

ال لحظات العولا  
ALULA MOMENTS

# ALULA WELLNESS FESTIVAL

17 OCT - 02 NOV 2024





## About AlUla Wellness Festival

You are invited to seek, nurture and connect to the Oasis Within, joining a like-minded community on a journey of transformation in AlUla. For centuries, this pocket of northwest Arabia has served as a place to pause, reflect and rejuvenate, and now, with celebrity-led workshops, fully immersive five-day retreats and a series of unique wellness experiences, the AlUla Wellness Festival promises to give you a platform to do the same, by connecting you with yourself and others in a meaningful way.



# Index

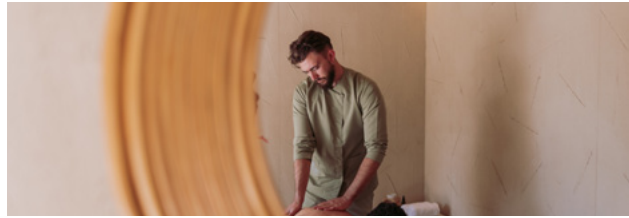
01

Schedule



02

One-To-One  
Schedule



03

Facilitators



04

Class  
Descriptions





# Schedule

Get ready for a series of serene days ahead, filled with meditation and relaxation. Here's a sneak peek of the schedule:

Yoga sessions, meditation workshops, sound healing sessions and talk sessions.

# 1

DAY PASS

BOOK NOW

# 3

DAY PASS

BOOK NOW

# 5

DAY PASS

BOOK NOW



# Week 1

17 - 21 OCT 2024

## Thursday 17 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00	Rebirth Through Ancient Wisdom <b>Manish Pole</b>	Qi Gong <b>Master Can</b>		Wim Hof Method® Ice Bath <b>Bechara</b> 09:00 - 12:00
09:30 - 11:00	Afro Dance <b>Karina Palma</b>	Aerial Yoga flow <b>Dina Cassir</b>		
11:30 - 12:30		Unlock Your Inner Healer: A Life-Changing Workshop <b>Marisa Peer</b>		
13:00 - 14:00	Healing Drum Journey <b>Julie Ann Odell</b>		AIUla inspired Moringa Tea Ceremony <b>Peili Zhai</b>	
14:30 - 16:00	HIITASANA Yoga Fusion <b>Linda Chambers</b>	Arm balance workshop <b>Sarah Al Farhoud</b> 14:30 pm - 15:30 pm		
16:30 - 17:30		More than a Story - Inspirational talk <b>Dr. Khaled Ghattass</b>		
18:00 - 19:00	Conscious Relationships Workshop <b>Nancy Zabaneh</b> Women's only	5 Elements <b>Janet Stone</b> Music: <b>DJ Taz Rashid</b>		

## Friday 18 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00	Breathwork - Be your own guru <b>Manish Pole</b>	Tai Chi <b>Master Can</b>		Wim Hof Method® Ice Bath <b>Bechara</b> 09:00 - 12:00
9:30 - 10:30	Guided sound meditation <b>Linda Chambers</b>	Lifestyle design to prevent burnout & build a legacy <b>Koya Webb</b>		
11:00 - 12:00	Yoga with Lululemon Ambassador <b>Danah Ashoor</b>			
11:00 - 12:30		Kundalini Yoga, Attitude of Altitude <b>Nancy Zabaneh</b>	Journey to yourself - Art therapy workshop series 1 <b>Rawan Bajsaïr</b> 11:00 - 13:00	
13:00 - 14:00	Dynamic Vinyasa 13:00 - 14:30	Community drum circle Julie Ann Odell 13:00 - 13:30		
14:30 - 15:30		5Rhythms <b>Lina Nahhas</b> Music: <b>DJ Taz Rashid</b> 14:00 - 15:30	Expressive Art Therapy <b>Julie Anne &amp; Dima</b> 14:30 - 16:00	
16:00 - 17:00		How to be the CEO of your own mind & mastermind your life - talk <b>Marisa Peer</b>		
17:30 - 19:00	Aerial yoga flow <b>Dina Cassir</b> Women's only	Carribean grooves <b>Karina Palma</b>		
18:00	Janet Stone and DJ Taz Rashid			

# Week 1

17 - 21 OCT 2024

## Saturday 19 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00		Breathwork to amplify presence <b>Stuart Sandeman</b>		Wim Hof Method® Ice Bath <b>Bechara</b> 9:00 - 12:00
09:30 - 10:30	Desert Breathwork & Sound Bath <b>Linda Chambers</b>		Journey to yourself - Art therapy workshop series 2 <b>Rawan Bajsair</b> 9:30 - 11:30	
11:00 - 12:30		Earth & Sky - Yoga <b>Janet stone</b>		
13:00 - 14:00	Financial Design Workshop <b>Koya Webb</b>		Art workshop _ Embroider a tote bag <b>Madrasat Addeera</b> 13:00 - 15:00	
14:30 - 15:30	Women's Chanting Circle   Mantra & Storytelling <b>Janet Stone</b>	Aerial yoga flow <b>Dina Cassir</b>		
16:00 - 17:30		Rhythm of the Soul: Immersive Dance experience <b>DJ Taz Rashid</b> 16:00 - 17:30		
18:00 - 19:00				
18:30 - 20:00	Immersive live experience with Lina Nahhas & Stuart Sandeman - Five Senses Sanctuary			

