



THE CAPITAL'S ORIGINAL, AND LONGEST RUNNING HOME OF WELLNESS

WHO

Bodytree Studio has been offering health and wellness to the Abu Dhabi community since 2007, firmly cementing this grassroots space as a home away from home for over a decade.

Everyone is welcome to Bodytree Studio, from the crawling to the elderly, first-timers to advanced practitioners, men, and women.

Each person who allows us to nourish their wellness journey automatically becomes part of our growing community, and we grow prouder with every new addition.





SERVICES

YOGA

PILATES

BODYTREE BODY FEMALE FITNESS

PRE & POSTNATAL

ADULT & CHILDREN'S DANCE

NUTRITION

REIKI

REHAB & FUNCTIONAL TRAINING

SOUND HEALING

MASSAGE THERAPY

REFLEXOLOGY

ENHANCED WELLBEING THERAPIES

POSITIVE INTELLIGENCE

LIFE COACHING

YOGA TEACHER TRAINING

CORPORATE WELLNESS

AND MORE



53 CLASSES PER WEEK

16 HOLISTIC HEALING THERAPIES

03 REFORMER ROOMS

20 YOGA STYLES TAUGHT

08 SIGNATURE YOGA, REFORMER & FITNESS CLASSES

49 PUBLIC & PRIVATE EVENTS PER YEAR (APPROX)



DYNAMIC DUO

MOTHER AND DAUGHTER CO-FOUNDERS, SHARIFA AND NADIA SEHWEIL

Sharifa has been a student of wellness for over 18 years. Her journey began after reaping the benefits as a student, where she was inspired to teach and become a certified Hatha yoga instructor while managing a studio in Montreal. She has since trained in both Pilates, Yoga, the Franklin Method, the EDLOA technique, founding Bodytree Studio with her daughter for the purpose of creating a holistic centre for wellness and healing that helps heal the stresses of daily life.

Nadia's life was influenced by the mind/body connection at a very critical time in her life. Since then she has become the CEO of Bodytree Studio, committed to guiding others on their spiritual journey to wellness through movement. Her belief in structural fitness as a building block to health has led her to discover other forms of holistic exercise eventually leading her to train under STOTT PILATES® and become an instructor, and co-founder of the Bodytree Body programme.

OUR TEAM

Our instructors include former Olympians, internationally recognised athletes and dancers, PhD holders and children's specialists.





OUR COMMUNITY

3,315 ACTIVE FEMALE CUSTOMERS

362 ACTIVE MALE CUSTOMERS

2,500 AVERAGE BOOKINGS PER MONTH

140 AVERAGE NEW CLIENTS PER MONTH

4.9★ CUSTOMER RATING

★★★★★

Review

Submitted on Thu, Mar 25 2021, 1:25 pm

I'm going to the Bodytree for a couple of years about 3x per week!
I'm extremely happy with the instructors they are highly qualified.
The staff and the receptionist are super friendly and highly efficient/spot on!
Also I like that Bodytree has not just classes to attend. Bodytree frequently has different things to offer weather if it's a re-treat or visiting instructors.
I also feel very safe going to Bodytree during the Pandemic. Bodytree studio is taking Covid rules and regulations very seriously!
Thumbs 👍 up for Bodytree Studio !!!😊

👤

Leyla Trinkl

📅

Joelle on Sun, Mar 21, 2021

👤

Yoga & Meditation

👉

Visited

Instagram

Unpublish

★★★★★

Review

Submitted on Tue, Apr 20 2021, 7:07 am

During my visit I felt welcomed and all my questions were answered. My teacher was knowledgeable and encouraging. I felt safe in regard to covid as the studio is making great efforts with their protocols , it is a joy to be back

👤

Margaret Reville

📅

Marie on Sun, Apr 18, 2021

👤

Pilates Session - 60 mins

👉

Visited

Facebook

Unpublish

★★★★★

Review

Submitted on Mon, Apr 12 2021, 1:07 pm

Amazing Team
Warm attentive and friendly ❤️

👤

Mathilda Hedrich

📅

Nader on Sun, Apr 11, 2021

Unpublish

★★★★★

Review

Submitted on Wed, Apr 28 2021, 1:07 pm

Loved the instructor! Charlene was very motivating, knowledgeable and fun!

👤

Eleni Kotta

📅

Charlene on Tue, Apr 27, 2021

👤

Yoga at the Louvre

Unpublish

★★★★★

Review

Submitted on Fri, Mar 19 2021, 2:29 pm

I had an awesome time at my class, and my instructor Shahad was amazing. Love the ambiance! I was very happy to be able to get my exercise and shop for some healthy snacks for my family - all in one place!

👤

Avi Amarathunge

📅

Shahad on Thu, Mar 18, 2021

👤

Yoga & Meditation

👉

Visited

Facebook

Unpublish

★★★★★

Review

Submitted on Mon, Apr 5 2021, 2:44 pm

Everything was just amazing

👤

Naila Alsuwaidi

📅

Selena on Sun, Apr 4, 2021

👤

Yoga at the Louvre

Unpublish

★★★★★

Review

Submitted on Thu, Jun 3 2021, 2:13 pm

The coach was extremely collaborative and understanding for my individual need. The body tree administrative support was so helpful to remind me of the schedule. I also found a place to change my clothes. Not to forget the cleanliness and availability of parking.

