

# URBAN RETREAT WITH JOELLE

Introduction to Eastern Philosophies  
and Meditation Immersion

21-23 February, Dubai

## Disconnect from your everyday life and immerse yourself in meditation

On this spiritual weekend retreat you will learn the wisdom and principles of eastern philosophies, such as Buddhism and the Yoga Sutras. Understand and embody these teachings through a series of lectures and meditation sessions, and adopt new perspectives on life.

Expect to immerse yourself in a meditative practice, and reach the end the weekend in a calmer and happier state of mind.

### Weekend Schedule

- Thursday: arrival between 2-5pm, introduction session, dinner & evening meditation.
- Friday: morning meditation, asana and pranayama, breakfast, lecture, lunch, lecture, dinner & evening meditation.
- Saturday: morning meditation, asana and pranayama, breakfast, lecture, lunch, final lecture & meditation, departure.

**The Venue:** The Retreat Palm Dubai

Book early not to miss out on this exciting opportunity. We guarantee that you will return calmer and happier.

Note: Transfer is not included, please make your own travel arrangements. We encourage participants to connect and share the ride.

Investment: AED 2,390 for single room  
AED 2,150 for double room

All prices are inclusive of VAT.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

+971 2 4434448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

Joelle Beyrouthy is a yoga instructor, mindfulness and meditation facilitator, a certified Neurolinguistic and positive psychology life coach. She studied Tibetan Buddhism with renowned teacher such as Dr. Lama Alan Wallace, and she is passionate about passing on this ancient wisdom.

As a dedicated yogini and meditation practitioner, she is keen to share her passion and the wonderful health benefits of yoga and meditation to help people.

