine varietals and three types of chocolate while explaining the subtleties of each. Have questions? Bring them along! This activity is available with prior reservation and a charge of twenty-five OMR per guest.

Zighy Circuit

Enjoy a comprehensive walk around the resort and beach with Mundher al Amri, our Social and Environment Officer, learning about our horticultural initiatives, geology, conservation and marine life. This activity meets in Sablah.

Unless specified, resort activities are offered with our compliments

wellness activities

Boot Camp Training

In our outdoor gym - an invigorating workout that will include cardiovascular activity, strengthening, toning, developing your core strength and balance. This activity meets at the Jungle Gym.

Crystal Sound Healing

An effective and proven modality that uses sound vibration to help reduce stress, alter consciousness and create a deep sense of peace, well being and better health. Sound has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and pain relief management. Sound is a type of energy medicine that creates the sacred space in which people can heal from stress disorders, pain, depression, the emotional roller coaster and more. Join Khun Noom or Pascal Veraguth at the Spa Pavilion.

Colour Therapy Workshop

We live our life in colour; we decorate our homes with colour, we dress in our favourite colours, we choose our cars of a certain colour, and the list goes on...but there is a hidden energy of colour in each of us that goes much deeper. Colour therapy harnesses this inner energy. Katrina Valente helps her clients benefit from this energy.

Hike Zighy Bay

Hiking in Oman is a key draw for many tourists. We have hikes of all abilities that take you to the tip of Zighy Bay's surrounding Hajar Mountains. This activity meets at the LIFE Centre.

Massage Methods

Learn different massage techniques to relax yourself, your friends, or your special someone. We can even teach your little ones to massage you! Try your hand at Balinese, Thai, Reflexology or Shiatsu to name a few. This activity is offered at the Spa with prior reservation.



Meditation

A calming exercise for the mind to release stress and ascend, allowing a higher connection with your body and soul. This activity is offered at our open-air Spa Pavilion.

Pranayama

is a Sanskrit word meaning "extension of the prana or breath" or more accurately, "extension of the life force". This activity teaches you breathing exercises crucial to the practise of Yoga and every day life. Please join us at the Spa Pavilion for this class.

SLOW Facial Workshop

Learn how to make your own hydrating facial treatment with ingredients grown throughout the resort! Not only are they great for your skin, they happen to smell and taste fantastic as well.

Sunrise Kayak

This escorted excursion allows you to paddle in our bay. We have single and double kayaks available. This excursion leaves from the Water Sports Centre.

Tennis Training

Our resident Tennis Trainer will assist you in the basics of Tennis or help you improve your current swing. Our Tennis Court is located adjacent to al Feetean, our Teenage Club.

Wellness Seminar

Our resident Wellness Manager offers inspirational and insightful information to help you better understand and transform your daily routine to better harmonize your body's chemistry. Get a glimpse of Clarity Coaching, Emotional Wellbeing and Emotional Healing. Enjoy this Seminar in the Board Room, adjacent to Summer House.

Yoga

A flow of Yoga asanas (postures) - using precise alignment and postural control to help develop muscular strength, core stability, balance, flexibility and an awareness of your breathing. Vinyasa Yoga follows a series of poses and is recommended for guests already familiar with Yoga. Hatha Yoga pushes your mind to withdraw from external objects, and is recommended for any Yoga ability. Enjoy classes at our open-air Spa Pavilion.

Any guests on Six Senses Wellness Packages enjoy these activities with our compliments. Please make your booking five hours in advance for evening activities and 12 hours in advance for morning activities. Chargeable classes are twenty OMR per person.

Please arrive on time for activities – for safety reasons, guests are asked not to enter more than 15-minutes after class commencement.



Six Senses Spa at Zighy Bay is a refuge for the tired mind and body; a retreat from the busy humdrum of daily life; a haven for the calm & relaxed soul; a sanctuary of ultimate wellness. Committed to delivering integrated wellness experiences along with peace, tranquillity, fitness and health, we combine innovative and ancient holistic treatments from our expert in-house and external wellness consultants.