👤

Nadia Younis Masood

📅

Marie on Wed, Jun 2, 2021

👤

Pilates Session - 60 mins

👉

Visited

Instagram

Unpublish

★★★★★

Review

Submitted on Sat, Jun 5 2021, 12:47 pm

The atmosphere at bodytree is very positive. From the moment you walk in you feel positive energy transferred to you via the energetic smiling staff. My trainer Fe is amazing at customizing a workout fit for my need and ability. I was surprised lately to how much stronger I ve become.

👤

Mona Salem

📅

Fe on Tue, Jun 1, 2021

👤

Pilates Session - 60 mins

Unpublish

★★★★★

Review

Submitted on Thu, Apr 15 2021, 1:28 pm

Bodytree is my haven. I adore it!

👤

Rana Alrawi

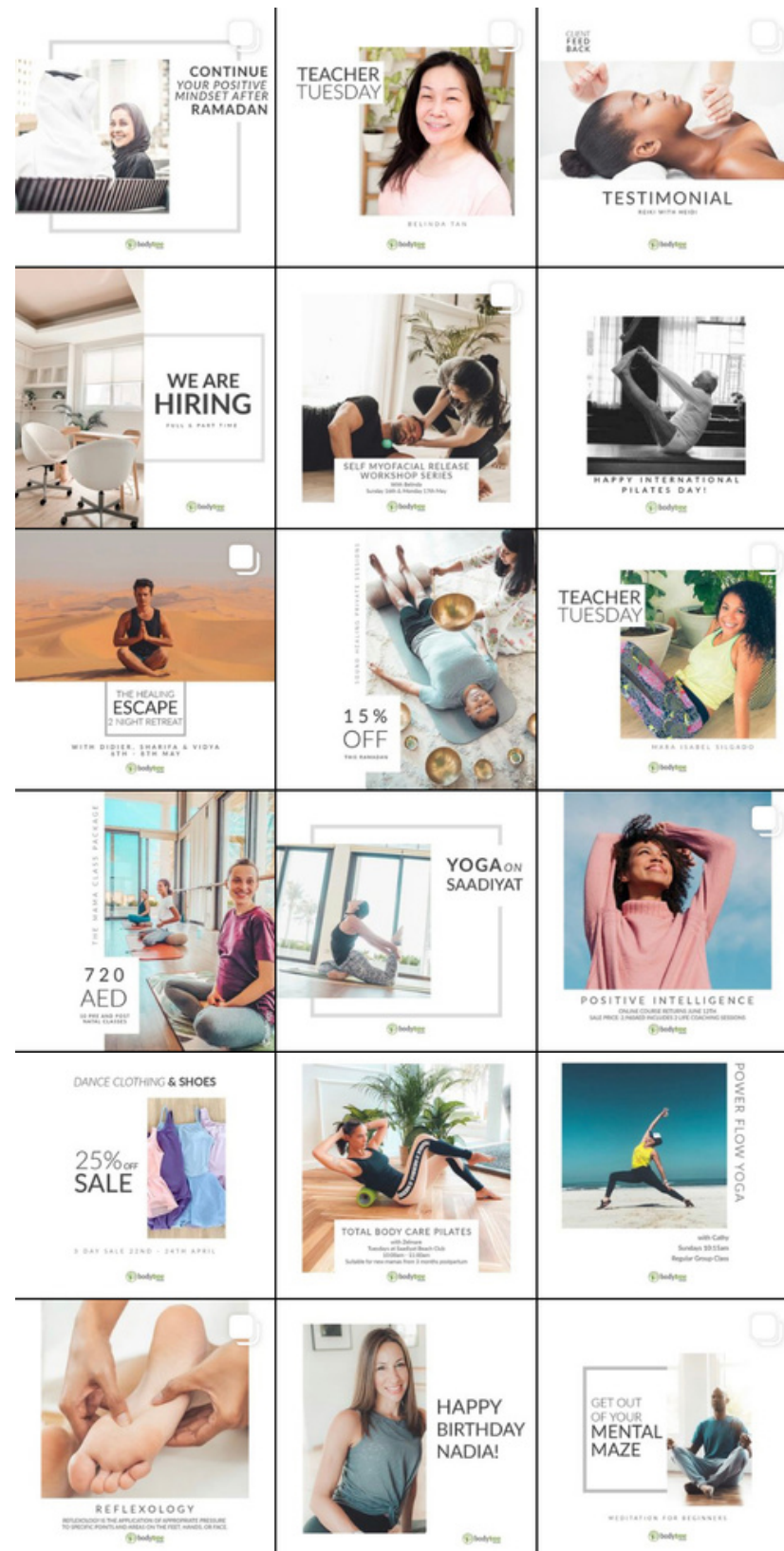
📅

Mouna on Tue, Apr 13, 2021

👤

BTB

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INSTAGRAM AUDIENCE

@BODYTREESTUDIO

10,939 ORGANIC FOLLOWERS

79.7% AGED 25 - 44 YEARS OLD

84.1% WOMEN

100k+ IMPRESSIONS MONTHLY

OUR STUDIO

7 CLASS ROOMS, 2 TREATMENT ROOMS, AN IN-HOUSE JUICE BAR, RETAIL AREA & CHANGING ROOMS

Primely located within the heart of the Capital, hosting state of the art, professional equipment for the best training on offer.





