

YOGA SESSIONS



ALULA
WELLNESS
FESTIVAL 2025

لحظات العِلا
ALULA MOMENTS

DATE	START TIME	END TIME	LOCATION	NAME	TYPE
FRIDAY 24 TH OCTOBER	08:30 AM	09:30 AM	SHADEN RESORT ALULA	MUSEMENT BARRE	DANCE FITNESS CLASS
FRIDAY 24 TH OCTOBER	08:30 AM	09:30 AM	OUR HABITAS ALULA	GROUNDING VINYASA FLOW	MIND-BODY WELLNESS CLASS
FRIDAY 24 TH OCTOBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CLASS
FRIDAY 24 TH OCTOBER	11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	ECHOES OF THE ANCIENT LAND	MEDITATION WELLNESS CLASS
FRIDAY 24 TH OCTOBER	11:00 AM	12:00 PM	BANYAN TREE ALULA	ZUMBA PASSION UNLEASHED	DANCE FITNESS CLASS
FRIDAY 24 TH OCTOBER	03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	MOVE WITH PURPOSE	MIND-BODY WELLNESS CLASS
FRIDAY 24 TH OCTOBER	04:00 PM	05:30 PM	OUR HABITAS ALULA	ECSTATIC DANCE BY CHARL CHAKA	DANCE FITNESS CLASS
FRIDAY 24 TH OCTOBER	05:00 PM	06:00 PM	BANYAN TREE ALULA	ACTIVE RHYTHMS OF BREATH	MEDITATION WELLNESS CLASS
FRIDAY 24 TH OCTOBER	05:00 PM	06:00 PM	SHADEN RESORT ALULA	ART THERAPY - EMOTIONAL RELEASE	ART THERAPY WELNESS CLASS
FRIDAY 24 TH OCTOBER	06:00 PM	07:00 PM	BANYAN TREE ALULA	YOGA SCULPT	MIND-BODY WELLNESS CLASS
FRIDAY 24 TH OCTOBER	06:00 PM	07:00 PM	SHADEN RESORT ALULA	AFRO BEATS	DANCE FITNESS CLASS
FRIDAY 24 TH OCTOBER	06:00 PM	07:00 PM	OUR HABITAS ALULA	MEDITATION	MEDITATION WELLNESS CLASS
SATURDAY 25 TH OCTOBER	08:30 AM	09:30 AM	OUR HABITAS ALULA	BOOTYBURN	DANCE FITNESS CLASS

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FESTIVAL 2025

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DATE	START TIME	END TIME	LOCATION	NAME	TYPE
SATURDAY 25 TH OCTOBER	08:30 AM	09:30 AM	SHADEN RESORT ALULA	AFRO BEATS	DANCE FITNESS CLASS
SATURDAY 25 TH OCTOBER	08:30 AM	09:30 AM	BANYAN TREE ALULA	PRANAYAMA	MEDITATION WELNESS CLASS
SATURDAY 25 TH OCTOBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	STRONG BODY, SOFT MIND	MIND-BODY WELLNESS CLASS
SATURDAY 25 TH OCTOBER	10:00 AM	11:00 AM	OUR HABITAS ALULA	5 ELEMENTS BREATH & FLOW	MIND-BODY WELLNESS CLASS
SATURDAY 25 TH OCTOBER	10:30 AM	12:00 PM	FIVE SENSES SANCTUARY	ECSTATIC DANCE BY CHARL CHAKA	DANCE FITNESS CLASS
SATURDAY 25 TH OCTOBER	03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	YOGA NIDRA	MIND-BODY WELLNESS CLASS
SATURDAY 25 TH OCTOBER	05:00 PM	06:00 PM	SHADEN RESORT ALULA	ALULA YOGA VIBES	MIND-BODY WELLNESS CLASS
SATURDAY 25 TH OCTOBER	05:00 PM	06:00 PM	BANYAN TREE ALULA	EASE & EXPAND FLOW	MIND-BODY WELLNESS CLASS
SATURDAY 25 TH OCTOBER	06:00 PM	07:00 PM	BANYAN TREE ALULA	LIQUID LIGHT: WATER VINYASA FLOW	MIND-BODY WELLNESS
SATURDAY 25 TH OCTOBER	06:00 PM	07:00 PM	SHADEN RESORT ALULA	HIIT WITH NELLY	DANCE FINTESS CLASS
SATURDAY 25 TH OCTOBER	07:45 PM	08:45 PM	OUR HABITAS ALULA	ZUMBA PASSION UNLEASHED	DANCE FINTESS CLASS
SUNDAY 26 TH OCTOBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	HEART OPENING FLOW	MIND-BODY WELLNESS CLASS
SUNDAY 26 TH OCTOBER	11:00 AM	12:00 PM	OUR HABITAS ALULA	DEEP HOUSE YOGA	MIND-BODY WELLNESS CLASS