## Sunday 20 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00	Qi Gong <b>Master Can</b>	Immersive Meditation with headsets <b>Manish Pole</b>		Wim Hof Method® Ice Bath <b>Bechara</b> 09:00 - 12:00
09:30 - 10:30	Sharing circle & 5Rhythms & Cacao <b>Lina Nahhas</b>	Aerial yoga flow <b>Dina Cassir</b>	Ctrl + Alt + Release <b>Linda Chambers</b>	
11:00 - 12:30	Devotion in motion <b>Janet Stone</b>		Unveiling the Mystical Power of Numbers <b>Nancy Zabaneh</b>	
13:00 - 14:00	Qi Gong <b>Peili</b> Women's Only	Healing Drum Journey <b>Julie Ann Odell</b>		
14:30 - 16:00		Somatic Flow <b>Koya Webb</b> Music: <b>DJ Taz Rashid</b>	Tea Ceremony <b>Peili</b>	
16:30 - 17:30	Breathwork flor release and letting go <b>Stuart Sandeman</b>	Build & Breathe Pilates <b>Dina Cassir</b>		
18:00 - 19:00		Live Music <b>Stuart Sandeman &amp; DJ Taz</b>		

# Week 1

17 - 21 OCT 2024

## Monday 21 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00				
09:30 - 11:00	Gong meditation for manifestation <b>Zarine Dadachanji</b>	Aerial yoga flow <b>Dina Cassir</b>		Wim Hof Method® Ice Bath <b>Bechara</b> 08:00 - 11:00
11:30 - 12:30	Closing Breathpod session <b>Stuart Sandeman</b>			
13:00 - 14:00		Community drum circle <b>Julie Ann Odell</b>		
14:30 - 15:30		Yoga with Lululemon Ambassador <b>Danah Ashoor</b>		
14:30 - 16:00	Aerial yoga flow <b>Dina Cassir</b>		Expressive Art Therapy <b>Julie Anne &amp; Dima</b> Women's Only	
16:30 - 17:30		Soul Groove - A sound journey for inner awakeing <b>DJ Taz Rashid</b> 16:15- 17:30		
18:00 - 19:00		Embracing Ayurveda through Yoga & Meditation <b>Manish Pole</b>		

# Week 2

22 - 27 OCT 2024

## Tuesday 22 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30	Neuroscience of love meditation <b>Manish Pole</b>			
09:30 - 11:00	Soothing sound bath <b>Zarine Dadachanji</b>			
11:30 - 12:30				
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30		Chakras immersive workshop <b>Manish Pole</b> 16:30 - 18:00		
18:00 - 19:00	Living in grace Women's Circle <b>Lana Nazer</b>			

## Wednesday 23 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30		100 years of Khalil Gibran Meditation with headsets <b>Manish Pole</b>		
09:30 - 10:30	Tranquil flow - Hatha yoga <b>Danah Ashoor</b>			
11:00 - 12:30				
13:00 - 14:00				
14:30 - 16:30				
18:00 - 19:00	Who am I in 2024 Talk <b>Manish Pole</b>			



# Week 2

22 - 27 OCT 2024

## Thursday 24 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30		Breathwork <b>Manish Pole</b>		
09:00 - 10:00				
10:30 - 11:30	Hatha Yoga <b>Amanda Duncan</b> Women's Only			
12:00 - 13:00				
13:30 - 14:30				
15:00 - 16:00				
16:30 - 17:30		Breath & motion - Vinyasa yoga <b>Danah Ashoor</b>		
18:00 - 19:00	Sound Journey & meditation <b>Manish Pole</b>			

## Friday 25 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00		Aerial yoga <b>Yassmine Elkholy</b>		
09:30 - 10:30	Acro Yoga <b>Amanda Duncan</b>			
11:00 - 12:30				
13:00 - 14:00				
14:30 - 16:00			Art Workshop - Make a decorative tile <b>Madrasat Addeera</b> 14:30 - 16:30	
16:30 - 17:30	Dynamic Flow - Power yoga <b>Danah Ashoor</b>			
18:00 - 19:00		Mindful meditation & sound healing <b>Yassmine Elkholy</b>		

# Week 2

22 - 27 OCT 2024

## Saturday 26 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00		Classic asanas - Hatha yoga <b>Danah Ashoor</b>		
09:30 - 11:00	Aerial yoga <b>Yassmine Elkholy</b> Women's Only			
11:30 - 12:30				
13:00 - 14:00				
14:30 - 16:00			Art Workshop - Make a copper ring <b>Madrasat Addeera</b> 14:30 - 16:30	
16:30 - 17:30	Sound healing <b>Yassmine Elkholy</b>			
18:00 - 19:00		Full body stretch <b>Amanda Duncan</b>		

## Sunday 27 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30		Fluid fusion - Vinyasa yoga <b>Danah Ashoor</b>		
09:30 - 11:00	Aerial yoga <b>Yassmine Elkholy</b>			
11:30 - 12:30				
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30				
18:00 - 19:00		Restorative yoga <b>Yassmine Elkholy</b>		

