

# Beyond Wellness

THE ULTIMATE BODY, MIND & SPIRIT EXPERIENCE



**NOVEMBER 5TH - 6TH 2021**

JUMEIRAH SAADIYAT ISLAND RESORT, ABU DHABI

## 2 DAY ISLAND ESCAPE WELLNESS WEEKEND

Join us for a nurturing, restorative and transformative wellness weekend escape

Double Room **2,500 AED** per person (5,000 AED per room)  
Single Room **3,500 AED** per person

### RESTORE, REBALANCE & REIGNITE YOUR LIFE

1 night, 2 days full board accommodation, pool, beach, spa & fitness access

3 full board healthy meals & 3 infused detox waters per day (2 days)

2 day immersive mind, body, coaching, hypnotherapy & colour therapy workshops

Daily yoga, massage, meditation, pranayama, sound therapy & vibro-acoustic massage

***"Disconnect from the routine, reconnect with yourself and the stillness within at the iconic Jumeirah Saadiyat Island Resort & Spa"***

A nurturing 2-day inner and outer sanctuary escape experience led by Clinical Hypnotherapist Rachel Dowes and International Life Coach Sophia Bakkal, designed to align mental, physical, emotional and spiritual wellbeing; to achieve balance, harmony and lasting fulfillment.

Disconnect from the routine and reconnect with yourself and the stillness within at the iconic Jumeirah Saadiyat Island Resort & Spa. A one of a kind five-star resort set on a spectacular stretch of pristine white beach on Abu Dhabi's Saadiyat Island; home to exquisite natural beauty, indigenous bottlenose dolphins and hawksbill turtles.

Join us on a transformative journey to reconnect with yourself and to the power within through an immersive program of movement, breath and meditation. Connect with your body and breath through yoga nidra, kriya yoga, mantra, mindfulness, pranayama and revitalizing massage. Moroccan and Turkish spa rituals including Himalayan salt room, experiential shower experience, Hammam, manicure and neck massage, steam and sauna, while reconnecting to the stillness within through our daily program of rebalancing sound therapy, beach intention setting, sacred fire ceremonies and cleansing ocean rituals.

Empower your life through an engaging program of daily transformative mind body workshops, hypnotherapy, coaching, crystal therapy, alongside personalised one-to-one sessions including vibro-acoustic massage and body analysis designed to challenge your thinking, reprogram your mind and transform your life. Restore your body's vitality with a healthy full board wellness menu. Packed with nutrient-rich meals and cleansing infused waters, to cleanse the body, restore vital nutrients, reclaim energy and enhance mental processing.

Learn more: [www.beyondwellness-group.com](http://www.beyondwellness-group.com)  
Contact: [hello@beyondwellness-group.com](mailto:hello@beyondwellness-group.com)



## JUMEIRAH SAADIYAT ISLAND ESCAPE PACKAGES

Double Room **2,500 AED** per person (5,000 AED per room)

Single Room **3,500 AED** per person

Double Suite **3,000 AED** per person (6,000 AED per suite)

Single Suite **4,500 AED** per person

***"Join us on a transformative journey to relax, restore balance and reignite your life.  
Reconnecting with yourself, to the peace and power within"***

### **Retreat Package Includes:**

- 1 x Night (2 days) 5\* Accommodation
- 2 x Days Full Board Healthy Meals & Juices (3 per day)
- 2 x Transformative Coaching Workshops
- 2 x Rebalancing Yoga (Yoga Nidra & Kriya Yoga)
- 1 x Hypnotherapy For Self Mastery Workshop
- 1 x Crystal Healing & Chakra Balancing Workshop
- 1 x 60 Minute Restorative Full Body Massage Ritual
- 1 x Moroccan Indulgence (Hammam Full Body Scrub, Neck Massage & Manicure)
- 1 x Turkish Pamper Experience (Himalayan Salt Room, Experiential Shower, Jacuzzi)
- 1 x Water Vibro-acoustic Massage One to One (day 1 or 2)
- 1 x Body Analysis Personal Trainer One to One (day 1 or 2)
- 1 x Sacred Fire Ceremony
- 1 x Guided Release Ocean Ritual
- 1 x Sound Healing Manifestation Journey
- 1 x Revitalising Pranayama Breathwork & Mantra Practice
- 1 x Sunset Beach Journaling & Intention Setting Ritual
- 1 x Five Elements Walking Meditation
- 1 x Watersports or Tennis Experience
- Unlimited Beach, Pool, Fitness, Spa, Sauna & Steam Access
- 1 x Gratitude Circle
- Beyond Wellness Gift Hamper



# REIGNITE YOUR LIFE

**A one of a kind luxury wellness experience, designed to relax, restore balance and reignite your life.**

Sophia Bakkal and Rachel Dowes bring 40 years of combined experience in the corporate and wellness sector. Their journey has taken them all over the world, where they have learned from some of the most renowned experts in the wellness and coaching fields, including Tony Robbins, Dr Joe Dispenza and Richard Bandler.