Katrina Valente
Inner Peace, Outer Beauty
5th April – 14th April

Holistic Aesthetician Katrina Valente has devoted her life to health and wellness. Over the years she has travelled extensively on a healing journey of self discovery in order to help others achieve their dreams and goals. She has been rewarded with recognition as one of the *World's Top Four Facialists*. She is qualified in aromatherapy, reflexology, crystal healing, colour therapy, NLP Hypnosis and timeline therapy, coaching to excellence, Angelic Reiki and skincare aesthetics.

Anti-aging was always her passion, and having learned many different modalities she decided to offer a different kind of facial treatment; one that incorporated crystals, colour therapy and reflexology, giving results that tantalize your mind, body and spirit. Her consultations are thorough as she looks at not just your skin, but your whole being. The result: it's not just a facial you may end up having! She simply wants to help you break free of your limitations to have the life of which you truly deserve.

Experience some of Katrina's signature treatments:

Raindrop Back and Foot Massage

A powerful, deeply relaxing treatment using nine essential oils delicately dropped on your spine and uniquely massaged. The treatment completes with a foot massage working in the oils and propelling you into a bespoke healing journey. The oils and scents will traverse through the ethereal body, onto the physical, and changes the cellular make up deep within.

Oxygen Facial

This is the facial to which celebrities subscribe. Pure Oxygen is released onto the skin through hyperbaric pressure which encourages two organic serums directly into the dermal layers of the skin. (One is a botox-like effect, eliminating signs of ageing, and the other hydrates and firms) The skin is thoroughly hydrated, firm, plump and smooth. The effects are truly amazing and long-lasting.



Paweennuch Soisongsee (Khun Noom)
Therapy Through Sound
16th February – 30th April

Khun Noom has practised different modalities of healing for over 10 years in several countries. Using her vast knowledge of holistic health, her aim is, "to set man free," through Reiki and Sound Healing. She is a Yoga instructor and Meditation leader, a therapist of Thai massage, artist in cupping techniques that relax your nerves and a specialist in foot Reflexology and manual lymphatic drainage.

Using the healing qualities of crystal singing bowls, her goal is to assist people to heal their suffering, or ailments of the body, mind and spirit, and to bring them into a deep state of awareness where they begin to remember the truth within. Combining her keen insight and clarity along with the healing sound of the crystal bowls, each of her therapies results in the most powerful awakening and transformation.

Khun Noom volunteers at an orphan's home, Ban Thorphan, located in Sangklaburi, Kanchanaburi, Thailand. There she first met with her Master who shared love and light with her, and taught her how to play the crystal singing bowl.

A selection of some of her signature treatments:

Royal Thai Massage Healing

Thai massage healing, cupping therapy, foot reflexology, deep tissue massage and lymphatic drainage therapy are combined with universal energy healing principles to harmonize and balance the flow of energy throughout your body. This comprehensive treatment has been used successfully to reduce many ailments and conditions including: chronic back; neck and shoulder pain; low back pain; migraine headache; sinus pain; and respiratory problems (including asthma). It also stimulates the digestive and nervous systems, and is especially beneficial for detoxification and circulatory problems.

Cupping Therapy

Eliminate cellulite and have that natural, supple and smooth skin that you yearn for again. Cupping Cellulite Therapy is designed to assist your body in its natural function of removing excess toxins, increasing blood and energy flow, while at the same time smoothing cellulite areas and re-shaping the body. Getting rid of cellulite has never been easier. Cellulite free thighs, legs, abdomen and arms can be yours too! Go on – try it – you've only got cellulite to lose!

Self - Inner Peace Treatment, Chakra Dhyana

Dhyana is Sanskrit for "meditation." Practicing the Dhyana Chakra can help keep you grounded, balanced and integrated with your physical, emotional and psychological levels. This mediation tunes the chakras through sound vibration.

Transformational Reiki

Reiki is a natural healing art that brings you into a state of relaxation and to a realization of your own energy. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.



Pascal Veraguth
Traditional Chinese Medicine
1st April – 30th April

Wellness Consultant Pascal Veraguth from Switzerland is a passionate Holistic Therapist. Having studied extensively throughout Asia, he specializes in many different types of healing; a powerful way of using energy to restore yourself and others. He uses Traditional Chinese Medicine to treat through methods of Acupuncture, Chinese Massage, Cupping, Qigong and Tai Chi, Traditional Tibetan Sound Healing and Spiritual Healing.