# Week 3

28 OCT - 02 NOV 2024

## Monday 28 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30	Yoga for back pain Arabic class <b>Esraa</b> Women's Only			
09:30 - 11:00				
11:30 - 12:30	Aerial yoga <b>Yassmine Elkholy</b>			
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30		Pilates <b>Amanda Duncan</b>		
18:00 - 19:00	Sound healing <b>Yassmine Elkholy</b>			

## Tuesday 29 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 08:30				
09:30 - 10:30				
11:00 - 12:00	Easy Yoga Flow <b>Duaa</b>			
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30		Full body stretch <b>Amanda Duncan</b>		
18:00 - 19:00	Slow flow <b>Aeshah</b> Women's Only			



# Week 3

28 OCT - 02 NOV 2024

## Wednesday 30 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
07:30 - 8:30	Pranayama <b>Aeshah</b> Women's Only			
09:30 - 10:30				
11:00 - 12:00	Yin Yoga <b>Duaa</b>			
13:00 - 14:30				
15:00 - 16:30				
17:00 - 18:00	Hatha Yoga <b>Amanda Duncan</b>			
18:00 - 19:00				

## Thursday 31 October

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00				
09:30 - 10:30				
11:00 - 12:30	Acro Yoga <b>Amanda Duncan</b>			
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30	Gentle hip openers Arabic class <b>Esraa</b> Women's Only			
18:00 - 19:00		Yin Yoga <b>Amanda Duncan</b>		

# Week 3

28 OCT - 02 NOV 2024

## Friday 1 November

TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 9:00		Pilates <b>Amanda Duncan</b>		
09:30 - 11:00			Ceramics Art Workshop <b>Madrasat Addeera</b> 09:30 - 11:30	
11:30 - 12:30				
13:00 - 14:00				
14:30 - 16:00				
16:30 - 17:30				
18:00 - 19:00	Salutations 101 <b>Aeshah</b> Women's Only			

## Saturday 2 November

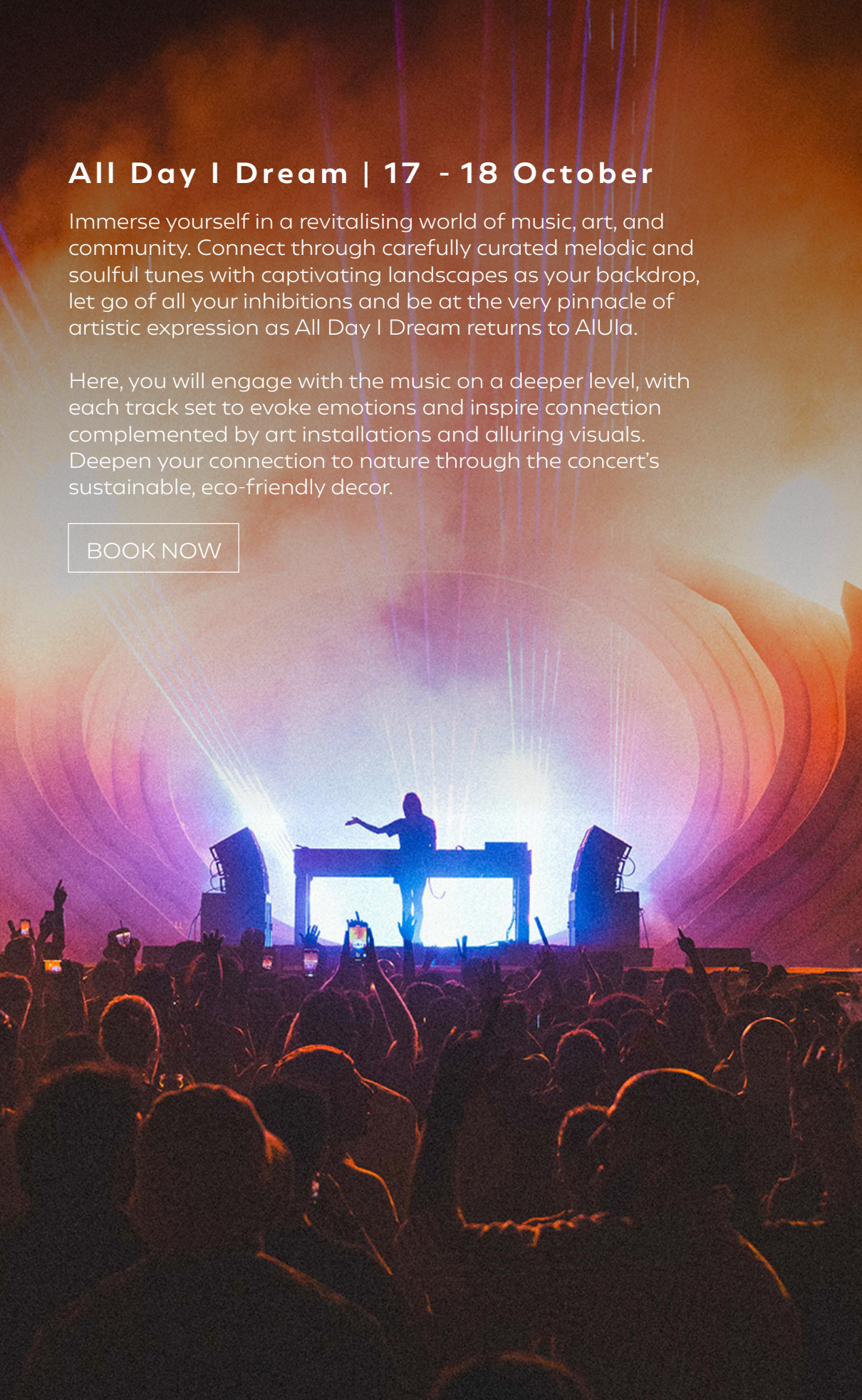
TIME	ALIGN INDOOR PAVILION	REFRESH OUTDOOR PAVILION	GLASSHOUSE	ZEN DECK
08:00 - 09:00				
09:30 - 11:00		Acro Yoga <b>Amanda Duncan</b>		
11:00 - 12:30	Yoga to relax & unwind Arabic class <b>Esraa</b> Women's Only			
13:00 - 14:00				
14:30 - 16:00			Art Workshop - Bead a bracelet <b>Madrasat Addeera</b> 14:30 - 16:30	
16:30 - 17:30				
18:00 - 19:00	Restorative Yoga <b>Amanda Duncan</b>			

