

World-Record Freediver Hanli Prinsloo Returns to the Maldives for Two Ocean Retreats

A family freediving retreat at Avani+ Fares Maldives will be followed by a four-night "Into the Blue" experience at NH Collection Maldives Reethi



August 20, 2026: Following the success of her 2025 freediving retreat at Avani+ Fares Maldives Resort, eleven-time freediving world-record holder and ocean conservationist Hanli Prinsloo will return to Baa Atoll this September with an expanded program across two Minor Hotels resorts.

Hanli will begin with a **Family Freediving Retreat** at [Avani+ Fares Maldives](#) from September 7 to 10, before continuing to [NH Collection Maldives Reethi](#) for **Into the Blue**, a four-night retreat running from September 14 to 18. Together, the two experiences offer different ways to explore the Baa Atoll UNESCO Biosphere Reserve, from a playful introduction for families to a more immersive program for beginners and experienced free divers aged 16 and above.

At Avani+ Fares, Hanli will introduce parents and children to freediving through breath work, floating, snorkeling, gentle duck dives and underwater games. The focus is not on depth or

competition, but on helping families build confidence in the water, understand their breathing and experience the ocean together at a comfortable pace.

The Family Freediving Retreat will open the resort's annual Ocean Aware Month, a September program dedicated to marine discovery and conservation. Activities will include coral conservation and planting workshops, underwater photography and videography sessions, beach clean-ups and PADI speciality courses.

On September 17, Avani+ Fares will celebrate **World Manta Day** with marine-inspired art workshops for all ages and snorkeling excursions to Hanifaru Bay, known for its seasonal gatherings of manta rays.

“Baa Atoll keeps calling us back,” said Hanli Prinsloo. “Following last year’s retreat at Avani+ Fares, I am excited to return with a full family program and to continue the journey at NH Collection Maldives Reethi. At Avani+ Fares, we will make freediving playful and approachable for parents and children. At Reethi, guests will have more time to develop their skills through breath work, training and exploration. Both retreats are about building confidence in the ocean and understanding why this remarkable environment deserves our care.”

In addition, Hanli will host the four-night Into the Blue retreat at NH Collection Maldives Reethi. Open to guests aged 16 and above who are comfortable swimming, the program combines yoga, meditation and guided breathing with house reef snorkeling, rope freediving and drift dives. Beginners and experienced freedivers can train together while progressing at their own pace.

The retreat will also include an excursion to Hanifaru Bay, approximately 15 minutes from the resort. At Reethi, guests can continue exploring from the island’s house reef, which supports marine life including angelfish, clownfish, reef sharks and sea turtles.

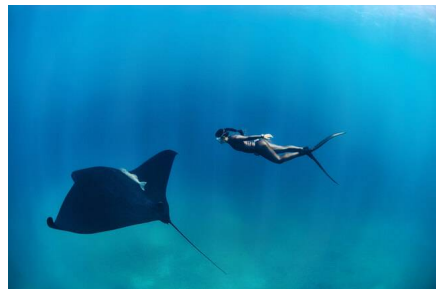
The three-night Family Freediving Retreat at Avani+ Fares Maldives starts from USD 3,160 per person, based on single occupancy. The package includes accommodation, full board,

return seaplane transfers and all retreat sessions. Ocean Aware Month activities are complimentary for resort guests, subject to availability.

For the full program and bookings, visit avanihotels.com/en/fares-maldives, email reservations.fares@avanihotels.com or call +960 660 1660.

The four-night Into the Blue retreat at NH Collection Maldives Reethi starts from USD 4,333 net per adult, inclusive of accommodation on full board, return seaplane transfers and the full retreat program.

For details and reservations, visit world.nh-hotels.com/en/nh-collection-maldives-reethi, email reservations.nree@nhcollection.com or call +960 660 2626.



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Designed for today's traveler, Avani Hotels & Resorts offers stylish rooms, connected social spaces and relaxed and on-the-go dining that is locally inspired. Balance is central to everything Avani does, providing guests with the right measure of service, fun and privacy.

Launched in 2011, Avani's over 40 properties across five continents offer premium city hotels, tropical resorts and retreats in nature with a focus on smart design, upbeat service and good value.

Avani Hotels & Resorts is a [Minor Hotels](#) brand and recognizes its guests through one unified loyalty program, [Minor DISCOVERY](#), part of GHA DISCOVERY.

Visit avanihotels.com for more information, and connect with Avani on [Facebook](#), [Instagram](#), [TikTok](#), [X](#) and [YouTube](#).

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Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 67 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and

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