BRAND PARTNERSHIPS & COLLABORATIONS

LOUVRE ABU DHABI
SPECIAL OLYMPICS
LULULEMON
ALDAR
MR FOX
EMIRATES PALACE
DELOITTE
TCHABA TEA
LORNA JANE
PAVANITO COSMETICS
PUMA
SAADIYAT BEACH CLUB
YAS MARINA
DANAT AL EMARAT HOSPITAL
NYU ABU DHABI

WHY CORPORATE WELLNESS?

Ignite productivity and reduce sick leave, and health care costs by around 25%* in ongoing wellness programmes for your employees.

By providing employees the opportunity to educate themselves in better wellbeing over a sustained period of time, businesses actively enhance a number of employee and employer benefits, generating a positive association of the workplace, stronger team cohesion, and increased morale.

Corporate Wellness activities in this programme allow employees to take a break from the screen and share some inspirational downtime with colleagues, paving the first steps to a better work life.

Bodytree Studio focuses on bringing people and businesses to the next level by creating, delivering, and improving complete wellbeing programmes.



MINDFULNESS TALKS

We offer a full range of Mindfulness topics. Each of these can be delivered as a stand-alone workshop of 60 minutes or combined with other modules to form a longer programme.

Popular topics include:

- Mindfulness 101
- Applying mindfulness in daily life and work
- Mindfulness for peak performance
- The emotional mind
- Mindful communication
- The mindful leader
- Creating a life of happiness
- Creating balance
- The journey to transformation
- Resilience to achieving goals



NUTRITION

Bodytree's Holistic Health Coach and Functional Nutritionist is on a mission to change the language surrounding food and health. Correcting the many misconceptions and bringing back the love of healthy eating, the understanding that food is our best medicine, and demonstrating that nutrition is not only what we eat. Nutrition is how we live, what we think, who we surround ourselves with, and how we move.

Popular topics include:

- Change your mindset - now your health will follow
- Pillars of health
- Sugar - how bad is it?
- Eat to live: nutrition strategies to boost health and prevent disease
- Fundamentals to healthy eating
- All health begins in the gut
- Eating well 9 - 5: Optimal nutrition in the workplace



FUNCTIONAL MOVEMENT

Reimagining healthcare with Functional Movement and Strength Training - no more medication to treat the pain, rather fixing the root of the problem. Some probable causes for pain and discomfort are due to workstation ergonomics, habits and lifestyle or lack of education in proper movement.

Our aim is to empower employees with better knowledge of how to move properly, reducing the need for treatment and/or pain medication.

Workshops include: Neck, Shoulders, and Spine Health

Belinda has helped many clients lead a pain free life over the past 9 years. What started as a journey to overcome a personal injury; transformed into a growing passion to help others help themselves. Belinda focuses on providing customised holistic therapy programs to empower clients to live pain free.





MOVEMENT

An integral part of an individual's wellbeing is exercise and movement.

Yoga, Pilates and Functional Movement classes by Bodytree Studio are designed to better an individuals mobility, strength and alignment to peak performance, honing in on making you look and feel good from the inside out.

Popular topics include:

- Beginner Yoga
- Yoga Therapy
- Spinal Flow Yoga
- Beginner Chair Yoga/ Stretch Band
- Therapeutic Yoga
- Beginner Pilates Mat
- Beginner Tai Chi
- Moving Meditation
- Zumba/Dance Fitness
- Functional Training



INTERACTIVE WORKSHOPS

Live food demo with informative take home ideas and meal prep solutions from Nectar creator and Chef, Mira Naaman including:

- **Action a healthy eating lifestyle:**
Creative changes to our basic ingredients
- **Grab and Go food prep:**
Prepare your meals for when hunger strikes
- **Clever lunch bowl creations:**
Homemade salad dressings
- **Wraps and rolls:**
Learn how to enjoy wraps with new ideas and dips
- **Got kids?**
Create clean treats and snacks for clever kids



NECTAR

A creative take on health! Nectar's homegrown concept created to serve functional food accessibly to its clients. An open plan juice and smoothie blend bar compliment the grain-free, refined sugar-free snacks and delicious treats. All products are handmade in small batches to ensure the highest quality ingredients get transformed into delicious food that serves beyond basic nutrition.

Nectar can create health breakfasts and morning tea offerings, including custom made juices, smoothies, and health breakfast/snack items





YOUR HAPPY PLACE TO CULTIVATE
MINDFULNESS AND POSITIVE CHANGE

CONTACT EMILY@BODYTREESTUDIO.COM