



26 OCT - 24 NOV 2024



مدينة إكسبو دبي  
EXPO CITY DUBAI

Wellness  
Wkend.



## SATURDAY - SURREAL STAGE WORKSHOPS

<b>NATURAL MOVEMENT WORKSHOP</b>	<b>VIVOBAREFOOT</b>	<b>10:00 - 11:00</b>
<b>NEUROYOGA</b>	<b>ERICA FERRARI TRECATE</b>	<b>11:15 - 12:15</b>
<b>KUNDALINI YOGA</b>	<b>KRISTINA PAPALIYEVA</b>	<b>12:30 - 1:30</b>
<b>SHARING CIRCLE</b>	<b>EMPOWERMENT</b>	<b>1:45 - 2:45</b>
<b>SOMATIC MOVEMENT WORKSHOP</b>	<b>CONSTANZE WITZEL</b>	<b>3:00 - 4:00</b>
<b>RUN GRATEFUL WORKSHOP</b>	<b>MARK WHITE</b>	<b>4:15 - 5:15</b>
<b>FREEDOM FLOW BREATHWORK</b>	<b>BERKAN COKDEGERLI</b>	<b>5:30 - 6:30</b>
<b>SOUND HEALING</b>	<b>HABIBA NABIH</b>	<b>6:45 - 7:45</b>
<b>ECSTATIC DANCE</b>		<b>8:00 - CLOSE</b>



26 OCT - 24 NOV 2024



مدينة إكسبو دبي  
EXPO CITY DUBAI

Wellness  
Wkend.



## SATURDAY - AL WASL PEARL STAGE TALKS

<b>THE INTERPLAY OF GENETICS AND EPIGENETIC</b>	<b>DR MARINA CORDEIRO</b>	<b>10:30 - 11:15</b>
<b>BALANCING HUMAN &amp; PLANETARY WELLNESS</b>	<b>LOUI BLAKE</b>	<b>11:30 - 12:15</b>
<b>BACK TO BASICS: RECLAIMING ANCESTRAL WISDOM IN HERBAL MEDICINE, CONTRAST THERAPY, AND NUTRITION FOR EMPOWERED MOTHERHOOD</b>	<b>LAYLA KARDAN</b>	<b>12:30 - 1:15</b>
<b>HOLISTIC HEALTH &amp; WELLBEING; FROM COPING TO SOLUTION</b>	<b>DR SAMEER</b>	<b>1:30 - 2:15</b>
<b>HUMAN OPTIMISATION, HOLISTIC HEALTH &amp; FOOD SOVEREIGNTY</b>	<b>NADINE TRAD</b>	<b>2:30 - 3:15</b>



26 OCT - 24 NOV 2024



Wellness  
Wkend.



## SUNDAY - SURREAL STAGE WORKSHOPS

<b>ARTOGA</b>	<b>TANIA DARS</b>	<b>10:00 - 11:00</b>
<b>RUNNERS STRENGTH</b>	<b>JADE PALMER / UNCOMMON CLUB</b>	<b>11:15 - 12:15</b>
<b>YOGA FLOW</b>	<b>WEALTH OF WELLNESS</b>	<b>12:30 - 1:30</b>
<b>SHAOLIN KUNG FU</b>	<b>SHIN YAN KUN</b>	<b>1:45 - 2:45</b>
<b>BROTHERHOOD CIRCLE</b>	<b>ADIL HUSSAIN</b>	<b>3:00 - 4:00</b>
<b>ALIGN AND AWAKEN: A JOURNEY OF MIND, BREATH, AND CREATION</b>	<b>SHAZIA HUSSAIN</b>	<b>4:15 - 5:15</b>
<b>CACAO CEREMONY</b>	<b>LIFE WITHIN</b>	<b>5:30 - 8PM</b>



26 OCT - 24 NOV 2024



مدينة إكسبو دبي  
EXPO CITY DUBAI

Wellness  
Wkend.

## SUNDAY - AL WASL PEARL STAGE TALKS

<b>LIMITLESS HUMAN: BIOHACKING BREAKTHROUGHS</b>	<b>DR ELIE ABIRACHED</b>	<b>10:30 - 11:15</b>
<b>SKIN HEALTH &amp; LONGEVITY</b>	<b>REBECCA WALKER</b>	<b>11:30 - 12:15</b>
<b>GUT BACTERIA &amp; WEIGHT LOSS: WHAT YOU NEED TO KNOW</b>	<b>MARY CRISTINE</b>	<b>12:30 - 1:15</b>
<b>CHIROPRACTIC - BRINGING CALM TO A STRESSED NERVOUS SYSTEM</b>	<b>DR SUMAYA SALAM</b>	<b>1:30 - 2:15</b>
<b>THE ROOT CAUSE OF TMJ PAIN, JAW PAIN, GRINDING &amp; HEADACHES</b>	<b>DR FRANZ AHMED</b>	<b>2:30 - 3:15</b>
<b>BUILDING BRIDGES BETWEEN ANCIENT WISDOM &amp; MODERN SCIENCE</b>	<b>ANN BOOTHELLO</b>	<b>3:30 - 4:30</b>



26 OCT - 24 NOV 2024



مدينة إكسبو دبي  
EXPO CITY DUBAI

Wellness  
Wkend.



**ONE DAY TICKET 150AED**  
**WEEKEND TICKET 250AED**  
**(INCLUDES ALL WORKSHOPS, TALKS & ACCESS**  
**TO RECOVERY AREA, ICE BATHS, ETC.)**





26 OCT - 24 NOV 2024



مدينة إكسبو دبي  
EXPO CITY DUBAI

Wellness  
Wkend.

SURREAL TERRACE

MARKET  
RECOVERY AREA  
FOOD & DRINKS  
HEALTH TESTING  
AND MORE!