His heart lies in creating a healthy balanced lifestyle for each client and helping you incorporate this into your current lifestyle to create a new way of life.

Acupuncture Healing

This unique technique will bring you to a deep level within your body and mind. The aim is to find the root of the unbalanced energy. To find the root cause, Traditional Chinese Medicine (TCM) diagnoses by feeling your pulse, seeing your tongue and an overall analysis of your body. Acupuncture as a concept is not only about needles but also includes herbs and energy work such as Chinese Massage, Cupping, Qigong and Tai Chi to find the perfect balance within your body and to maintain this balance through acupuncture and exercise. Pascal also uniquely incorporates Spiritual Healing with Acupuncture, increasing the benefit of the treatment to go deeper within your body and mind to find the imbalance and correct it.

Acupuncture Healing can treat many conditions, for example: stress; balancing emotions; boosting vital energy; all physical pains e.g. neck, shoulder, back, knees ankles; and joint problems. It is also very effective in treating: insomnia; asthma; digestive problems; gland and hormone imbalances; infertility; menopausal symptoms; and is also a preventative treatment used to ensure and maintain good health and prosperity. Many more diseases and conditions can be treated by Acupuncture Healing. Acupuncture will bring you back into your true state of wholeness – balancing spirit, mind, emotion and body. Look healthy and feel great!

Tai Chi

An internal martial art practice; a Chinese system of slow meditative physical exercise designed for relaxation and improved health. In the West it is an accepted health and leisure activity, providing balance, grace and a clear state of mind to those studying its various techniques. Tai Chi Chuan synthesizes movement and by balancing the yin and yang chi, results in greater physical and spiritual health.

Qigong

Qigong is an internal Chinese meditative practice that often uses slow graceful movements and controlled breathing techniques to promote the circulation of Qi within the human body, and enhance an individual's overall health. There are also many forms of Qigong that are practised with little or no movement at all, in standing, sitting and supine positions.



Pat Harvey
Resident Beauty Therapist and Wellness Practitioner

Pat Harvey blends the science of skin care with indulgence to create tailored treatments that are highly beneficial to the body and soothing to the soul. As trends come and go, Pat's philosophy is to maintain a balance of traditional, proven treatments with innovative technology that is safe and effective. Drawing from her broad training and personal experience, Pat works with each guest to establish their skin type and understand their unique circumstances, such as stress level and diet, as well as environmental conditions to develop a beneficial regime.

Pat believes the face that we present to the world is extremely important to us and to society. Her passion for aesthetics goes beyond visible external issues as she draws on her many years of experience with yoga and other holistic therapies, such as Ayurveda, to address lifestyle, the current state of body systems and overall wellness in her assessment and treatment plan. Pat's healing hands and ten years of expertise have earned her great acclaim amongst women from all walks of life, including several A-List celebrities.

Canadian born, Pat is also a certified Yoga Instructor and has taught both nationally and internationally. She has studied with several world-renowned Yoga Teachers.

Pat teaches a blend of Anusara Yoga, a form of Hatha Yoga, Ashtanga and Vinyasa (flow) during her workshops. She believes in the invigorating power that yoga offers the mind, body and spirit. Pat views life as dynamic and believes that the key is to stay flexible. She is focused on caring for the human body as well as attending to relationships that support our lives. For Pat, becoming mentally and physically flexible begins on her yoga mat.

Signature Rose Quartz Facial

Sheer bliss can only describe Pat's Rose Quartz Facial. Pamper yourself with the legendary, mythical energy of the rose quartz crystal. Following a gentle cleanse and a highly effective exfoliation treatment, a gentle massage with rose quartz crystal wands that harmonize and soothe the skin is the highlight of this treatment. Deeply relaxing and stress relieving, this specialized facial is designed to be a gentle non-invasive approach to looking younger. Quartz - the most powerful healing gem and energy amplifier on the planet, due to its unique crystalline form- absorbs, stores, releases, regulates and unblocks energy. It "irons" out wrinkles, assists in the removal of toxins, improves radiance, restores healthy tone and improves levels of oxygen-rich blood providing nutrition to the skin.

