

Retreat Information & Details

We are so excited to share this rejuvenating getaway with you. *Please take the time to read over all the information provided.* If you have any questions, do not hesitate to contact me.

Your Host & Teachers for the Retreat



LEI GARDEN SKIN CARE was established in 2010 by Habiba Al Mosawi. Inspired by the Zen culture of living and the local Bahraini tradition of giving. Lei Garden's mission is to bring out the inner beauty in all by nurturing, fostering, and bringing forth proper care of the body — both inside and out. Learn more about Lei Gardens at <http://leigardenskincare.com/> and follow [Lei Garden Skin Care on Instagram](#) and [Facebook](#).



EHSAN ASGHAR After spending five-years being ill with digestion, neck and back pain, Ehsan spent his adolescence in the confusion and fear that surrounds most structural spinal issues. When complications arose while he was pursuing a career in IT industry, he began his endless search for healing and relief from chronic pain. After trying everything recommended by his doctors, physical therapists, and other holistic professionals, his path brought him to the work of Iyengar yoga with Shri Bandu Ramulu at Kotakal Holistic Center. Immediately after his first Yoga class, he felt an inner calling ignite that he has followed whole-heartedly ever since. Since that fateful meeting, he has gone on to study with Shri Bandi Ramulu who have greatly influenced his thoughtful approach to addressing each student's individual patterns and needs. He received his certification under Patanjali Yoga Studio Kamareddy, India.

Through his dedicated self-practice and under the tutelage of his teacher, Ehsan's asymmetry has dramatically decreased, and his inner calling to spread this important work has become a reality. His goal is to empower each of his clients to have an innate understanding of both their structural and habitual patterning. Through conscious, awareness building techniques, Ehsan provides his students with the tools needed to begin their healing process. Ehsan's work also addresses the energetic and emotional imbalances that are often associated with chronic back pain and spinal asymmetry. With his ever-curious attitude towards anatomy and balance, he hopes to foster joy, hope and illumination within each of his clients. He has a deep understanding of the body's miraculous ability to heal itself with proper guidance, and through this dedicated work, Ehsan has helped students of all ages illuminate the root cause of their pain so that they can make lasting changes and regain their quality of life.

FATIMA AL MANSOORI is an Internationally Accredited Institutional Yoga Therapist & Lifestyle Coach. Her healing journey started after she was diagnosed with chronic fatigue and narcolepsy caused by a disorder known as Fibromyalgia. When Doctors told her there was no cure and the

prescribed medications failed, Fatima sought the path of self-healing adopting a Yogic Lifestyle which completely cured her condition over time. Later, when people asked her for advice, she realized her mission in life. She set out to learn more and to make herself available to serve people and dedicate her life to helping others increase their self-awareness & consciousness. Learn more about Fatima at <https://www.fatimaalmansoori.com/>



Yafa GOAWILY BIO Learn more about Yafa at <https://>



HAUNANI DRAKE, from Honolulu, Hawaii, has dedicated her life to spreading Aloha around the globe through educating, inspiring, and empowering people to live more in-tune with nature and their own natural cycles. As a Board Certified Licensed Acupuncturist in the United States with a Masters Degree in Traditional Chinese Medicine and over 15 years of teaching, studying, and practicing Yoga and Ayurveda, she is a proponent and advocate for integrating Western and Eastern medicine to provide the best options for clients around the world. You may recognize her most around Bahrain for practicing and leading Bahrain's first certified Stand Up Paddle (SUP) Yoga classes. Follow Haunani on Instagram at:

[AlohaYogiMom](#) Subscribe and enjoy FREE online yoga classes on YouTube at ["Yoga with Haunani."](#)

Your Spa Treatment Specialists for the Retreat



ZARA is a healer using Reiki and Tarot Cards as a means of therapy in healing unbalanced energy points in our bodies. Her spiritual gift encouraged her to leave the corporate world and delve into the world of self-healing. Tarot therapy is about exploring the options of certain issues that come up in our daily lives rather than only predicting the future. Whilst Reiki focuses on healing the blocked energy points in our bodies to assist us in overcoming any obstacles that regresses our overall mental and physical health.



