



ANAYATA

WELLBEING

WHO WE ARE

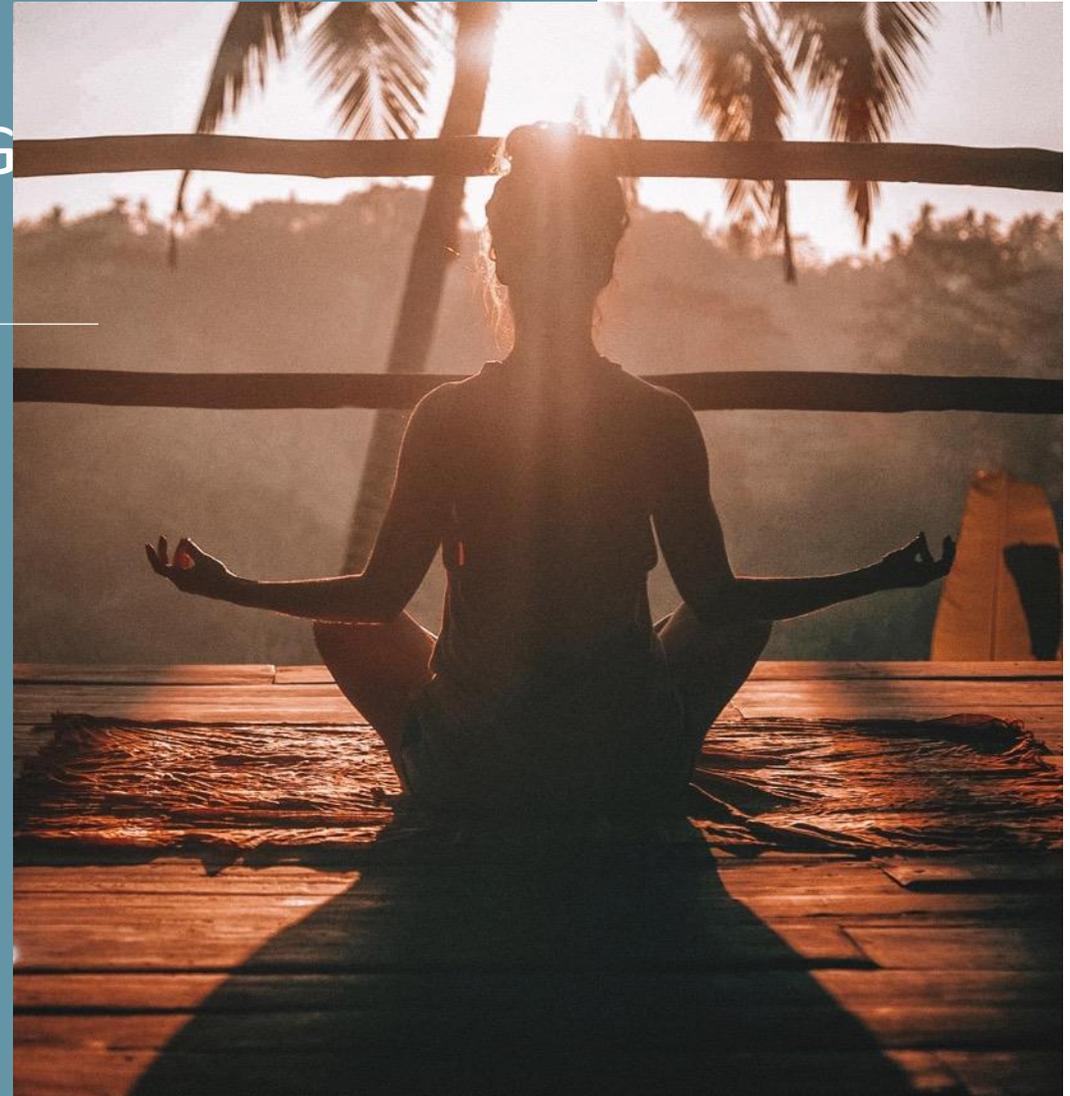
## ABOUT ANAYATA WELLBEING

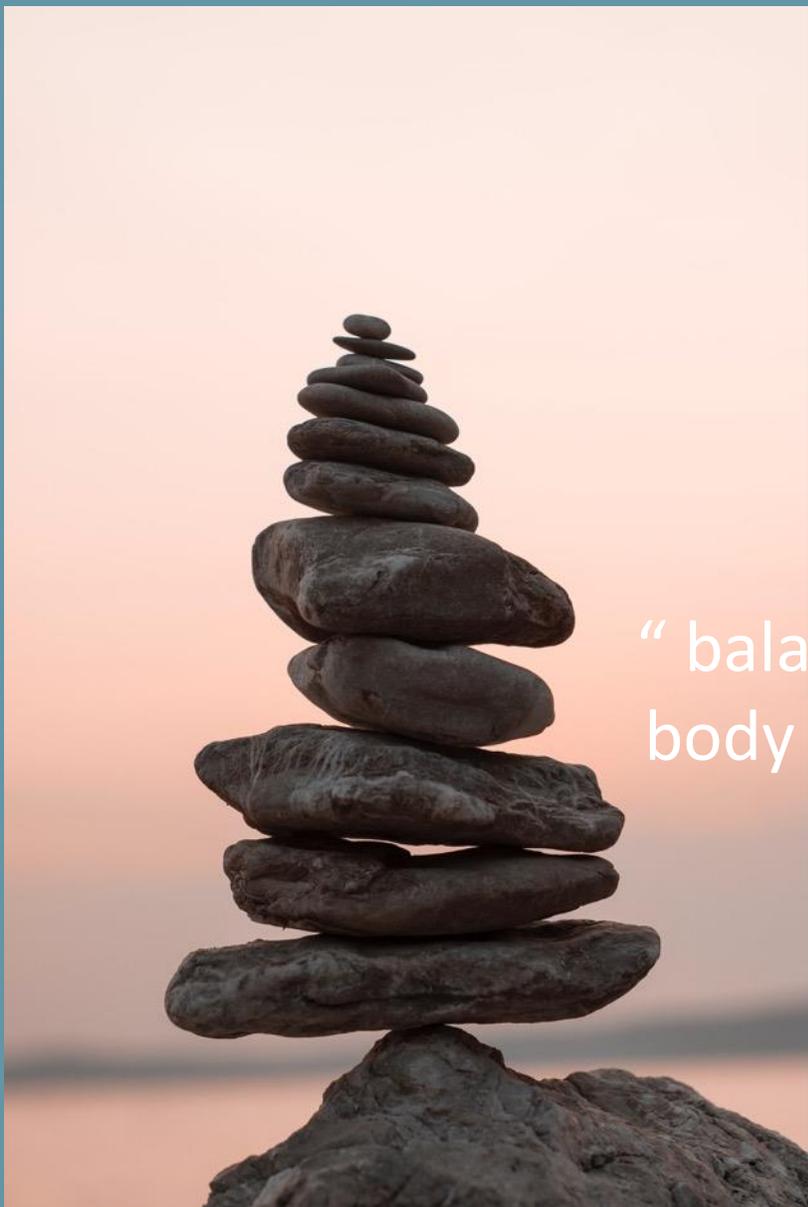
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Anayata Wellbeing Retreats offer the perfect location and environment in which to attain Physical, Mental, Emotional & Spiritual health and balance. Our wellness programs have been created to help you detox, heal, reboot and rejuvenate.

Having successfully offered Detox, Yoga and Fitness retreats in Thailand for several years, we realized a need to open up our offer to other destinations. This journey begins on the shores of the Red Sea in the mystical land of Jordan where we offer traditional cleansing and wellness retreats within an opulent middle-eastern setting.

Our retreat is located within stunning and peaceful settings which along with our international team of experienced coaches, healers and trainers, provide just the setting in which to take this journey to excellent health, joy and longevity!





“ balance mind,  
body and soul”

## OUR STORY

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With everything happening around the world and our lives on a constant move, we tend to forget about ourselves, our well-being and our mind. And the constant question is “how are we holding up?”

