

# Retreat Schedule & Information



## Thursday, 4 April 2019

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 / Welcome Teas/ Welcome Circle
7 - 8pm	Beach BBQ Dinner
8 - 9.30pm	Jazz Experience with AQ's -Ahmed on Bass Guitar and Abdulla on the Saxophone/ Clarinet

## Friday, 5 April 2019

7 - 8 am	<b>Sunrise Power Yoga w/Sonia - Outdoors</b>
7.30-9.30am	Breakfast
8.30 - 9.30 am	<b>SUP</b> Yoga w/Ditta (Advanced)
9.30- 11.00 pm	<b>Body Weight Circuit Training w/ Talal</b>
11.30 - 1.30pm	<b>NewME Breathwork Experience w/ JD</b>
1 - 2.30 pm	Lunch
3.30 - 5.30 pm	Artology - Tie & Dye Workshop
4 - 5 pm	<b>SUP</b> Yoga w/Ditta ( Beginners)
5.30 - 6.30 pm	<b>Sunset Yoga w/ Sonia</b>
5.15 - 6.15 pm	Sunset <b>SUP</b> Yoga w/Ditta (All Levels)
7 - 9 pm	Dinner & Entertainment : Live Fire Show w/Mo

## Saturday, 6 April 2019

7.30-8.30am	<b>SUP</b> Yoga w/Ditta (Beginners)
7.30 - 9.30am	Breakfast
8 - 9 am	<b>Morning Yoga w/ Sonia</b>
9 -10 am	<b>SUP</b> Yoga w/Ditta (Advanced)
9.00- 10.30am	<b>Partner Static Workout w/ Talal- Outdoors</b>
10.30-12pm	<b>Outdoor Painting Workshop</b>
11am -1pm	Magnetism Workshop w/JD
1-1.30pm	<b>Closing Cacao Ceremony *Please show up: group photo</b>
1.30 - 2:30pm	Lunch
1-3.30pm	Hawar Island Resort Safari tours & personal relaxation time
3.30 pm	Meet in lobby with all your luggage
4pm	Boat transfer back to Durrat Marina (for 2 Nights stay)
7 - 9 pm	BBQ Dinner

## Sunday, 7 April 2019

7.30 - 9.30am	Breakfast
9-10am	<b>Morning Yoga</b>

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<b>10-1pm</b>	<b>Nature Walk/ Bicycle Tour with Hessa</b>
<b>1 - 2:30pm</b>	Lunch
<b>1-3.30pm</b>	Hawar Island Resort Safari tours & personal relaxation time
<b>3 pm</b>	Meet in lobby with all your luggage
<b>4pm</b>	Boat transfer back to Durrat Marina

### WHAT TO BRING

Please remember, to 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.)
- Sweater / Cardigan (It can get a little chilli at night)
- Beach Sarongs
- Any **PLAIN WHITE SHIRT** that you would love to TIE & DYE for the Arts Workshop (\*\*Can be something old but in good condition)
- Clothes that are comfortable for yoga movement classes as well as sitting and learning.
- Sports Shoes (For the Circuit Training )
- Extra Socks
- 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 & preferred Drinks
- Journal & pens / Extra Painting Canvases

**Please remember to fill out the Participant Questionnaire before: 31st MARCH 2019. Better yet, fill it out now! Click to begin:**

[https://docs.google.com/forms/d/e/1FAIpQLSd9ugqcE7rc4lC62wj4wpT3p6aJEfhfGdcRCfjq9CODX80vdQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd9ugqcE7rc4lC62wj4wpT3p6aJEfhfGdcRCfjq9CODX80vdQ/viewform?usp=sf_link)

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## *The Workshops*

### **Talal @inspower\_pt**

#### **Day One: 1.5 hours : Body weight circuit training**

How body weight training can be really helpful in performance enhancement when you don't have equipment, and how tough it can get and push you to the limits. The circuit that will get you healthy sore the next day (scaling for beginners and advanced will be available based on quick physical assessment before getting into the workout based on fitness level).

#### **Day Two : 1.5 hours : Partners static workout**

A team of 2 workout where each hold a certain position without moving for time. In other words, the workouts of no repetitions! AND making it harder or easier on the partner based on what position you hold yourself into!

### **J.D. Thomas @newmebreathing**

#### **Day One: 2 hours: The Science of Emotions with Games and Breathwork**

**Emotions are the fuel of life and everyone has them, whether they are expressed or not. We can either choose our own emotions or let the world choose them for us. This process will empower you to know exactly what your "emotional home" is and then you will be guided on how to condition the emotions you deserve and crave in life.**

- Create an emotional home that empowers you and others
- Shift pain and fear into positive emotional fuel
- Feel the exact highways of emotions in the body
- Learn to read body language and use your own
- Experience the power of facilitated New Me Breathwork
- Empower and condition new resources in the mind and body
- Feel completely alive and full of energy
- Receive homework and take-home practice

#### **Day Two: 2 hours : Love Patterns and Boundaries**

**The game of relationships and love is really the one game that we all play, yet we all have our own structures and patterns that are unique to each of us. In this experiential workshop, be ready to open up your mind to different ways of playing with love. Learn what your boundaries are now and feel free to expand them as we interact together in this fun group dynamic.**

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- Learn your “primary gender” and balance it from the inside out
- Experience your physical and emotional boundaries through exercises
- Find creative ways to make change safe and enjoyable
- Create clear boundaries that are authentic and true to you
- Enjoy guided visualization process of metaphorical yet profound awareness
- Experience a new way of communicating
- Enjoy a new freedom of mind with clarity
- Leave with a new sense of passion and inspiration about love