## All Day I Dream | 17 - 18 October

Immerse yourself in a revitalising world of music, art, and community. Connect through carefully curated melodic and soulful tunes with captivating landscapes as your backdrop, let go of all your inhibitions and be at the very pinnacle of artistic expression as All Day I Dream returns to AIUla.

Here, you will engage with the music on a deeper level, with each track set to evoke emotions and inspire connection complemented by art installations and alluring visuals. Deepen your connection to nature through the concert's sustainable, eco-friendly decor.

BOOK NOW





## Hegra Sound Bath | 21 October

Connect with an immersive experience of soothing vibrations from nature in a UNESCO World Heritage Site.

Immerse yourself in a transformative wellness soundbath session set against the breathtaking backdrop of Hegra in AlUla. As soothing vibrations resonate through ancient rock formations, participants will experience a profound sense of relaxation and rejuvenation for the mind, body, and spirit.

This unique journey intertwines the serene sounds of crystal bowls with the atmospheric audio of nature which echoes across the vast space, creating an oasis of tranquility in one of the world's most stunning landscapes.

BOOK NOW



# One-To-One Schedule

The sessions within treatment pods offer a tailored and focused approach to holistic well-being, incorporating a range of therapeutic modalities.

From psychotherapy and coaching to Ayurveda consultations, hair treatments, and massages, each session is designed for your mind.

The goal is to offer a comprehensive and integrative experience promoting mental, emotional, and physical rejuvenation.



# One-To-One

## Experiences

### Hair Spa

17-21 October

TALENT	DESCRIPTION	CITRUS POD / MORINGA POD
Ao lado K-HYGEE SPA	Experience ultimate relaxation and hair rejuvenation with a signature treatment led by Korean expert Ao Lado from K-HYGEE Spa. This luxurious, hour-long head massage combines aromatic herbs and natural remedies to deeply nourish your scalp and revitalize hair follicles. Relax as your mind unwinds and your hair is left feeling healthier, shinier, and refreshed.	Hair spa 1:1 <b>Ao lado' K-HYGEE SPA</b> <a href="#">BOOK NOW</a>

### Moxibustion treatment

17-20 October

TALENT	DESCRIPTION	CITRUS POD / MORINGA POD
Peili Zhai	Moxibustion Therapy is an ancient healing practice that uses the warmth of burning mugwort (moxa) to stimulate specific acupuncture points. This soothing treatment promotes circulation, balances energy, and provides relief from pain and stress, leaving you feeling deeply revitalised and restored.	Moxibustion treatment 1:1 <b>Peili Zhai</b> <a href="#">BOOK NOW</a>

### Massage

17 October - 2 November

TALENT	DESCRIPTION	CITRUS POD / MORINGA POD
Physyour	<ul style="list-style-type: none"><li>• <b>Swedish Massage:</b> Relax and unwind with our classic Swedish massage, designed to alleviate tension and improve circulation through gentle, flowing strokes.</li><li>• <b>Aromatherapy Massage:</b> Experiencing the soothing power of essential oils combined with massage techniques that promote relaxation, reduce stress, and enhance overall well-being.</li><li>• <b>Face, Neck, and Shoulder Massage:</b> Target tension and rejuvenate your upper body with our specialized massage focused on relieving stress in the face, neck, and back</li><li>• <b>Holistic Body Treatments:</b> Incorporating both ancient and modern techniques, our holistic treatments are designed to balance the mind, body, and spirit, leaving you feeling rejuvenated and at peace</li></ul>	Massage Men & Women 1:1 <b>Physyour</b> <a href="#">BOOK NOW</a>





# Week 1

17 - 21 OCT 2024

## Thursday 17 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30	Massage 1:1 <b>Physyour - MEN</b>	Massage 1:1 <b>Physyour - WOMEN</b>
10:00 - 11:00	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
11:30 - 12:30	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
13:00 - 14:00	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
14:30 - 15:30	Massage 1:1 <b>Physyour - WOMEN</b>	
16:00 - 17:00	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
17:30 - 18:30	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>

