

JUMEIRAH RETREATS BY

Beyond Wellness

THE ULTIMATE BODY, MIND & SPIRIT EXPERIENCE

Jumeirah
BEACH HOTEL



18TH-20TH NOVEMBER 2021

JUMEIRAH BEACH HOTEL

3 DAY FITNESS & WELLNESS WEEKEND

Join us for a transformative outdoor adventure to refresh and revitalise your life

Three days full board:

3,875 AED per person (double room)

5,550 AED single room

REVITALISE YOUR LIFE

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

Full board healthy meals

3 day transformative workshops for body, mind and lasting change

Daily strength and conditioning training, yoga classes, one to one body & fitness sessions

"An exhilarating and uplifting 3-day transformative fitness and wellness experience perfect for the whole family. Designed to challenge your body and thinking, shake up your habits and make lasting lifestyle change."

Join us for a transformative outdoor adventure for men, women and teens, designed to make lasting lifestyle change. An exhilarating journey, led by International Wellness Life Coach Sophia Bakkal and Clinical Hypnotherapist Rachel Dowes of Beyond Wellness, alongside leading Fitness and Nutrition experts from Jumeirah's premier wellness destination; J Club, Talise Spa; Jumeirah's award-winning sanctuary for body and mind and in partnership with the region's health and wellness experts; DNA.

Experience the best Strength and Conditioning Training, Lifestyle and Wellness Coaching, Nutrition, Wellness Meals, Personal Training and five-star accommodation at the iconic Jumeirah Beach Hotel. Challenge your body and mind through a carefully curated transformative program of activities including Interval Training, Condition Training, Core Mobility, Yoga, Tai Chi, Stand Up Paddle Boarding and Kayaking. Connect to body and breath through exhilarating Ice Bath, Breath Work and Revitalising Massage.

Change unhealthy habits and make long-term changes with Lifestyle and Wellness Coaching, Hypnotherapy for Transformation and one-to-one Body Composition sessions, while relaxing and reconnecting to your inner peace through a daily program of rebalancing Sound Therapy, Meditation and Cleansing Pranayama. While restoring your body's vitality with a healthy Full Board Wellness Menu.





JUMEIRAH BEACH HOTEL FITNESS & WELLNESS WEEKEND

"Join us for an exhilarating outdoor adventure to refresh and revitalise your life"

Single Room: **5,550 AED**

Double Room: **3,875 AED per person** (7,750 AED per room)

Package Includes:

- 2 x Nights (3 Days) 5* Accommodation
- 3 x Days Full Board Healthy Meals
- Unlimited Beach, Pool, Fitness, Spa, Sauna & Steam access
- Watersports Activities: Kayak, Stand Up Paddle Boarding
- 3 x Transformative Wellness Coaching Workshops
- 1 x Breathwork for Peak Performance Workshop
- 1 x Self Hypnosis for Lifestyle Change Workshop
- 1 x Gut & Gastrointestinal Health for Wellbeing Workshop
- 1 x Eating for Optimal Weight Workshop
- 1 x Individual Body Composition Analysis with 3D Scanner
- 1 x J Condition Class (Training)
- 1 x Core Mobility class (Pilates)
- 1 x J Flow Class (Tai Chi)
- 1 x J Interval Class (HIIT)
- 1 x Restorative Yin Yoga & Pranayama
- 1 x Yoga Laughter Therapy
- 1 x Wim Hof Ice Bath Challenge
- 1 x Full Moon Sound Healing
- 1 x Guided Energy Walk & Visualisation
- 1 x Moonlight Best You Meditation
- 1 x 60 Minute Massage (voucher)
- 1 x Wellness Gift Hamper
- 1 x Closing Gratitude Circle



RESHAPE, REVIVE & REVITALISE

A transformative fitness experience designed to challenge your body and thinking, change your habits and make lasting changes

Sophia Bakkal and Rachel Dowes bring 40 years of combined experience in the corporate and wellness sector.

Over three days, Sophia, Rachel and the experts from J Club, Talise Spa and DNA will guide you on a transformative adventure to refresh and revitalise your life.

THREE DAYS OF TRANSFORMATION

DAY 1: Thursday 18th November

7:30 - 8:00am	Arrival & Luggage drop
8:15 - 09:15am	Uplifting Yoga Laughter Therapy
9:15 - 9:30am	Group Welcome & Refreshments
10:30 - 12:00pm	Transformative Wellness Coaching Workshop
12:30 - 2:00pm	Healthy Lunch
2:00 - 3:00pm	Cut and Gastrointestinal Health Workshop
3:00 - 5:00pm	Free time & Water Sports Activities
3:00 - 5:00pm	One 60 Minute Restorative Massage (Day 1, 2 or 3)
3:00 - 5:00pm	One-to-one Body Composition Analysis (Day 1, 2 or 3)
5:00 - 6:00pm	J Condition (Conditioning Training) Class
6:00 - 7:30pm	Healthy Dinner
7:30 - 8:30pm	Moon light Relaxing Yin Yoga
8:30 - 9:30pm	Full Moon Sound Healing



DAY 2: Friday 19th November

6:30 - 7:30am	Core Mobility Class
7:30 - 8:00am	Guided Energy Walk and Visualisation
8:30 - 9:30am	Healthy Breakfast
10:00 - 11:30pm	Transformative Coaching for Peak Performance
11:30 - 12:00pm	Breathwork for Peak Performance Workshop
12:15 - 1:30pm	Wim Hof Ice Bath Challenge (Day 2 or 3)
1:00 - 2:00pm	Healthy Lunch
2:00 - 3:00pm	Eating for Optimal Weight Workshop
3:00 - 5:00pm	Free time & Water Sports Activities
3:00 - 5:00pm	One 60 Minute Restorative Massage (Day 1, 2 or 3)
3:00 - 5:00pm	One-to-one Body Composition Analysis (Day 1, 2 or 3)
5:00 - 6:00pm	J Interval Class
6:30 - 7:30pm	Healthy Dinner
7:30 - 8:30pm	Restorative Yin Yoga & Pranayama
8:30 - 9:30pm	Moonlight Best You Meditation



DAY 3: Saturday 20th November

6:30 - 7:30am	J Flow Class
7:30 - 8:00am	Beach Swim
8:30 - 9:30am	Healthy Breakfast
10:00 - 11:30pm	Wellness Coaching: Lasting Change Workshop
11:30 - 12:00pm	Self-hypnosis for Change Workshop
12:15 - 1:30pm	Wim Hof Ice Bath Challenge (Day 2 or 3)
1:30 - 2:30pm	Healthy Lunch
3:30 - 5:00pm	Free time & Water Sports Activities
3:30 - 5:00pm	One 60 Minute Restorative Massage (Day 1, 2 or 3)
3:30 - 5:00pm	One-to-one Body Composition Analysis (Day 1, 2 or 3)
5:00 - 6:00pm	Closing Circle