Yoga for Children and Teenagers

Yoga with school aged children balances quiet and active poses with simple relaxation techniques. Yoga for kids helps your child develop flexibility, focus and coordination for a happy, healthy and balanced life. Children and teens can easily increase their body awareness and posture, build strength, agility and balance skills, gain a sense of accomplishment as they learn the yoga poses, learn relaxation skills to assist with stress and anxiety, improve their concentration, coordination and self-esteem, maintain their natural flexibility and have fun!

tuesday, 03rd april

- 0800 – 0845 Hatha Yoga at the Spa Pavilion with Pat [R]
0900 – 0945 Tai Chi at the Spa Pavilion with Pascal Veraguth [R]
1000 – 1030 Meet the Practitioners at the Spa
1100 – 1145 Wellness Seminar in the Board Room with Steve [R]
1400 – 1445 Massage Methods in the Spa [R]
1415 Discover Diving with Extra Divers at the Dive Centre [R] \$
1600 – 1900 Hike Ziggy Bay from the LIFE Centre [R] \$
1700 – 1745 Meditation at the Spa Pavilion [R]
1700 – 1800 No Rush Hour in Ziggy Bar – Sense of Classics \$
1800 – 1900 Meet the Management Cocktail at the Main Beach
1900 – 2230 Musandam Delight International Seafood BBQ \$

Al Feetean's Club

- 1000 – 1100 Body Boarding at the Main Beach
1100 – 1200 Archery at the Range
1500 – 1600 Slack Lining
1600 – 1700 Jungle Gym
1700 – 1800 Wii Extreme Games

Chaica's Club

- 0900 – 0945 Yoga at the Spa Pavilion with Pat
1000 – 1100 Henna
1100 – 1200 Kite Flying
1200 – 1300 Face Painting
1500 – 1600 Cupcake Decorating
1600 – 1700 Arts & Crafts
1930 – 2100 Crab Searching



wednesday, 04th april

- 0800 – 0900 Yoga at the Spa Pavilion with Khun Noom [R]
1200 – 1300 Organic Garden Tour from Sablah
1400 – 1445 SLOW Facial Workshop at the Spa [R]
1500 – 1600 Archery at the Range
1600 – 1700 Wine and Chocolate Pairing in the Wine Cellar [R] \$
1700 – 1800 Introduction to Diving in the Main Pool
1700 – 1800 No Rush Hour in Ziggy Bar – Sense of Organic \$
1800 – 1900 Vinyasa Yoga at the Spa Pavilion with Pat [R] \$
2130 – 2300 Cinema Paradiso on the Main Beach, *The Muppets*

Al Feetean's Club

- 1000 – 1100 Beach Sports at the Shua Shack Beach
1100 – 1200 Yoga at the Spa Pavilion with Pat
1415 – 1630 Snorkelling [R] \$
1700 – 1800 Mountain Biking in Ziggy
1800 – 1900 Pool Madness in the Main Pool

Chaica's Club

- 1000 – 1100 Make your own Play Dough
1100 – 1200 Table Tennis
1200 – 1300 Pizza Making
1500 – 1600 Sand Name
1600 – 1700 Rock Painting
1930 – 2100 Ziggy Cinema at Sense on the Edge and Poolside

sense on the edge



At 293 meters above sea level, our mountain-top, modern fine dining restaurant is the perfect place to enjoy your evening overlooking pristine Ziggy Bay. Offering a la carte fine dining, our Chefs will delight you with unique flavour enhancements through new world twists on classic tastes. Choose to enjoy any of the three or five-course menus with degustation and enjoy as our Sommelier personalizes your high-rise dining experience. Open Wednesday through Sunday with reservations necessary, your Butler will happily assist with your time and menu requests.

If 293 meters isn't high enough, there is an extra-special and private dining experience: our Starlight Table. Nightly a couple can reserve this intimate table, completely removed from the resort and restaurant and overlooking all that Ziggy Bay has to offer. A tailor-made menu by our Executive Chef will make your evening and dining journey completely unforgettable.

shua shack



Tabouleh, hummus, babaganoush; it all sounds Arabic to you? If so, then this is the perfect opportunity to learn about a traditional Bedouin meal experience. Your family-style evening begins with a selection of local and organic salads, followed by the main course of lamb prepared in our underground oven; known as the shua. Be sure to leave space for the Arabic sweets and side dishes! Shua Shack is offered each Monday and Thursday with prior reservation and is priced at thirty-five OMR per person.