## Friday 18 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30	Massage 1:1 <b>Physyour - WOMEN</b>	Massage 1:1 <b>Physyour - WOMEN</b>
10:00 - 11:00	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
11:30 - 12:30	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
13:00 - 14:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
14:30 - 15:30	Massage 1:1 <b>Physyour - MEN</b>	
16:00 - 17:00	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
17:30 - 18:30	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>

# Week 1

17 - 21 OCT 2024

## Saturday 19 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30	Massage 1:1 <b>Physyour - MEN</b>	Massage 1:1 <b>Physyour - MEN</b>
10:00 - 11:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
11:30 - 12:30	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
13:00 - 14:00	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
14:30 - 15:30	Massage 1:1 <b>Physyour - WOMEN</b>	
16:00 - 17:00	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
17:30 - 18:30	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>

## Sunday 20 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30	Massage 1:1 <b>Physyour - MEN</b>	Massage 1:1 <b>Physyour - WOMEN</b>
10:00 - 11:00	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
11:30 - 12:30	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
13:00 - 14:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
14:30 - 15:30	Massage 1:1 <b>Physyour - MEN</b>	
16:00 - 17:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
17:30 - 18:30	Moxibustion treatment 1:1 <b>Peili Zhai</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>

# Week 1

17 - 21 OCT 2024

## Monday 21 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30	Massage 1:1 <b>Physyour - MEN</b>	
10:00 - 11:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
11:30 - 12:30	Massage 1:1 <b>Physyour - MEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
13:00 - 14:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
14:30 - 15:30	Massage 1:1 <b>Physyour - MEN</b>	
16:00 - 17:00	Massage 1:1 <b>Physyour - WOMEN</b>	Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>
17:30 - 18:30		Hair spa 1:1 <b>Ao lado K-HYGEE SPA</b>

# Week 2

22 - 27 OCT 2024

## Tuesday 22 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - WOMEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Wednesday 23 October

TIME	CITRUS POD	MORINGA POD
8:30 - 9:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	



# Week 2

22 - 27 OCT 2024

## Thursday 24 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - MEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Friday 25 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	

# Week 2

22 - 27 OCT 2024

## Saturday 26 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - MEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Sunday 27 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	

# Week 3

28 OCT - 02 NOV 2024

## Monday 28 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - MEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Tuesday 29 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	

# Week 3

28 OCT - 02 NOV 2024

## Wednesday 30 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - MEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Thursday 31 October

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	



# Week 3

28 OCT - 02 NOV 2024

## Friday 1 November

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00	Message 1:1 Physyour - MEN	
11:30 - 12:30		Message 1:1 Physyour - WOMEN
13:00 - 14:00	Message 1:1 Physyour - MEN	
14:30 - 15:30		Message 1:1 Physyour - WOMEN
16:00 - 17:00	Message 1:1 Physyour - MEN	
17:30 - 18:30		Message 1:1 Physyour - WOMEN

## Saturday 2 November

TIME	CITRUS POD	MORINGA POD
08:30 - 09:30		
10:00 - 11:00		Message 1:1 Physyour - WOMEN
11:30 - 12:30	Message 1:1 Physyour - MEN	
13:00 - 14:00		Message 1:1 Physyour - WOMEN
14:30 - 15:30	Message 1:1 Physyour - MEN	
16:00 - 17:00		Message 1:1 Physyour - WOMEN
17:30 - 18:30	Message 1:1 Physyour - MEN	

# Facilitators

Five Senses Sanctuary brings together an exceptional array of talented individuals.

Mesmerizing musicians, compassionate yoga instructors and inspiring speakers will uplift you and inspire your creativity.



# Facilitators



Amanda Duncan

 [amanda.phoenix](#)



Bechara El Khoury

 [leaf\\_and\\_hook](#)



Dina Cassir

 [dina.cassir](#)



Danah Ashoor

 [danahashoor](#)



Janet Stone

 [ianetstonevoga](#)



Julie Ann

 [themysticcoach](#)



Khaled Ghattas

 [dr.khaledghattass](#)



Koya Webb

 [koyawebb](#)



Karina Palma

 [karinapalma](#)



Lana Nazer

 [lananazerofficial](#)



Lina Nahhas

 [lina\\_movements](#)



Linda Chambers

 [linda\\_hybridsoul](#)

# Facilitators




Manish Pole

 [manishpole](https://www.instagram.com/manishpole)



Rawan Bajsair

 [artmeetstherapy](https://www.instagram.com/artmeetstherapy)




Master Can

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



Marisa Peer

 [marisapeertherapy](https://www.instagram.com/marisapeertherapy)



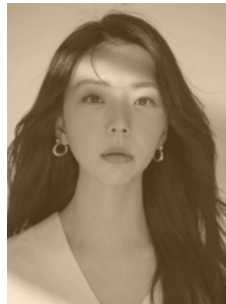
Nancy Zabaneh

 [nancyzabanehlife](https://www.instagram.com/nancyzabanehlife)



Peili

 [pei\\_li8899](https://www.instagram.com/pei_li8899)



Sul - Aolado

 [hewun\\_seolhye](https://www.instagram.com/hewun_seolhye)



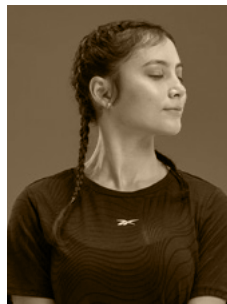
Sarah Farhoud

 [sarahfarhoud](https://www.instagram.com/sarahfarhoud)