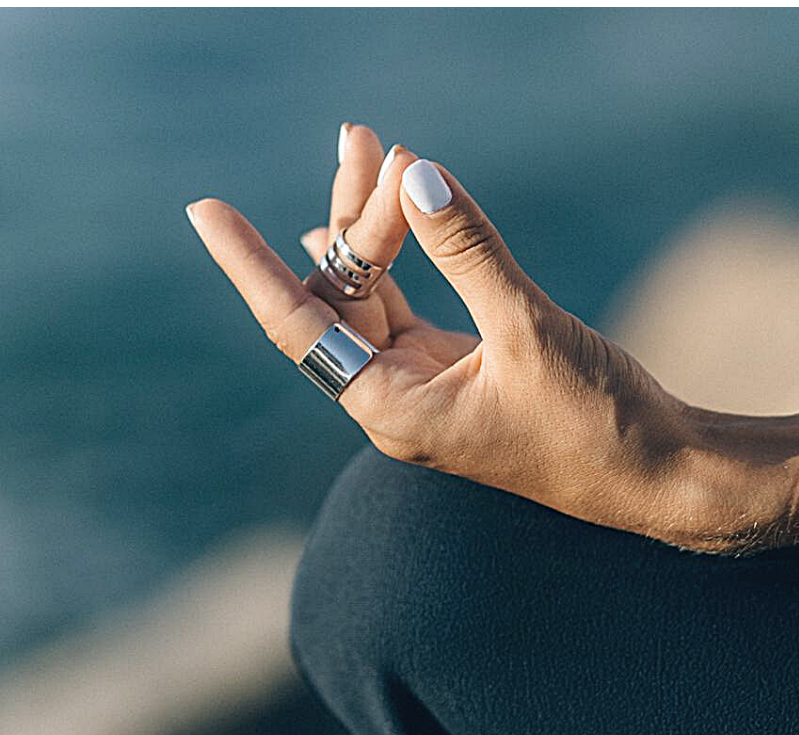
Over two days, Sophia and Rachel will guide you on a transformative journey to balance emotional, physical and spiritual wellness.

## A HAVEN OF RELAXATION ON SAADIYAT ISLAND

Disconnect from the routine and reconnect with yourself and the stillness within at the iconic Jumeirah Saadiyat Island Resort & Spa.

A one of a kind five-star resort set on a spectacular stretch of pristine white beach on Abu Dhabi's Saadiyat Island; home to exquisite natural beauty, indigenous bottlenose dolphins and hawksbill turtles.

Enter a world of relaxation and sink into a sublime stay with a sensory experience at Jumeirah Saadiyat Island Resort & Spa.



## TWO DAYS OF TRANSFORMATION

### DAY 1: Friday 5th November

6.30 - 7.30am	Arrival & Luggage Drop
7.45 - 8.45am	Rebalancing Yoga Nidra
8.45 - 9.15am.	Revitalising Pranayama Breathwork & Mantra
9.15 - 9.30am.	Group Welcome & Refreshments
10.00 - 10.30am	Icebreaker Activity
10.30 - 12.30pm	Transformative Life Coaching Workshop
12.30 - 1.00pm	Crystal Therapy & Chakra Balancing Workshop
1.00 - 2.30pm	Healthy Lunch
2.30 - 6.30pm	Room Access, Relaxation & Introspection
6.00 - 6.30pm	Sunset Beach Journaling & Intention Setting Ritual
2.30 - 6.30pm	Water Vibro-acoustic Massage & One to One
2.30 - 6.30pm	Body Analysis Personal Trainer One to One
2.30 - 6.30pm	Moroccan Indulgence Experience (day 1 or 2)
2.30 - 6.30pm	Turkish Pamper Experience (day 1 or 2)
2.30 - 6.30pm	Tennis or Watersports (optional day 1 or 2)
6.30 - 8.00pm.	Healthy Dinner
8.00 - 8.30pm	Fire Ceremony & Guided Release Ocean Ritual
8.30 - 9.30pm	Sound Healing Journey Under the Stars

### DAY 2: Saturday 6th November

6:30 - 7:00am	Rebalancing Kriya Yoga
7:30 - 8:00am	5 Elements Walking Meditation
8:30 - 9:30am	Healthy Breakfast
10:00 - 12:00pm	Expect Miracles: Transformative Coaching
12.00 - 1.00pm	Hypnotherapy for Self Mastery
1:00 - 2.30pm	Healthy Lunch
3:00 - 6:30pm	Relaxation & Introspection
3.00 - 6.30pm	Water Vibro-acoustic Massage One to One
3.00 - 6.30pm	Body Analysis Personal Trainer One to One
2.30 - 6.30pm	Moroccan Indulgence Experience (day 1 or 2)
2.30 - 6.30pm	Turkish Pamper Experience (day 1 or 2)
3.00 - 6.30pm	Tennis or Watersports (optional)
5.30 - 6.30pm	Closing Gratitude Circle
6:30 - 8.00pm	Dinner
8:00pm	Departure