[R] denotes reservation necessary \$ denotes a chargeable activity, subject to tax and service charge



thursday, 05th april

- 0730 – 0830 Sunrise Kayak from the Main Beach [R] \$
0800 – 0845 Crystal Sound Healing at the Spa Pavilion
with Khun Noom [R]
1000 – 1030 Meet the Practitioners at the Spa
1100 – 1145 Hatha Yoga at the Spa Pavilion with Pat [R]
1300 – 1345 SLOW Facial Workshop [R]
1400 – 1500 Organic Herbal Mixology at Ziggy Bar
1700 – 1800 No Rush Hour in Ziggy Bar - Sense of Passion \$
1800 – 1900 Arabic Lesson in Maktabah
1800 – 1900 Qi Gong at the Spa Pavilion with Pascal Veraguth [R] \$
1830 – 2130 Shua Shack Communal Bedouin Dining [R] \$

Al Feeteen's Club

- 1000 – 1100 Water Sports at the Water Sports Centre [R] \$
1100 – 1200 Kayaking Skills at the Water Sports Centre
1500 – 1600 Photography Skills
1700 – 1800 Team Building

Chaica's Club

- 1000 – 1100 Henna
1100 – 1200 Mix and Match Juice Time
1200 – 1300 Bird Watching Scavenger Hunt
1500 – 1600 Egg Run
1600 – 1700 Environment Lesson
1700 – 1800 Bubblemaker Diving Course in the Main Pool [R] \$
1930 – 2100 Ziggy Cinema at Sense on the Edge and Poolside

friday, 06th april

- 0730 – 1030 Sunrise Hike over Ziggy Bay [R] \$
0800 – 0845 Pranayama at the Spa Pavilion [R]
1100 – 1145 Yoga at the Spa Pavilion with Khun Noom [R]
1400 – 1445 Massage Methods at the Spa [R]
1415 Discover Diving with Extra Divers at the
Dive Centre [R] \$
1700 – 1800 No Rush Hour in Ziggy Bar – Sense of Fruit \$
1700 – 1745 Wellness Seminar in the Board Room with Steve [R]
1700 – 1800 Introduction to Tennis at the Tennis Court [R] \$
1800 – 1900 Meditation at the Spa Pavilion with
Katrina Valente [R] \$
1900 – 2230 Flavours of Asia on the Main Beach \$

Al Feeteen's Club

- 1000 – 1200 Big Archery Day at the Range
1500 – 1600 Chocolate Egg Sculpture
1600 – 1700 Self Defence
1930 – 2030 Moonlight Kayaking from the Main Beach

Chaica's Club

- 1000 – 1100 Feed the Ziggy Goats
1100 – 1200 Young Picassos
1200 – 1300 Kite Flying
1500 – 1600 Easter Egg Decorating
1600 – 1700 Arabic Lesson
1930 – 2100 Ziggy Cinema at Sense on the Edge and Poolside

saturday, 07th april

- 0730 – 0830 Boot Camp Training at the Jungle Gym [R] \$
0800 – 0845 Pranayama at the Spa Pavilion with Khun Noom [R]
0900 – 0945 Tai Chi at the Spa Pavilion with Pascal Veraguth [R]
1000 – 1100 Cloud Archery at the Range
1200 – 1230 Organic Garden Tour from the Sablah
1400 – 1445 SLOW Facial Workshop in the Spa [R]
1415 Discover Diving with Extra Divers at the
Dive Centre [R] \$
1500 – 1600 Chocolate Bonbons Cooking Demonstration in the
Board Room [R]
1700 – 1800 No Rush Hour in Ziggy Bar – Sense of Creation \$
1800 – 1900 Vinyasa Yoga in the Spa Pavilion with Pat [R] \$
1900 – 2230 Culinary Arabesque by the Wadi \$

Al Feeteen's Club

- 1000 – 1100 Tennis at the Tennis Court
1100 – 1200 Abseiling in the Wine Tower
1400 – 1700 Rock Climbing [R] \$
1800 – 1900 Games Competition