Taz Rashid

 [djtazrashid](https://www.instagram.com/djtazrashid)




Yasmine Elkholy

 [rhythm\\_of\\_yoga](https://www.instagram.com/rhythm_of_yoga)



Zarine

 [zarinedada](https://www.instagram.com/zarinedada)



04

# Class Descriptions



# Class Descriptions

INSTRUCTOR NAME	CLASS/SESSION NAME	CLASS/SESSION DESCRIPTION
Aeshah	Slow flow	Ease into relaxation with a Slow Flow Evening Yoga. This gentle class combines fluid movements with deep breathing to help you unwind and find balance and is perfect for all levels.
	Pranayama	Discover the power of breath in this Pranayama class. Enhance lung capacity, boost energy, and promote relaxation through guided exercises. Harness your breath to achieve balance and vitality.
	Salutations 101	A beginner-friendly class that focuses on mastering sun salutations, connecting breath with movement, and building a strong foundation. Perfect for newcomers and those refining their practice.
Duaa	Easy Yoga Flow	Stretch, relax and refresh the body and mind with a mindful mix of meditation, focused breathing and diverse poses, as well as a blissful ten-minute Shavasana.
	Yin Yoga	Release stored emotions and tension in the body through this gentle practice. Hold poses for longer periods to stretch connective tissues and enhance flexibility.
Esraa	Yoga for back pain	Join a session of basic and gentle yoga poses to relieve back pain and discomfort.
	Gentle Hip Openers	Practice and learn exercises that help improve movement, release emotions, and increase hip flexibility.
	Yoga to relax and unwind	Take your body and mind into a state of relaxation, leaving you uplifted and with a sense of calm restored.
Amanda Duncan	Hatha Yoga	A slower paced session where poses are held for a deeper connection, with a strong focus on posture to allow change to happen within the body without injury.
	Vinyasa Yoga	A yoga flow class that focuses on matching breathing with movement. Slightly faster paced than Hatha but still allows for posture correction.
	Yin Yoga	Slow down into deeper stretches and allow the body time to release and find its own freedom. Poses are held for about three minutes giving the body time to meet its limitations and soften deeper into the static pose.
	Acro Yoga	Start off with high flying poses and finish with deep relaxation and decompression. A great way to find your inner child.
	Full body Stretch	Get your body to stretch, starting at the toes and working up to the head. A combination of Yoga and functional movement, exploring dynamic and static stretches.
	Pilates	Work on your core strength and spinal mobility. Pilates is known for its full body activation in every pose which challenges all body types.
Bechara ElKhoury	Wim Hof Method Fundamentals Workshop	Discover the Wim Hof Method, combining specific breathing techniques, cold exposure, and mindset practices to optimize physical and mental well-being.
Danah Ashoor	Tranquil flow - Hatha yoga	A traditional Hatha yoga class that combines breathing, warming up the body, asana, and meditation, at a slower pace. This class is suitable for all and helps participants reconnect with their body, breath, and mind.
	Classic Asanas - Hatha yoga	Combine breathing, warming up the body, asana, and meditation to focus on different areas of the body such as the heart or hips. Reconnect with your body, breath, and mind through this slow-paced class.
	Breathe & motion - Vinyasa yoga	Focuses on the water element of the body. Stay in the present by combining movement with breathing in a fast-paced class suitable for all levels.
	Fluid fusion - Vinyasa yoga	Focus on the water element within the body, encouraging staying in the present by synchronizing movement with breathing. The class is fast-paced and suitable for individuals of all levels.
	Dynamic flow - Power yoga	Join a fun, intermediate-level class to connect with the fire element through strengthening poses and Vinyasa flow. Enjoy a lively playlist featuring '90s hits, Afro music, or Coldplay!

