



Women's Desert Retreat
With
Jules & Anna



Tuesday 10th December - Thursday 12th December 2013

Free Your Mind: Energize Your Body: Nurture Your Spirit of Adventure ©

REFRESH ~ RELAX ~ RECHARGE

Retreat Highlights

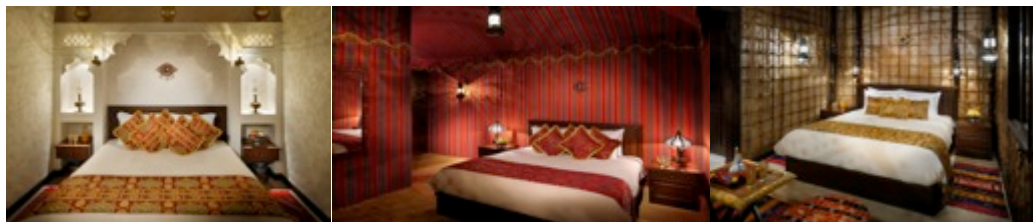
- Gorgeous desert setting
- Fabulous accommodation
- Healthy food
- Swimming Pool
- Sunrise Yin Yoga & Meditation
- Nia with Anna Heystek
- Desert Hike
- Campfire reflection
- Dune Mountain Celebration!
- Two personal leadership workshops with Jules Lewis



Tuesday 10th December



- 3.45pm Meet at Al Raha Mall Car Park, Abu Dhabi ready to be whisked away to the Arabian Nights Village in 4x4's.
Transfer to the Arabian Nights village (80 mins drive)
- 5.30pm / 6.00pm Check into rooms.
- 7.00pm Retreat opening circle, participant introduction
Dinner under the stars
Overnight – peaceful sleep!



Wednesday 11th December - International Mountain Day!!!



7.00am	Yin Yoga & Meditation session
8.15/ 8.30am	Breakfast
9.30 – 12.30pm	Workshop I – The Power of Three with Jules & Introduction to Nia with Anna
1.00pm	Desert Hike, packed lunch, sand mountain celebration
3.00pm	Swimming & License to chill !!
5.00 - 6.00pm	Sunset Nia session with Anna
7.00 pm	Dinner under the stars, lively discussion round the fire Overnight – sweet dreams!

Thursday 12th December



Nia 5 STAGES. 20



7.00am	Yin Yoga & Meditation session
8.15/ 8.30am	Breakfast
9.30 – 12.30pm	Workshop II – The Art of Calm- Relaxation through the Five Senses with Jules. The Five Integrative Moves of Nia with Anna
12.30pm	Lunch by the pool
2.00pm	Closing circle
3.00pm	Check out and depart by 4x4 to Abu Dhabi



RETREAT DETAILS

Investment: Dhs3,950 per person based on single occupancy of room
Payment required in full on booking to secure your place

Includes:

- Round trip transportation by 4x4 from Abu Dhabi
- 2 nights accommodation on single occupancy basis
- x2 breakfasts, x2 dinners x 2 lunches (one packed for the hike)
- Yin Yoga and meditation sessions with Jules
- Workshops with Jules plus manuals and Power of Three Gift Bag
- Nia with Anna
- Desert hike
- Use of swimming pool
- A new network of friends!

Excludes:

- Personal expenses – drinks, spa

What to bring?

- Yoga mat or towel for the Yin Yoga / Meditation
- Swimwear & sarong
- Personal toiletries
- Casual / loose fitting clothes
- Sandals/ flip flops & solid shoes (trainers)
- Lightweight socks to wear with trainers for desert hike
- Sunscreen & Lip Balm
- Hat & sunglasses
- Cash to pay for extras
- Pen to write in your manuals
- The book you have been meaning to read !
- Headlamp / torch
- Camera & memory stick & chargers
- Hairdryer if you can't live without one (there are none at the village!)

Is this retreat for me?

Would you like ...

- To learn simple effective daily habits to enhance your total well-being
- Have more energy & clarity
- Escape and disengage from the city
- Find your inner sense of calm and learn how to tap into it wherever you are and whatever is happening!
- Experience the tranquility of the desert
- Experience Yin Yoga, Meditation & Nia
- Meet a new group of like-minded women
- Have quality 'U' time

Then this retreat is for YOU !!!



