

Beyond Wellness

THE ULTIMATE BODY, MIND & SPIRIT EXPERIENCE



APRIL 8TH -10TH 2021

SAADIYAT ROTANA RESORT & VILLAS, ABU DHABI

MIXED MEN'S AND WOMEN'S RETREAT

360 DEGREE LUXURY WOMEN'S WELLNESS EXPERIENCE

3 days full board from 3,999 AED pp

Valid until March 21st 2021

2 nights, 3 days full board accommodation, pool, beach, spa & fitness access

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

3 day immersive mind, body, coaching, hypnotherapy & nutrition workshops

Daily yoga, meditation, mindfulness & movement. Sound, crystal & energy healing

“ This isn't just another wellness retreat. This is the moment of truth to transform, reclaim and revitalise your life ”

This 3-day immersive program led by Clinical Hypnotherapist Rachel Dowes and International Life Coach Sophia Bakkal is designed to align body, mind and spirit, helping you achieve balance, harmony and lasting fulfillment.

Immerse yourself in the stunning natural beauty of the award-winning Saadiyat Rotana Resort & Villas. Located on Saadiyat Island Abu Dhabi, which is home to turquoise waters, pristine white sands, indigenous hawksbill turtles and dolphins.

Reconnect with your body and breath through a seamless blend of daily yoga, massage, movement, mindfulness, meditation, gong bath meditation, crystal and energy healing. Empower your life through an engaging program of daily transformative mind body, hypnotherapy, coaching and integrative nutrition workshops, alongside massage, spa and one-to-one yoga, reiki and individual life coaching sessions, designed to challenge your thinking, reprogram your mind and transform your life.

Restore your body's vitality with our healthy full board 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

Contact: hello@beyondwellnessgroup.com



APRIL 8TH - 10TH 2021

SAADIYAT ROTANA RESORT & VILLAS, ABU DHABI

BEYOND SANCTUARY

3 days full board early bird from 3,999 AED pp

Valid until March 21st 2021

“ Join us on a transformative journey to align body, mind and spirit, helping you to achieve balance, harmony and lasting fulfilment. ”

Early bird single room: **4,999 AED** (5,999 AED standard price)

Early bird shared double room: **4,499 AED pp** (5,499 AED pp standard price)

Early bird shared triple room: **3,999 AED pp** (4,999 AED pp standard price)

- 2 nights, 3 days 5* accommodation, garden view room
- 3 day full board healthy meals and detox juices
- 3 day wellness program including:
 - Daily beach vinyasa flow yoga, chakra balancing yoga & yin-yang yoga
 - Daily transformative coaching workshops
 - Daily meditation and mindfulness practice
 - Hypnotherapy
 - Energy healing and reiki
 - Chakra balancing and crystal healing
 - Integrative nutrition
 - Beachside sound bowl sunset meditation
- Choice of two one to one sessions: transformative life coaching, yoga, sound healing reiki, chakra balancing, integrative nutrition or hypnotherapy
- Tennis, kayaking and stand up paddle boarding
- One signature 60 minute massage at Zen The Spa
- Unlimited access to pool, beach, spa, sauna, steam, gym and fitness facilities
- Exclusive 20% discount on additional F&B and spa treatments
- Beyond wellness gift hamper
- 24/7 access to Beyond Wellness community and events post-retreat



STEP OUT FROM THE ORDINARY

A one of a kind luxury wellness experience, designed to stimulate, energise and revitalize body, mind and spirit.

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.

THREE DAYS OF TRANSFORMATION

DAY 1: Thursday 8th April

8:30 - 9:00am: Arrival, check-in & luggage drop
9:15 - 10:15am: Energizing vinyasa flow yoga
10:30 - 11:30am: Juice break
11:30 - 11:45am: Welcome introduction
11:45 - 1:00pm: Room access and shower break
1:00 - 2:00pm: Healthy lunch
2:15 - 3:30pm: Transformative coaching workshop (Challenge your life)
3:30 - 3:45pm: Juice break
3:45 - 4:15pm: Transformative coaching & hypnotherapy
4:15 - 5:00pm Free time, beach, pool, spa & fitness access
5:00 - 6:00pm: Sunset sound healing meditation
6:15 - 7:15pm: Healthy dinner
7:30 - 8:30pm Beachside guided meditation

DAY 2: Friday 9th April

6:30 - 7:30am: Sunrise chakra flow yoga
7:30 - 8:00am: Beachside walking meditation
8:30 - 9:30am: Healthy breakfast
10:00 - 11:00am: Transformative coaching workshop (Unleash your life)
11:00 - 11:15am: Juice break
11:15 - 11:45am: Transformative coaching & hypnotherapy
11:45 - 12:30pm: Free time, beach, pool, spa & fitness access
12:30 - 1:30pm: Healthy Lunch
1:30 - 6:00pm: Choice of two one to one sessions: sound healing, life coaching, integrative nutrition, yoga, reiki, chakra balancing
1:30 - 6:00pm: One 60 min massage at Zen The Spa (day 2 or 3)
2:00 - 5:00pm: Tennis, kayak or stand up paddle boarding (optional)
3:00 - 4:00pm: Juice break
6:15 - 7:15pm: Healthy dinner
7:30 - 8:30pm: Beachside energy healing circle

DAY 3: Saturday 10th April

6:30 - 7:30am: Sunrise yin-yang yoga
7:30 - 8:00am: Mindfulness Meditation
8:30 - 9:30am: Healthy breakfast
10:00 - 11:00am: Transformative coaching workshop (Ignite your life)
11:00 - 11:15am: Juice break
11:15 - 12:15pm: Crystal workshop
11:15 - 12:15pm: Men's workshop / Women's workshop
12:30 - 1:30pm: Healthy lunch
1:30 - 6:00pm: Choice of two one to one sessions (as above)
2:00 - 5:00pm: Tennis, kayak or stand up paddle boarding (optional)
2:00 - 3:00pm: Late check-out
5:00 - 6:00pm: Gratitude circle
6:15 - 7:15pm: Healthy dinner
7:30pm: Departure