



SEPTEMBER 2018 NEWSLETTER

Dear Members and Guests,

Welcome to the September issue! We hope you had a great summer and are ready to get back to work and school. With summer coming to an end, our local practitioners Tina Mogensen and Jacki Woodworth are back for a Mindfulness Course every Sunday morning, starting on September 16th and every Tuesday evening, starting on September 18th. Furthermore, we are having our monthly Full Moon Yoga on September 25th 2018 and I hope to see many of you there!

Stay fit and healthy,
Sharq Village Spa Management

MONTHLY SPECIALS

SCRUB AND WRAP | 110 MINUTES | QAR 900

Start with a body scrub to softly exfoliate the skin and get the circulation increased and remove dead skin cells. A perfect start for a body wrap to tone, firm or refine the skin. End the treatment with a 30 minute back, neck and shoulder massage.



DEEP CLEANSE | 180 MINUTES | QAR 1,100

Facial treatments can help slow down the aging process and prevent the appearance of wrinkles. Our 80 minutes facial includes massage that will increase the blood circulation and oxygen flow, which promotes collagen production and enhances the elasticity of your skin. This treatment includes a manicure and pedicure that can be done at the same time of the facial, depending on our availability.

MEMBERSHIP END OF SUMMER OFFERS

Come and join and be a member to end the summer this year with our three months membership special.

Membership	Joining Fee	3 Months Fee
Single	N/A	QAR 3,750
Double	N/A	QAR 5,950
Family	N/A	QAR 6,950

*Family Memberships include two children (aged 17 years or less.) A special charge of QAR 500 will be applicable for each additional child.

Offer valid until September 30th 2018

Terms and conditions apply.

For more information on this special offer please contact our spa.

FITNESS OFFERS

Get 5 super stretching in a month and get 1 complimentary.

EVENTS & CLASSES

New Activity – Tabata

Free for Members

QAR 60 for Non-Members

Full Moon Yoga

Tuesday 25th September 2018, 7:00 pm – 8:30 pm

Price: QAR 60

Enjoy a wonderful night of yoga under the stars and under the skillful supervision of our yoga masters.

WORKSHOP

BRAIN EDUCATION

BRAIN WAVE VIBRATION

(Rhythmic Movement Training)

Date: September 4th & 25th, 2018

Time: 6:30 pm – 8:00 pm

Price: QAR 150

LADIES SELF RE-AWAKENING

(Ladies Only – 2 Days Programme)

Date: September 10th – 11th, 2018

Time: 5:00 pm – 8:30 pm

Price: QAR 800

SPINAL ALIGNMENT

(With Wooden Pillow Training)

Date: September 18th, 2018

Time: 6:30 pm – 8:30 pm

Price: QAR 190

SELF RE-AWAKENING

(2 Days Programme)

Date: September 21st – 22nd, 2018

Time: 4:30 pm – 8:00 pm

Price: QAR 800

MINDFULNESS

MINDFULNESS-BASED STRESS REDUCTION COURSE

(with Jacki Woodworth)

Date: September 16th, 2018 | Sunday

Time: 9:00 am – 11:30 am

Price: QAR 1,800 | 8 Sessions

MINDFULNESS-BASED STRESS REDUCTION COURSE

(with Tina Mogensen & Jacki Woodworth)

Date: September 18th, 2018 | Tuesday

Time: 6:30 pm – 9:00 pm

Price: QAR 1,800 | 8 Sessions

Both Mindfulness Workshop also included: A Full Day Retreat on October 26, workbook & mindfulness recordings.

LOCAL PRACTITIONERS



THIPPAWAN NOREE

FUSION THAI THERAPY

Invigorating treatment combines various massage techniques to ease muscle tension, clear energy blockages and induce deep relaxation.

Each session promotes deeper muscle relaxation through the placement vibration created by Tok Sen or tapping of meridian lines.

Combine this treatment with hot stones massage, Thai acupressure and customized stretching for deeper healing experience. You can expect a significant decrease in pain after just one treatment.

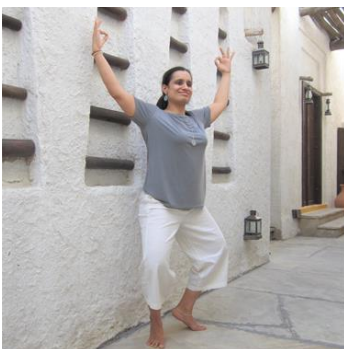


RICALENE 'HANAN'
AQUINO

MUAY THAI AND BOXING (Ladies Only)

Muay Thai or Thai Boxing – referred to as the “Art of Eight Limbs” as it makes use of punches, kicks, elbows and knee strikes, thus using eight points of contact. It is an incredibly effective workout if you are looking to reduce fat, get lean, increase strength and relieve stress.

Boxing – relieve stress, lose weight, tone and gain greater focus using the “sweet science” of boxing. Allow Hanan to train you from scratch or develop your pre-existing skills to get you fighting fit!



SHIRALI PURI

YOGA AND WELLNESS INSTRUCTOR

Shirali knows a thing or two about the potential of yoga therapy for the natural recovery of the body. If you have any long-term pain or stiffness in the body or if you are suffering from high blood pressure, diabetes, digestive problems, or stress, yoga therapy can be used to aid your recovery. Private Sessions are open for singles and couples interested in progressing on an individual level.

BEVERAGES OF THE MONTH

ALLERGY CURE JUICE | QAR 35 GINGER, LIME and CUCUMBER

This juice is very rich in vitamin C, vitamin K, and anti-inflammatory. It improves digestion, reduces heart disease, and lowers the blood sugar and with dietary fiber.



JASMINE TEA | QAR 35

Jasmine tea supports cardiovascular heart, psychological health, digestive system, prevents cancer, control diabetes and help boost the immune system.