That’s when our 3 founders coming from very different backgrounds came together to create the best experience out there. They left the busting and stressful life of business and corporate world to combine forces. They took their different life experiences and healing journeys to create the perfect detox, yoga, fitness and healing programs.

Introducing ANAYATA WELLBEING.

ANAYATA isn’t just any retreat, it’s a holistic retreat.

We are all about looking at you as a “whole”.

Where the goal is to balance mind, body and soul so that you are vital and can live life as your best self.

We believe everybody is different and handles life’s stresses in our own unique ways. What works for you might not really work for someone else.

That’s why we offer different approaches but with one target: getting your mind, body and spiritual wellness aligned.

It’s a journey towards health, joy and longevity with the help of our renowned experts of coaches, healers and trainers flown in from around the world to give you the result you are looking for.

Now close your eyes and imagine relaxing on a mystical virgin shore, listening to the sound of waves with birds chirping in the background, sipping your favorite detox juice after a well-deserved yoga session far from the busting noise pollution of our everyday lives.

This is ANAYATA.

Welcome to ANAYATA World.

# ANAYATA'S ESSENCE

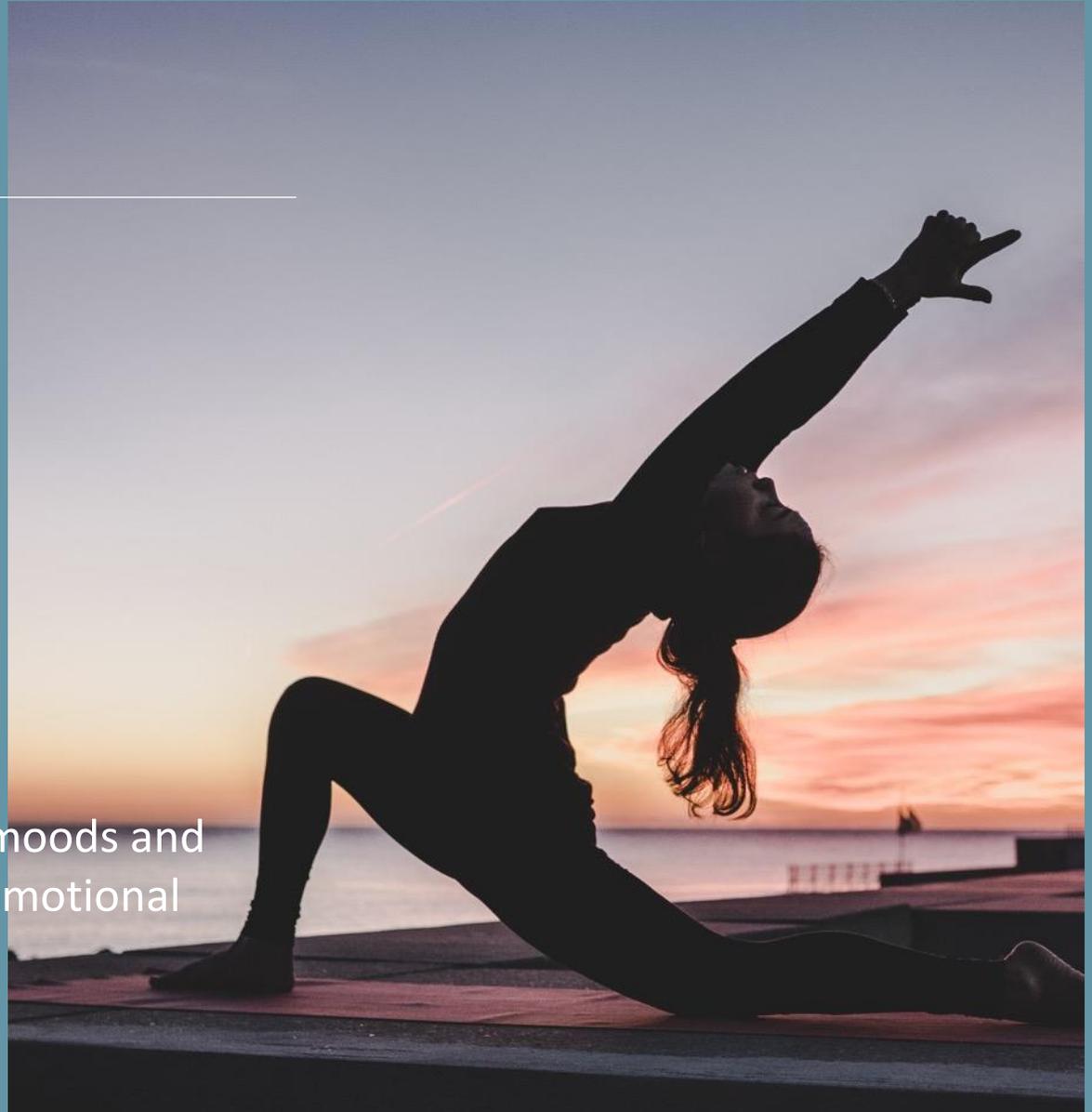
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Our wellness retreat is all about the various therapies, spa, meditation, and other activities that foster your well-being.

