

# Join Us at the Zula Wellness Lounge at WISH



## PRESENTATIONS & ACTIVITIES DAY 1 - 4 OCTOBER

|       |                                   |   |                     |
|-------|-----------------------------------|---|---------------------|
| 08:30 | — Morning Yoga                    | — | by Hanna Mohammed   |
| 09:30 | — Postural Exercises              | — | by Ahmed Abderrazak |
| 10:30 | — Gut as your second brain (Talk) | — | by Juliana Habchi   |
| 11:30 | — Pranayama Breathing             | — | by Hanna Mohammed   |
| 14:30 | — Energizing Exercises            | — | by Zainab Bouheria  |
| 16:30 | — Postural Exercises              | — | by Ahmed Abderrazak |
| 17:30 | — Singing Bowl Ritual             | — | by Kedar Joshi      |

## PRESENTATIONS & ACTIVITIES DAY 2 - 5 OCTOBER

|       |   |   |                          |
|-------|---|---|--------------------------|
| 08:30 | — Tai Chi                                   | — | by Bader Abou Diab       |
| 09:30 | — Postural Exercises                        | — | by Ahmed Abderrazak      |
| 10:30 | — Hijama for chronic pain management (Talk) | — | by Dr. Bibi Lockhat      |
| 11:30 | — Pranayama Breathing                       | — | by Netnapha Tadakittikul |
| 14:30 | — Energizing Exercises                      | — | by Bader Abou Diab       |
| 16:30 | — Postural Exercises                        | — | by Ahmed Abderrazak      |
| 17:30 | — Singing Bowl Ritual                       | — | by Kedar Joshi           |

## PRESENTATIONS & ACTIVITIES DAY 3 - 6 OCTOBER

|       |   |   |                     |
|-------|---|---|---------------------|
| 08:30 | — Tai Chi   | — | by Bader Abou Diab  |
| 09:30 | — Postural Exercises                                      | — | by Ahmed Abderrazak |
| 10:30 | — Use of medicinal herbs for common skin disorders (Talk) | — | by Dr. Bibi Lockhat |
| 11:30 | — Pranayama Breathing                                     | — | by Hanna Mohammed   |
| 14:30 | — Energizing Exercises                                    | — | by Bader Abou Diab  |
| 16:30 | — Postural Exercises                                      | — | by Ahmed Abderrazak |
| 17:30 | — Singing Bowl Ritual                                     | — | by Kedar Joshi      |

## PRESENTATIONS & ACTIVITIES

### Consultations with Pre-Registration:

H&W Consultations  
TAIM Consultation  
Nutrition Consultation

### Treatment Offer:

Head Massage ( by SPA)  
Neck & Shoulders Massage (by Physio)  
Foot Reflexology (by Holistic)