ABEER is a mentor at heart guiding people to their natural path. Using Tarot Therapy, Shaman Spiritual Cards, Angel cards, Palm Reading and Traditional

Coffee Readings as a way of reconnecting with our spiritual health, direction and enlightenment. Her childhood gift of intuition with her personal practice of meditation, mindfulness and compassionate communication makes helping others her passion. She will be guiding our students spiritually for a better understanding of their spiritual self. She is also certified in CPR and First Aid for emergencies, God forbid!



FATIMA JANAHI is the owner and passionate spirit behind Sensationbyfj. Sensationbyfj is a Bahraini brand for well-being based on a combination of Aromatherapy and Ayurveda "AromaVeda." My knowledge is inherited from my grandmother who was an Ayurvedic Remedies specialist in Sri Lanka. I received my Certifications in Ayurveda Spa Products and Massage Therapy from Malewana Sri Ganissara Aurvedic Medical Collage in Sri Lanka. My other trainings and certifications include Reiki Jin Kei Do level 2 Certification, and NLP practitioner from the American board of NLP. Passion is what drives me to make customized "Made for you" products and services based on your Dosha, body elements per Ayurveda, Chakra energy centers, or the mood you want to create from the inside-out.

Food and Nutrition

BAKEHOUSE

Entertainment



MAXEEM is a Bahraini composer, guitarist, and Greek Bouzouki player. His taste in music include several ethnic schools of music such as Arabic, Greek, Indian, and Celtic, which inspired him to pick up the Greek Bouzouki and make it his primary instrument that currently defines his musical work.

Retreat Schedule & Information

HAWAR ISLAND RESORT BAHRAIN

Learn more about Hawar Island Resort: <https://www.facebook.com/Hawarislands/>

DURRAT MARINA & YACHT CLUB

We will begin our retreat at Durrat Marina & Yacht Club where we will board a private boat to Hawar Island Beach Hotel. There is secure parking at the Marina (You can leave your cars there safely). **The boat will be leaving promptly at 3:30pm. We will not be able to wait around for people who are late.** Please plan accordingly. Ideally, you will arrive at 3:15pm to transfer your luggage from your car to the boat so we can leave promptly at 3:30pm.

RETREAT SCHEDULE

The classes and workshops are designed to provide you with holistic education, inspiration, connection with nature, and motivation. While we hope you will enjoy all we have to offer, all participation is optional. After all, this is *your* retreat. Please review the following retreat schedule so you become familiar with the daily flow. If you would like to take a Stand-Up Paddle Board Yoga (SUP Yoga) class, you will miss one of the other workshops. Sign-ups will be available on the first day of the retreat. A detailed schedule will be provided at check-in to the Resort.

Thursday, 19 April 2018

3.15 pm	Meet at Durrat Marina & Yacht Club & Depart for Hawar Island
5pm	CHECK-IN to Hotel & Settle in
6.30 - 7pm	Happy Mocktail Hour
7 - 8pm	Beach BBQ Dinner & Entertainment
8 - 9.30pm	Welcome, Introductions, & Opening Circle Musical Meditation

Friday, 20 April

7.30 - 9am	SUP Yoga w/Haunani
8.30 - 9.30am	Breakfast
9 - 10.30am	SUP Yoga w/Haunani
10.30am - 1 pm	Body Language Yoga Workshop w/Yafa
1 - 2.30 pm	Lunch
2.30 - 5.00 pm	Body Art Project w/Yafa
5.30-6.30pm	Musical sunset meditation on the beach w/Maxeem
5 - 6.30pm	Sunset SUP Yoga & Meditation w/Haunani
7 - 9 pm	Dinner Beach BBQ & Entertainment w/Maxeem

Saturday, 21 April

7.30 - 9am	SUP Yoga w/Haunani
8.30 - 9.30am	Breakfast
9 - 10:30 am	Iyengar Yoga Upper Spine Alignment w/Ehsan
10:30am-12pm	Iyengar Yoga Lower Spine Alignment w/Ehsan
1 - 2:30pm	Lunch
1-3.30pm	Hawar Island Resort Safari tours & personal relaxation time

3.30pm Meet in lobby with all your luggage & group photo
4pm Boat transfer back to Durrat Marina

Included in your Yoga & Wellness Retreat cost: Boat transfer from Durrat Marina to and from Hawar Island, 2 nights all-inclusive shared room at Hawar Island Resort, Yoga Classes and Workshops, 30 min Reiki session, Tarot Therapy Session, OR Shaman Spiritual Cards, Angel cards, Palm Reading, Traditional Coffee Readings and a Safari Tour of Hawar Island.