Chaica's Club

- 1000 – 1100 Easter Bunny Mask Making
1100 – 1200 Kite Flying
1200 – 1300 Omani Story Time
1500 – 1600 Easter Egg Decorating
1600 – 1700 Environment Lesson
1930 – 2100 Ziggy Cinema at Sense on the Edge and Poolside

sunday, 08th april

- 0730 – 0815 Ziggy Circuit with Mundher [R]
0800 – 0845 Crystal Sound Healing at the Spa Pavilion
with Khun Noom [R]
1100 – 1145 Colour Therapy Workshop at the Spa with Katrina [R]
1230 – 1600 Easter Sunday Lunch Set-Menu at Summer House \$
1400 – 1700 Chocolate and Dessert Buffet at Summer House \$
1400 – 1445 Massage Methods in the Spa [R]
1415 Discover Diving with Extra Divers at the
Dive Centre [R] \$
1500 – 1600 Abseiling in the Wine Tower
1800 – 1845 Meditation at the Spa Pavilion with Pascal Veraguth [R]
2130 – 2300 Cinema Paradiso on the Main Beach, Hop

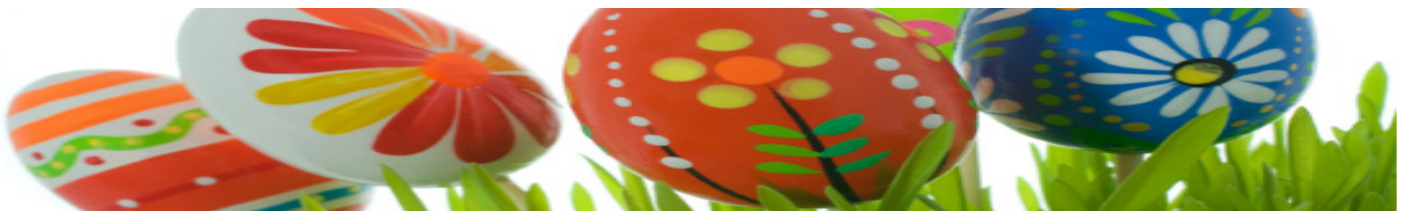
Al Feeteen's Club

- 1000 – 1100 Amazing Egg Race
1400 – 1700 Downhill Dash [R] \$
1700 – 1800 Survival Skills
2000 – 2100 Campfire

Chaica's Club

- 1000 – 1100 Easter Bunny Ear Making
1100 – 1200 Easter Egg Hunt
1200 – 1300 Sardine Hide and Seek
1500 – 1600 Egg Run
1600 – 1700 Cupcake Decorating
1930 – 2100 Crab Searching

[R] denotes reservation necessary \$ denotes a chargeable activity, subject to tax and service charge



monday, 09th april

- 0730 – 0815 Boot Camp Training at the Jungle Gym [R]
0800 – 0845 Pranayama at the Yoga Pavilion [R]
1100 – 1145 Meditation at the Spa Pavilion with Katrina Valente [R]
1400 – 1445 SLOW Facial Workshop in the Spa [R]
1500 – 1600 Traversing at al Feetean's Club
1600 – 1700 Sorbet Refresh Tasting in Zighy Bar
1700 – 1800 Pétanque at the Pétanque Court
1700 – 1800 No Rush Hour in Zighy Bar – Sense of Samba \$
1800 – 1900 Crystal Sound Healing at the Spa Pavilion
with Khun Noom [R] \$
1830 – 2130 Shua Shack Communal Bedouin Dining [R] \$

Al Feetean's Club

- 1000 – 1100 Beach Sports at the Main Beach
1100 – 1200 Water Sports [R] \$
1500 – 1600 Traverse in Zighy Marina
1700 – 1800 Dance, Sing, show your talent on TV
1800 – 1900 Evening Trek in Zighy Bay

