



4. Mindfulness Meditation Series

Illuminations, the wellness centre in Jumeirah Lakes Towers, hosts a mindfulness meditation workshop every Wednesday led by mindfulness teacher and life coach Siliva Natale.

📍 Cluster T, Plot T1, Jumeirah Lakes Towers, Dubai, 7.30pm to 8.30pm. Tel: (04) 4487043. Metro: outside DAMAC Properties. illuminations.ae

5. Full moon singing bowls meditation

Life'n One is hosting a Tibetan singing bowls meditation class, which is said to restore the body's energy. The wellbeing centre say the benefits of the class include better sleep, deep relaxation and improved memory. Comfortable clothes are recommended. Mats, cushions and blankets will be provided.

Life'n One also hosts plenty of events each month including feng shui talks, learning to read the body and a twice-monthly women's circle to boost confidence.

Oct 24

📍 27B Street, Beach Road, Jumeirah 1, Dubai, 7.30pm to 9pm, Dhs99 (Dhs88 for first time guests). Tel: (056) 5342899. Taxi: Behind Magrudy's. lifene.com

6. Sunset Yoga

Feeling exhausted after a hectic week? Unwind at Anantara The Palm's sunset yoga every Thursday. There are limited places available, so early booking is recommended.

Until December 27

📍 Anantara The Palm Dubai Resort, The Palm Jumeirah, Dubai, Thur, 6.45pm, Dhs59. Tel: (04) 5678888. Taxi: Anantara The Palm. anantara.com

7. Mysore Dubai

Led by ashtanga teachers Charmelle and Ethan Ward, the Mysore Dubai class is designed for beginners. Classes are typically followed by a leisurely breakfast at one of the hotel restaurants.

📍 ON42, Media One Hotel, Dubai Media City, Dubai, 9am to 10.30am, Sun to Thur 6.30am to 10am, Fri 9am to 10.30am, Dhs100. Tel: (050) 7698169. Taxi: Media One Hotel mysoredubai.com

RECHARGE AT THESE RETREATS

Mind, Body and Soul Alignment

H Retreats is collaborating with online blog Shimmer Sands to host a one-day Wellness Saturday retreat. Participants will start the day with a Hatha yoga class and sound-healing meditation, followed by a three-course lunch. Later, participants will hear a mindfulness talk 'on letting go of the ego.'

Oct 20

📍 Dukes Dubai, Palm Jumeirah, Dubai, Sat 9.30am to 5.30pm, Dhs845. Tel: (058) 5610108. Taxi: Dukes Dubai hretreats.com

Yogafest

Three-day festival Yogafest celebrates all things yoga in the open-air setting of Dubai Media City Amphitheatre. Yogis will be able to partake in yoga sessions, meditation and wellness classes. This year, Yogafest will be supporting charity Al Jallia Foundation.

Nov 15 to 17

📍 Dubai Media City Amphitheatre, Dubai, Thur 7pm to 10pm, Fri 9am to 8pm, Sat 9am to 6pm, entry by donation. Tel: (050) 5537765. Taxi: Dubai Media City Amphitheatre yogafest.me