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DATE	START TIME	END TIME	LOCATION	NAME	TYPE
SUNDAY 26 TH OCTOBER	01:45 PM	03:15 PM	FIVE SENSES SANCTUARY	ECSTATIC DANCE BY CHARL CHAKA	DANCE FINTESS CLASS
SUNDAY 26 TH OCTOBER	05:00 PM	06:00 PM	OUR HABITAS ALULA	ART THERAPY - SELF DISCOVERY	ART THERAPY WELNESS CLASS
SUNDAY 26 TH OCTOBER	06:00 PM	07:00 PM	OUR HABITAS ALULA	STRETCH WITH NELLY	MIND-BODY WELLNESS CLASS
MONDAY 27 TH OCTOBER	08:30 AM	09:30 AM	OUR HABITAS ALULA	SOUL GAZING AND JOURNALING CIRCLE	MEDITATION WELLNESS CLASS
MONDAY 27 TH OCTOBER	08:30 AM	10:00 AM	FIVE SENSES SANCTUARY	ECSTATIC DANCE BY CHARL CHAKA	DANCE FINTESS CLASS
MONDAY 27 TH OCTOBER	03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	SOUL-FLOW VINYASA	MIND-BODY WELLNESS CLASS
MONDAY 27 TH OCTOBER	05:00 PM	06:00 PM	OUR HABITAS ALULA	WINGS OF THE HEART: CHEST & SHOULDERS	MIND-BODY WELLNESS CLASS
MONDAY 27 TH OCTOBER	06:00 PM	07:00 PM	OUR HABITAS ALULA	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CLASS
TUESDAY 28 TH OCTOBER	08:30 AM	09:30 AM	BANYAN TREE ALULA	DYNAMIC VINYASA LINES OF MOTION	MIND-BODY WELLNESS CLASS
TUESDAY 28 TH OCTOBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	AWAKENED POWER FLOW	MIND-BODY WELLNESS CLASS
TUESDAY 28 TH OCTOBER	12:30 PM	01:30 PM	BANYAN TREE ALULA	5RHYTHMS CREATIVE MOVEMENT	DANCE FINTESS CLASS
TUESDAY 28 TH OCTOBER	03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	ART THERAPY - MANIFEST	ART THERAPY WELNESS CLASS
TUESDAY 28 TH OCTOBER	06:00 PM	07:00 PM	BANYAN TREE ALULA	SOUND IMMERSION INTO STILLNESS	MEDITATION WELNESS CLASS

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DATE	START TIME	END TIME	LOCATION	NAME	TYPE
WEDNESDAY 29 TH OCTOBER	10:00 AM	11:00 AM	ALMANSHIYA PLAZA	AWAKENED POWER FLOW	MIND-BODY WELLNESS CLASS
WEDNESDAY 29 TH OCTOBER	11:00 AM	12:00 PM	BANYAN TREE ALULA	ZUMBA MASTERCLASS	DANCE FITNESS CLASS
WEDNESDAY 29 TH OCTOBER	02:15 PM	03:15 PM	ALMANSHIYA PLAZA	ZUMBA MASTERCLASS	DANCE FITNESS CLASS
WEDNESDAY 29 TH OCTOBER	05:00 PM	06:00 PM	BANYAN TREE ALULA	RESONNANCE RITUAL SOUND JOURNEY	MEDITATION WELLNESS CLASS
WEDNESDAY 29 TH OCTOBER	06:00 PM	07:00 PM	BANYAN TREE ALULA	LUNAR THREAD: MOONLIT VINYASA FLOW	MIND-BODY WELLNESS CLASS
THURSDAY 30 TH OCTOBER	08:30 AM	09:30 AM	ALMANSHIYA PLAZA	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CLASS
THURSDAY 30 TH OCTOBER	08:30 AM	09:30 AM	OUR HABITAS ALULA	ART THERAPY: INNER CHILD HEALING	ART THERAPY WELLNESS CLASS
THURSDAY 30 TH OCTOBER	08:30 AM	09:30 AM	BANYAN TREE ALULA	SOUL-FLOW VINYASA	MIND-BODY WELLNESS CLASS
THURSDAY 30 TH OCTOBER	09:30 AM	10:30 AM	SHADEN RESORT ALULA	ZUMBA MASTERCLASS	DANCE FITNESS CLASS
THURSDAY 30 TH OCTOBER	11:00 AM	12:00 PM	ALMANSHIYA PLAZA	AFRO BEATS	DANCE FITNESS CLASS
THURSDAY 30 TH OCTOBER	03:00 PM	04:00 PM	ALMANSHIYA PLAZA	MEDITATION	MEDITATION WELLNESS CLASS
THURSDAY 30 TH OCTOBER	04:30 PM	05:30 PM	BANYAN TREE ALULA	BEYOND THE BODY: SONIC SURRENDER	DANCE FINTESS CLASS
THURSDAY 30 TH OCTOBER	05:00 PM	06:00 PM	SHADEN RESORT ALULA	BREATHING CHOCOLATE MEDITATION	MEDITATION WELLNESS CLASS