Chaica's Club

- 1000 – 1100 Egg Run
1100 – 1200 Swimming Lessons in the Main Pool
1200 – 1300 Bird Watching Scavenger Hunt
1500 – 1600 Organic Garden Tour
1600 – 1700 Four Square
1700 – 1800 Bubblemaker Diving Course in the Main Pool [R] \$
1930 – 2100 Zighy Cinema

tuesday, 10th april

- 0800 – 0845 Hatha Yoga at the Spa Pavilion with Pat [R]
1000 – 1030 Meet the Practitioners at the Spa
1100 – 1145 Meditation at the Spa Pavilion with Pascal Veraguth [R]
1400 – 1445 Massage Methods in the Spa [R]
1415 Discover Diving with Extra Divers at the
Dive Centre [R] \$
1600 – 1900 Hike Zighy Bay from the LIFE Centre [R] \$
1700 – 1745 Wellness Seminar in the Board Room with Steve [R]
1700 – 1800 No Rush Hour in Zighy Bar – Sense of Classics \$
1800 – 1900 Meet the Management Cocktail at the Main Beach
1900 – 2300 Musandam Delight International Seafood BBQ \$

Al Feetean's Club

- 1000 – 1130 Raft Building at the Shua Shack Beach
1500 – 1600 Abseiling in the Wine Tower
1700 – 1800 Archery at the Range
1800 – 1900 Initiative Games

Chaica's Club

- 0900 – 0945 Yoga at the Spa Pavilion with Pat
1000 – 1100 Make your own Play Dough
1100 – 1200 Swimming Lessons in the Main Pool
1200 – 1300 Table Tennis
1500 – 1600 Pizza Making
1600 – 1700 Sardine Hide & Seek
1930 – 2100 Crab Searching

wednesday, 11th april

- 0800 – 0845 Yoga at the Spa Pavilion with Khun Noom [R]
1100 – 1145 Meditation at the Spa Pavilion [R]
1200 – 1245 Organic Garden Tour from Sablah
1400 – 1500 SLOW Facial Workshop at the Spa [R]
1600 – 1700 Wine and Chocolate Pairing in the Wine Cellar [R] \$
1700 – 1800 Introduction to Diving in the Main Pool
1700 – 1800 No Rush Hour in Zighy Bar – Sense of Organic \$
1800 – 1900 Vinyasa Yoga at the Spa Pavilion with Pat [R]
2130 – 2300 Cinema Paradiso on the Main Beach, *Puss in Boots*

Al Feetean's Club

- 1000 – 1200 Kayaking Expedition from the Main Beach
1500 – 1600 Pool Games in the Main Pool
1600 – 1700 Slack Lining
1700 – 1800 Mountain Biking in Zighy Bay
1800 – 1900 Capoeira

Chaica's Club

- 1000 – 1100 Bird Watching Scavenger Hunt
1100 – 1200 Swimming Lessons in the Main Pool
1200 – 1300 Four Square
1500 – 1600 Mix and Match Juice Time
1600 – 1700 Environment Lesson
1930 – 2100 Zighy Cinema at Sense on the Edge and Poolside

thursday, 12th april

- 0730 – 0830 Sunrise Kayak from the Main Beach [R] \$
0800 – 0845 Crystal Sound Healing at the Spa Pavilion
with Khun Noom [R]
1000 – 1030 Meet the Practitioners at the Spa
1100 – 1145 Vinyasa Yoga at the Spa Pavilion with Pat [R]
1300 – 1345 SLOW Facial Workshop at the Spa [R]
1400 – 1500 Organic Herbal Mixology at Zighy Bar
1700 – 1800 No Rush Hour in Zighy Bar - Sense of Passion \$
1800 – 1900 Arabic Lesson in Maktabah
1800 – 1900 Tai Chi at the Spa Pavilion with Pascal Veraguth [R]
1830 – 2130 Shua Shack Communal Bedouin Dining [R] \$

Al Feetean's Club

- 1000 – 1200 Ultimate Survival Skills
1100 – 1200 Kayaking Skills at the Water Sports Centre
1500 – 1600 Photography Skills
1700 – 1800 Team Building

Chaica's Club

- 1000 – 1100 Henna
1100 – 1200 Mix and Match Juice Time
1200 – 1300 Cookie Decorating
1500 – 1600 Egg Run
1600 – 1700 Environment Lesson
1700 – 1800 Bubblemaker Diving Course in the Main Pool [R] \$
1930 – 2100 Zighy Cinema at Sense on the Edge and Poolside

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