*Located within stunning and peaceful settings within the tranquil healing of nature nestled in the midst of towering mountains and dazzling blue lagoons in Ayla Aqaba in order to encourage rejuvenation and calmness.*

Which helps visitors maintain more positive moods and happier overall mental, emotional and physical states of wellbeing for significant periods after returning to their busy, regimented daily lives.

“ maintain more positive moods and happier overall mental, emotional and physical.”



# Anayata's Vision, Mission & Values

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Our vision is to inspire, create and maintain an environment that supports person's healthy lifestyle choices.

Anayata is for a variety of people whether you are looking for a break from the bustling city, feeling overwhelmed by your everyday life, in need of mind calmness,

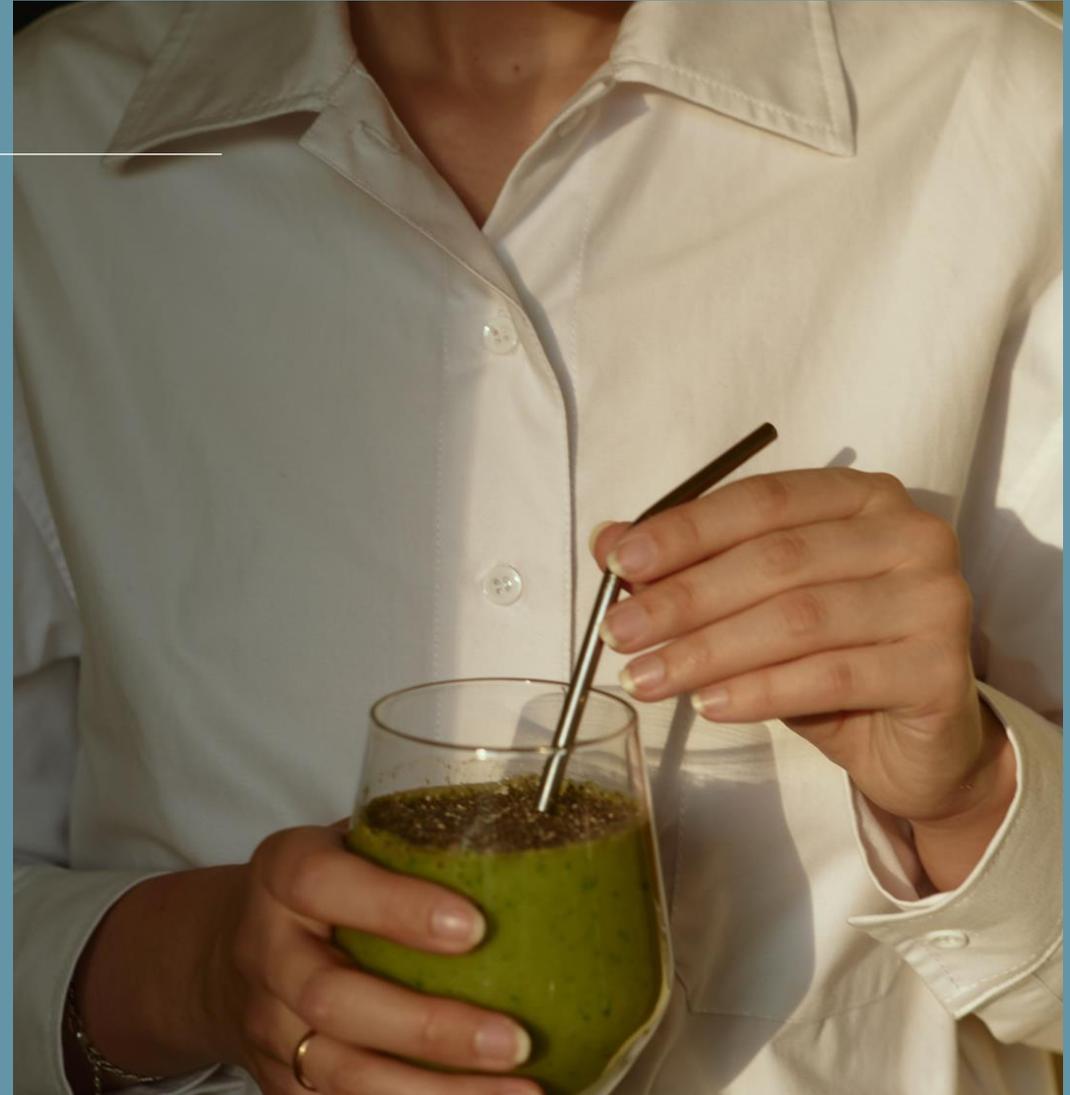
This is the place for you.