ADDITIONAL PROGRAMME INFORMATION

The Power of Three[®] with Jules

The Power of Three[®] is a Mountain High philosophy which, when incorporated into your daily life, enables you to take charge of your health and well-being through a series of simple daily habits to free your mind, energize your body and nurture your spirit of adventure. Jules will share several tools, suggestions and techniques to guide you. At the end of the session you will have identified your own power of three with an action plan to make it work anywhere, anytime and any place!

Introduction to NIA with Anna



Nia is the power of self-discovery through movement. It is where sensing and feeling take place and listening to the voice of your body.

Nia is a sensory based movement practice, the careful and unique blending of the **grace and spontaneity** of the dance arts, the **fluidity and focus** of the healing arts and the **energy and explosiveness** of the martial arts to create total body, low impact cardiovascular and synergistic conditioning.

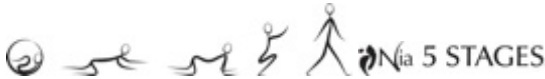
It is designed to encourage creative expression to nourish the body, mind and spirit.

Nia is the Joy of Movement!

The Art of Calm - Relaxation through the Five Senses with Jules

Time to put together your own relaxation survival kit and keep it well stocked with things that nurture you during challenging times! Working through the five senses (and the sixth/ divine sense) we will identify 10 ideas for relaxation for each of the senses. At the end of the session you will have your own list of items for your survival kit along with one page easy –to- refer to guide on how to re-connect to your inner calm whatever else is going on around you!

The Five Integrative moves of NIA with Anna

 is an integrative movement practice based on the five stages of human development: Embryonic, Creeping, Crawling, Standing and Walking. It's a wonderful practice to do after mediation in the morning to align your body and walk into the new day!

NEXT STEP



Complete the booking form and payment in full to secure your place.

Email your completed booking form and proof of payment details to

Brenda@bothuae.com copied into Jules@mountainhighme.com

Any questions?

Call **Jules:** 050 659 5536

Anna: 050 211 0510

Brenda: 050 951 0257

We look forward to meeting you and sharing the gifts of the desert

Jules & Anna



JULES...

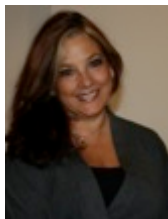


Jules has dedicated her career to improving her client's productivity and overall well-being through health, fitness, and self-development. Her company, Mountain High, offers group coaching, retreats, and expeditions. Jules has over 20 years of experience working in Asia, Middle East, UK and USA training top executives in fortune 500 companies including HSBC, AXA Insurance, BNY Mellon, and many more. In addition, Jules led over 50 expeditions in over 20 countries around the globe to include Polar Expeditions to the Arctic and Antarctica training multi-national and diverse teams of men and women to embark on life changing challenges incorporating her signature 'Power of Three' philosophy.

Jules has extensive experience and qualifications: she holds a BSc Degree in Sports Science, is a certified NLP Master Practitioner and Coach through the American Board of Practitioners, a Mindfulness facilitator and is certified in Holistic Stress Management through Dr. Brian Luke Seaward of the Paramount Wellness Institute, Boulder, Colorado.

www.mountainhighme.com

ANNA...



Anna is a certified blue belt NIA teacher who trained under the founders of NIA, Debbie and Carlos Rosas, in Portland, Oregon, USA. Anna was introduced to NIA during a challenging time in her life and it helped her to regain her confidence and love of life again. <https://www.facebook.com/NIAUAE>. She is one of the only 2 NIA teachers in the UAE. Her background is organisation development with over 20 years experience in the corporate world and the last 7 years as an entrepreneur. She is building a business to create a platform for people to perform at their best while serving her customers and guiding them through the tricky waters of setting up in the UAE. www.bothuae.com

Anna is passionate about the holistic sciences and endeavors to incorporate these learnings in her personal as well as her professional life. She would love to share NIA with you as a tool to dance through life...