# Class Descriptions

INSTRUCTOR NAME	CLASS/SESSION NAME	CLASS/SESSION DESCRIPTION
Dina Cassir	Elemental fusion flow : Fire vs water	Undertake a mindful journey with a blend of Pilates and fluid yoga sequences. Improve your breathing, circulation and energy levels. Suitable for beginners as well as advanced practitioners.
	Build and Breathe - Mat Pilates	Build the perfect Pilates foundation, with improved posture, better coordination and balance, increased lung capacity, concentration, focus, body awareness, stress management and injury prevention.
	Aerial Yoga Flow	Explore a challenging and fun yoga class using an aerial hammock. This session combines stretching, strengthening, balance, and inversions. Find your challenge regardless of your practice level.
DJ Taz Rashid	Soul Groove	Experience how sound and healing music can be used to unlock many of the blocks and challenges we experience. Drift away in deep relaxation sounds from all over the world.
	Rhythm of the Soul	Immerse yourself in a transformative session that's a unique blend of dance, meditation, and heart-centered music. Embrace musical journey of music, enchanting visuals, light-guided journeys, songs, and poetry.
Dr. Khaled Ghattas	More than a Story	With his unique approach that combines science and storytelling, Dr. Khaled walks the crowd through five main social and cognitive contributors to depression and attempts to widen the scope with which the past must be dealt. He provides a light cognitive approach that offers some helpful insights. Throughout the talk, he will also address how to approach healing and the impact of control on well-being. Session is mainly in Arabic.
Janet Stone	5 Elements	Harness and balance the energies of the 5 Elements - earth, water, fire, air and ether - through yoga and ayurveda.
	All Day I Dream Session	Experience a transformative yoga session and flow through dynamic sequences and soothing melodies to elevate your practice. Connect deeper to the natural rhythms of your breath and the earth.
	Earth   Sky	Discover connection and rootedness (earth) followed by an exploration of space and freedom (sky) of the heart and mind.
	Mantra & Storytelling	Activate your voices and learn the ancient mantras. Heal your nervous system through the vibration of chanting.
	Devotion in Motion	Explore rhythmic vinyasa, mantra, and pranayama to connect more deeply to the heart and the inner experience.
Julie Ann Odell	Healing drumming Journey and community drum circles.	Discover your drum beat through the four elements of nature. Experience balance, harmony and empowerment in a magical, rhythmical and profound way.
	Expressive Arts Therapy	Guaranteed to spread joy, grounding, and inner growth, this session is an integrated therapeutic practice that uses the arts as a tool for healing, expression, and release.
Karina Palma	Caribbean grooves	Dance to the beats of the Caribbean in an energy-filled session of good vibes and fun choreography.
	Afro dance	Dance to the rhythm of Africa. A wonderful opportunity to learn various dance styles from the African continent while connecting with culture.
Koya Webb	Lifestyle Design to Prevent Burnout and Build a Legacy	Unlock the secrets to aligning your daily habits with your core values, building a value ladder that enhances personal and professional growth while maintaining balance and fulfilment.
	Financial Design Workshop	Learn practical strategies for designing a financial plan that aligns with your lifestyle goals. Unlock the tools and mindset needed to achieve financial well-being and create the life you desire.
	Somatic Flow	Unlock the body's natural healing potential through a harmonious blend of yoga and somatic movement. Somatic Flow is an invitation to move with intention, cultivate inner peace and experience a transformative journey into holistic well-being.
Lana Nazer	Living in grace Women's Circle: Finding your purpose & exploring a life of mindfulness.	Join the women's circle to tap into your grace, radiance, and purpose in an intimate setting. Leave the session feeling powerful, inspired, balanced & energised.

# Class Descriptions

INSTRUCTOR NAME	CLASS/SESSION NAME	CLASS/SESSION DESCRIPTION
Lina Nahhas	5Rhythms sessions	5Rhythms® is a philosophy, perspective, performance art and dynamic movement practice rooted in the principle that “if you put your body into motion, the psyche will heal itself.” Explore the breadth of physical expression as well as spiritual meditation.
Linda Chambers	HIITASANA - Yoga Fusion	Derived from the words HIIT (High Intensity Interval Training) and asana (Yoga pose), HIITASana blends the scientific approach of HIIT with the ancient philosophies of yoga practice.
	Guided Sound Meditation	Embark on a guided journey focused on evoking a deep sense of relaxation and mental clarity. Uncover a receptive state of serenity that lies between wakefulness and sleep.
	Desert Breathwork & Sound Bath	Discover how guided breathwork can reduce stress and enhance mental clarity, and let the soothing sounds of crystal bowls and gongs help balance your energy and promote deep relaxation.
	Ctrl + Alt + Release	Unlock the tools that can help reduce stress, anxiety and negativity, and practice mindfulness for a healthier mind and body.
Manish Pole	Rebirth through Ancient Wisdom: Meditation Practice & Wisdom Talk on the True Nature of Self.	Unravel the root of suffering in our lives through ancient wisdom-based traditions and practise breath-based meditation.
	Breathwork	Understand the elements that constitute a breathing practice and learn to design your own practice framework that suits your unique goals.
	Immersive meditation with headsets: 45 people max	Learn to write your own guided scripted meditation practice that aligns with your unique goals - whether it is letting go of blocked energies, living vibrantly, and/or enabling yourself to centre calmly.
	The neuroscience of love meditation	Discover the neuroscience of love by exploring which neurotransmitters cause the feelings of excitement in a new relationship and which ones help foster long term relationships.
	Embracing Ayurveda through yoga & meditation	Explore 5000 years of ayurvedic wisdom to make contemporary living more meaningful. Get insights to your body type in ayurveda and how it impacts lifestyle and food choices.
	CHAKRAS Immersive Workshop	Unravel the wisdom of chakras in various ancient traditions and learn how chakras can affect your physical, mental and emotional health.
	100 YEARS OF KHALIL GIBRAN: MEDITATION-REFLECTIONS with Headsets: 45 people max	Put your headsets on for a truly immersive experience and a one-of-a-kind session to celebrate the works of the iconic poet Khalil Gibran.
	SOUND JOURNEY & MEDITATION	Explore exercises to make your voice stronger, more melodious and soothing. Unlock your throat from blocked energies to practice with trust and without fear.
Marisa Peer	How to be the CEO of your own mind and mastermind your life.	Join the world-renowned therapist and best-selling author for this powerful session, offering deep healing, clarity, and the transformation needed to restore balance and propel you toward success in every area of your life.
	Unlock Your Inner Healer: A Life-Changing Workshop with Marisa Peer	Join world-renowned therapist and best-selling author Marisa Peer for a powerful, interactive workshop that will unleash your body's natural ability to heal both physically and emotionally using Marisa's Rapid Transformational Therapy (RTT) approach.
Master Can	Qi Gong	Explore an ancient self-healing art that has been practiced for centuries. Through a combination of gentle physical movements, breathing exercises, and meditation, feel the flow of vital energy (Qi) throughout the body for improved quality of life and longevity.
	Tai Chi	Regulate your breathing, calm the mind, and harmonise the spirit in a meditative exercise to improve balance and coordination in addition to reducing stress and anxiety, improving insomnia, and enhancing health of the joints.



