



# JOINIMOVE

## MEET OUR ALL STAR GUESTS COACHES



**SARAH HOEY** 

Pullman Wellness Ambassador

Sarah is a fitness instructor and nutritionist, whose mission is to help a whole new generation of travelers thrive while on the go.

She's been leading fitness and wellness bootcamps around the world and inspiring us to creating unique experiences for our guest combining healthy lifestyle and eating habits.



ALLAUUA YUUA

Yoga, Animal Flow and Systema Instructor

Allaoua is one of the few Level 2 certified instructor of Animal Flow and Systema in the Middle East region.

By specializing into the understanding of yoga mechanisms and the anatomical alignment of movement, Allaoua created and developed his own signature yoga styles and is a valued member of the Dubai yoga community.

MOVEMENT



## 31 DEC 2020

#### 7AM

Good resolution run Raaveriya Beach | Max10 guests

#### 5.30PM

Meditation & intention setting Panorama Lawn | Max 10 guests

## 1 JAN 2021

11.30AM

NY Detox brunch Melange Restaurant

#### 5.30PM

First sunset yoga of the year Melange Deck | Max 10 guests

## 2 JAN 2021

#### 6.30AM

Sunrise yoga Sol Rising | Max 10 guests

#### 8AM

Active breakfast Sol Rising

#### 11AM

Bootcamp - Cardio + weights Slots of 45min | Max 4 guests Panorama Lawn

## 3 JAN 2021

#### 6AM

SUP Challenge 10K Water Sports | Max 8 guests

#### 6PM

Award giving cermony Melange Deck

#### 6.30AM

Yoga in the lagoon Panorama Lawn | Max10 guests

#### MA8

Active breakfast Sol Rising

#### 11AM

Nutrition classes How to do healthy smoothies Phat Chameleon | Max15 guests

#### 4PM

Beach workout Raaveriyaa Beach | Max 10 guests

#### 5.30PM

Hip opener + relaxation tips Melange Deck | Max 10 quests

## 5 JAN

#### 7AM

Family Fit Trail Pullman Fit | Max 5 families

#### 11AM

Holistic living workshop How to DIY immunity boosters Phat Chameleon | Max 15 guests

## 6 JAN

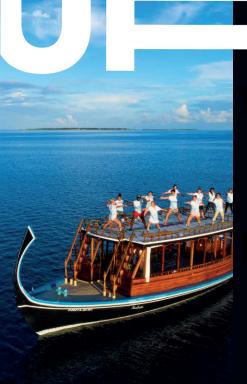
#### 6.30AM

Fit Trail Challenge 5K running & swimming Water sports | Max 10 guests

#### 9AM

Breafast of the champions Melange





#### 2PM

Nutrition classes Immunity boosters & detox tea Phat Chameleon | Max 15 guests

#### 5.30PM

Hip opener + relaxation tips Melange Deck | Max 10 guests

## 8 JAN

#### 7.30AM

2 days detox program
Active breakfast | Sol Rising

#### 5PM

Sunset yoga on the Ocean
Diving Center | Max 8 guests

## 9 JAN

#### 6.30AM

Sunrise yoga Sol Rising | Max 10 guests

#### 7.30AM

2 days detox program Sol Rising | Max 10 guests

#### 11AM

Family aqua fitness
Melange pool | Max 5 families

#### 5PM

Sunset lagoon workout Panorama lawn | Max 10 guests

#### 6AM

SUP Challenge 10K Paddleboarding & sandbank workout Water Sports | Max & guests

#### 6PM

Award giving ceremony Melange deck

#### 11 JAN

#### 7AM

Family Fit Trail
Pullman Fit | Max 5 families

#### MA8

Active breakfast Sol Rising

#### **10AM**

Nutrition classes

Immunity boosters & detox tea Phat Chameleon | Max 15 guests

#### 4PM

Beach workout
Pullman Fit | Max 8 guests

#### 5.30PM

Hip opener + relaxation tips
Melange Deck | Max 10 guests









#### 6.30AM

Fit Trail Challenge 5K running & swimming Water sports | Max 10 guests

#### MA8

Active breakfast Sol Rising

#### **10AM**

Warrior flow Melange deck | Max 10 guests

#### 4PM

Active stretch & mobility
Melange deck | Max 10 guests

#### 5.30PM

Closing ceremony cocktails Melange deck

## **13 JAN**

#### 7.30AM

Active stretch & mobility
Melange deck | Max 10 guests

#### 10AM

Calisthenics
Melange deck | Max 10 guests

#### 5PM

Animal flow Melange deck | Max 10 guests

#### 6AM | 60min

Warrior flow Sol Rising deck | Max 10 guests

#### 10AM | 45min

Calisthenics Melange deck | Max 10 guests

#### 5PM | 90min

Active stretch, mobility & meditation Melange deck | Max 10 guests

## **15 JAN**

#### 7AM | 120min

Systema self defense Melange deck | Max 10 guests

#### 10AM | 45min

Calisthenics Melange deck | Max 10 guests

5PM | 90min

Systema massage & breathing tips Melange deck | Max 10 guests

## 16 JAN

#### 7AM | 60min

Active stretch & mobility
Melange deck | Max 10 guests

#### 10AM | 45min

Calisthenics Melange deck | Max 10 guests

## 5PM | 60min

Animal flow Melange deck | Max 10 guests





#### 6AM | 60 min

Warrior flow Sol Rising deck | Max 10 guests

#### 10AM | 45min

Calisthenics Melange deck | Max 10 guests

#### 5PM | 90min

Active stretch, mobility & meditation Melange deck | Max 10 guests

## **18 JAN**

#### 7AM | 120min

Systema self defense Melange deck | Max 10 guests

#### 10AM | 45min

Calisthenics
Melange deck | Max 10 guests

#### 5PM | 90min

Systema massage & breathing tips Melange deck | Max 10 guests

## 9 JAN

#### 7AM | 60min

Active stretch & mobility
Sol Rising deck | Max 10 guests

#### 10AM | 45min

Calisthenics
Melange deck | Max 10 quests

#### 5PM | 60min

Animal flow Melange deck | Max 10 guests

#### 6.15PM

Closing ceremony cocktails Melange deck



# ARE YOU IN?

JOINHIMOW



## MOVEMENT