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DATE	START TIME	END TIME	LOCATION	NAME	TYPE
THURSDAY 30 TH OCTOBER	05:00 PM	06:00 PM	OUR HABITAS ALULA	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CLASS
THURSDAY 30 TH OCTOBER	06:00 PM	07:00 PM	OUR HABITAS ALULA	STRETCH IT OUT!	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	08:30 AM	09:30 AM	OUR HABITAS ALULA	ZUMBA MASTERCLASS	DANCE FITNESS CLASS
FRIDAY 31 ST OCTOBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	YOGA NIDRA	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	08:30 AM	09:30 AM	SHADEN RESORT ALULA	SOUL-FLOW VINYASA	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	11:00 AM	11:45 AM	BANYAN TREE ALULA	FLEX & FLOW REFORMER WITH NAT	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	5RHYTHMS CREATIVE MOVEMENT	DANCE FITNESS CLASS
FRIDAY 31 ST OCTOBER	01:00 PM	02:30 PM	FIVE SENSES SANCTUARY	TEA CEREMONY	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CLASS
FRIDAY 31 ST OCTOBER	04:30 PM	05:30 PM	SHADEN RESORT ALULA	AFRO BEATS	DANCE FITNESS CLASS
FRIDAY 31 ST OCTOBER	05:00 PM	06:00 PM	BANYAN TREE ALULA	SOUND JOURNEY THROUGH SAND & STARS	MEDITATION WELLNESS CLASS
FRIDAY 31 ST OCTOBER	05:00 PM	06:00 PM	OUR HABITAS ALULA	FINDING BALANCE	MIND-BODY WELLNESS CALSS
FRIDAY 31 ST OCTOBER	06:00 PM	07:00 PM	OUR HABITAS ALULA	FLOATING SOUND BATH	MEDITATION WELLNESS CLASS

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DATE	START TIME	END TIME	LOCATION	NAME	TYPE
FRIDAY 31 ST OCTOBER	06:00 PM	07:00 PM	SHADEN RESORT ALULA	CLASSICAL YOGA & PRANAYAMA	MIND-BODY WELLNESS CALSS
FRIDAY 31 ST OCTOBER	07:45 PM	08:45 PM	BANYAN TREE ALULA	ROOT TO RISE: ECSTATIC AWAKENING	DANCE FITNESS CLASS
SATURDAY 01 ST NOVEMBER	08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	BEYOND THE BODY: SONIC SURRENDER	DANCE FITNESS CLASS
SATURDAY 01 ST NOVEMBER	08:30 AM	09:30 AM	BANYAN TREE ALULA	100 YEARS OF KAHLIL GIBRAN	MEDITATION WELLNESS CLASS
SATURDAY 01 ST NOVEMBER	08:30 AM	09:30 AM	SHADEN RESORT ALULA	RETURN TO INNOCENCE	MEDITATION WELLNESS CLASS
SATURDAY 01 ST NOVEMBER	08:30 AM	09:15 AM	OUR HABITAS ALULA	FLEX & FLOW REFORMER WITH VIC	MIND-BODY WELLNESS CALSS
SATURDAY 01 ST NOVEMBER	11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	UNLOCKED MOBILITY	MIND-BODY WELLNESS CALSS
SATURDAY 01 ST NOVEMBER	02:15 PM	03:15 PM	FIVE SENSES SANCTUARY	THE UNSEEN PATH	MIND-BODY WELNESS CLASS
SATURDAY 01 ST NOVEMBER	04:00 PM	05:30 PM	FIVE SENSES SANCTUARY	TEA CEREMONY	MIND-BODY WELNESS CLASS
SATURDAY 01 ST NOVEMBER	04:30 PM	05:30 PM	SHADEN RESORT ALULA	ZUMBA MASTERCLASS	DANCE FITNESS CLASS
SATURDAY 01 ST NOVEMBER	04:30 PM	05:30 PM	BANYAN TREE ALULA	AFRO BEATS	DANCE FITNESS CLASS
SATURDAY 01 ST NOVEMBER	05:00 PM	06:00 PM	OUR HABITAS ALULA	EYE GAZING & CACAO CEREMONY	MEDITATION WELLNESS CLASS
SATURDAY 01 ST NOVEMBER	06:00 PM	07:00 PM	BANYAN TREE ALULA	ALULA YOGA VIBES	MIND-BODY WELNESS CLASS

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ALULA MOMENTS

DATE	START TIME	END TIME	LOCATION	NAME	TYPE
SATURDAY 01 ST NOVEMBER	07:30 PM	08:30 PM	SHADEN RESORT ALULA	FLOATING SOUND BATH	MEDITATION WELLNESS CLASS
SATURDAY 01 ST NOVEMBER	07:45 PM	08:45 PM	OUR HABITAS ALULA	5RHYTHMS CREATIVE MOVEMENT	DANCE FITNESS CLASS