# Class Descriptions

INSTRUCTOR NAME	CLASS/SESSION NAME	CLASS/SESSION DESCRIPTION
Nancy Zabaneh	Kundalini Yoga, Road to Elevation: Attitude of Altitude	In this session of Kundalini Yoga, explore how our conscious access to a vantage point of altitude influences our progression and resilience in life, as well as our levels of clarity and capacity for expansion.
	Conscious Relationships in an Unconscious World	Discover how conscious relationships are constructed on a foundation of daily choices, healthy habits, regular check-ins, mutual agreements, compassion and love.
	Unveiling the Mystical Power of Numbers	Uncover the mysteries of numerology - the mystical study of numbers that has been used for centuries to gain insight into our understanding of life. Each number has its own unique vibration unveiling hidden truths.
Peili	Tea ceremony	Experience the ceremonial preparation and enjoyment of tea including the selection of tea, its brewing techniques, and the aesthetic presentation involved in a tea ceremony.
	AIULA inspired Moringa tea ceremony	Discover the art of tea preparation and the calming effects of moringa tea, all while embracing the serenity of AIULA's majestic surroundings. Join in for a journey of relaxation and rejuvenation.
	Qi Gong - Women only class	Join in a women's only Qigong session to uncover a host of benefits. Learn how to prevent and manage certain conditions to realise health and well-being.
	Moxibustion Massage	Discover Chinese moxibustion, a traditional kind of physical therapy involving the burning of moxa, near or on acupuncture points. Regulates blood flow, relieve pain, improve digestion, overall mental health and sleep.
Rawan Bajsaïr	Journey to Yourself	Embark on a deep introspective journey through art therapy where you can explore and express yourself, fostering connection, inspiration, and a sense of community.
Sarah AlFarhoud	Arm balancing workshop	Unravel the secrets to mastering arm balances with expert guidance and personalised tips. Whether you are an advanced yogi or a beginner, this workshop promises to enhance your strength, balance, and confidence.
	Dynamic vinyasa flow	Engage in an invigorating session that will take you through a series of fluid, energetic movements designed to enhance strength, flexibility, and mindfulness. Perfect for all levels, experience a seamless blend of breathwork and movement.
Seol He Park	1:1 hair treatments	Let your hair down and join in for a relaxing head spa, relieving stress with a gentle massage and fragrant oils. Refresh your mind, hair and body by recentering your energy and focus.
Stuart Sanderman	Breathwork to Amplify Presence	Immerse yourself in a transformative breathwork session to release stress, reconnect with your inner power, and unlock clarity. Feel grounded, energized, and ready to embrace life.
	5 rhythms with Lina Nahhas	Join Lina and Stuart Sanderman for a 5 Rhythms dance, blending breathwork and music. Release emotions, move freely, and connect deeply in this transformative journey of rhythm and renewal.
	Breathwork for release and letting go	Join a breathwork session to release emotional blockages, clear your mind, and reconnect with your true self. Experience healing, peace, and renewed clarity through breath and music.
	Stuart with DJ Taz - music journey	Join Stuart Sanderman and DJ Taz for an epic music journey of sound, rhythm, and dance. Feel energized as you dance to high-vibe beats in a night of freedom, expression, and pure joy.
	Closing Breathpod session	Start your week with a unique breathwork session to release tension, find clarity, and move forward with focus. Feel grounded, empowered, and ready to embrace the days ahead.

# Class Descriptions

INSTRUCTOR NAME	CLASS/SESSION NAME	CLASS/SESSION DESCRIPTION
Yasmine Elkholy	Restorative yoga	Enjoy a revitalising session of restorative yoga, helping improve your emotional balance, flexibility and blood circulation.
	Aerial yoga	Elevate your yoga practice with playful inversions that boost flexibility, strength, and posture. Enjoy improved circulation and balance as the silk hammock supports you in a fun, restorative flow.
	Mindful Meditation & Sound Healing	Calm your mind and be fully present in our mindful meditation and sound healing class. Let soothing vibrations restore balance, release tension, and invite positive energy for inner peace and healing.
	Sound Healing	
Zarine Dadachanji	Relaxation Sound and Gong Immersion	Relax, lie down and enjoy a guided visualization that take you to a deep relaxation level, helping you release tension, negative emotions, and simply be present in the moment.
	Gong Meditation for Manifestation with Zarine	Set your intentions, relax, and let sound vibrations amplify them. As sound flows through you, let your body relax and heal at a cellular level.
	Soothing sound bath	In this soothing session, learn breathing techniques and tools to stay calm and focused. Experience stress relief, deep relaxation, well-being, and balance to achieve peace and happiness.

لحظات العِلا  
ALULA MOMENTS

# ALULA WELLNESS FESTIVAL

17 OCT - 02 NOV 2024

OFFICIAL PARTNERS



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