What is NOT included in your Wellness Retreat cost: Transportation to Durrat Marina, Tips, Alcoholic beverages, Hawar Island Resort safaris, AromaVeda sessions by Sensationsbyfj, and other personal incidentals.

WHAT TO BRING

Please remember, Hawar Island will be used by other vacationers at this time. Please dress according to your comfort. Along with your typical travel clothing and toiletries, please bring the following:

- Yoga mat (if you do not already have a mat, please purchase one and bring it with you.)
- Sarongs / shawl/ long scarf (*For the Divine Feminine Workshop wear something comfortable, yet colorful brings out the feminine within and a long scarf to use it during the veil dance.)
- Journal & pens
- Clothes that are comfortable for yoga movement classes as well as sitting and learning.
- Swimsuit/swim attire for SUP Yoga
- Beach Shoes (something to protect your feet inside the water)**
- Sunblock
- Sun hat
- Rash guard or t-shirt while you are in the water
- Reusable water bottle that you can refill at the hotel
- Camera
- All applicable chargers
- Snacks

Please remember to fill out the Participant Questionnaire before 31 October. Better yet, fill it out now! Click to begin:

<https://goo.gl/forms/iWS4tEJdBE2ez2hb2>



LEI GARDEN SKIN CARE CANCELLATION POLICY

We understand that emergencies arise and sometimes participation in Lei Garden Skin Care sessions, classes, workshops, events, and retreats need to be cancelled. Please read and sign the following cancellation terms, policies, and procedures.

Cancellation and refund policies are listed below.

- ❖ Cancellations after the Registration Deadline are non-refundable and non-transferable.
- ❖ Cancellations made prior to the registration deadline will receive a full refund minus 15BD administrative and credit card processing fees.
- ❖ We do not offer credit for a guest arriving late or leaving early.
- ❖ If you need to leave the retreat early there are no refunds or pro-rates.
- ❖ If Lei Garden Skin Care must cancel a booked retreat or event for any reason, you will receive 100% refund or you may transfer these fees to a future event or retreat.

If you do need to cancel for any reason, please contact:

Habiba Al Mosawi

Phone & WhatsApp: 3995 5539

Email: leigarden.retreats@gmail.com

This cancellation policy is strict and firm.

Lei Garden Skin Care is not responsible for your expenses incurred in preparation for any cancelled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. For international retreats and events, we recommend that you purchase cancellation/travel insurance to protect your investment.

Exceptions to our terms and policy cannot be made for any reason.

I, (name) _____, have read and fully understand Lei Garden Skin Care Cancellation Policies. By signing, I agree to the terms, policies, and procedures.

Signature: _____

Name: _____ Date: _____

Birthdate (D/M/Y): ____/____/____

Phone: _____

Email: _____



Emergency Contact Name: _____

Emergency Contact Phone: _____

CONSENT TO PARTICIPATION & LIABILITY WAIVER AGREEMENT

I, (name) _____, understand that yoga, services, and other activities at the Yoga Retreat include physical movement as well as an opportunity for relaxation, stress re-education, and relief of muscular tension. As is the case with any physical activity, the risk of injury is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damages which may incur through participation at the Yoga Retreat.

Activities and services at the Yoga Retreat are not substitute for medical examination, diagnosis, or treatment. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in the activities and services provided at the Yoga Retreat. In addition, I will make the instructor and service providers aware of any medical conditions or physical limitations before my class, activity, or session. If I am pregnant, become pregnant, or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice or take part in all classes, workshops, activities, and sessions at the Yoga Retreat and participation is at my own risk. I hereby agree to my consent to participate at the Yoga Retreat and irrevocably release and waive any claims that I have now or may have hereafter against Lei Garden Skin Care and all instructors and service providers at the Yoga Retreat.

I have read and fully understand and agree to the above terms and this Consent to Participation and Liability Waiver Agreement. I am signing this waiver voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in Kingdom of Bahrain.

Signature:

Date _____

Name: _____