The second you arrive you are greeted by renowned worldwide experts ready to guide you through the best journey and experience. Every day is tailor-made based on what you are looking for: a mix of mental calmness and staying fit/healthy.

We offer 4 different programs that have been designed by professionals tackling every aspect of your well-being and making sure the program is fit for who you are and what you are looking for.

Whether it is a juice detox program you are dreaming of, a weight loss program to get back in shape, a mental detox program to re-balance your mind or an online home detox to enjoy from the comfort of your own home.

It is very important for us at Anayata that you get the best out of your journey and make you leave a better version of yourself. You come into our world and leave rested with your soul aligned.



An underwater photograph of a coral reef, showing various types of coral and fish swimming in clear blue water. The scene is brightly lit, with sunlight filtering through the water, creating a shimmering effect on the coral and fish.

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ABOUT  
OUR PROGRAMS

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# ABOUT OUR PROGRAMS

Our founders, have through their own experiences and healing journeys created the perfect detox, yoga, fitness and healing retreat programs that will bring you that balance.



Anayata offers you a special gut scrubbing drink which helps the body flush the toxins and eliminate the harmful bacteria creating an unobstructed path for essential nutrients to filter into your body and reduce food cravings. This special drink applies to all programs.



Our special blend of organic all natural supplements offer an extra-strength formula to stimulate colon cleansing and facilitate the ability of the elimination system to function on its own.

Helps to flush toxins out of the intestinal tract, while supporting colon health and changing the bacteria memory of cravings and addictions into healthier ones in addition to its appetite suppressants advantages.



# ABOUT OUR PROGRAMS

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Our founders, have through their own experiences and healing journeys created the perfect detox, yoga, fitness and healing retreat programs that will bring you that balance.



## JUICE DETOX

Freshly prepared fruit and vegetable juices to cleanse and reboot your body and boost immunity. Ideal for your annual deep cleanse or as a short break over a long weekend



## MIND DETOX

This program offers a comprehensive all round detox and Mental, Emotional & Spiritual health balance experience. Combining an initial pre-cleanse, juice detox and raw food post-cleanse.



## WEIGHT LOSS DETOX

A personal schedule of yoga, personal training, spa & holistic treatments together with a healthy vegan and juice menu bringing the mind, body and spirit back to balance.



## ONLINE HOME DETOX

A realistic home detox program suitable for all that have completed an Anayata Wellbeing detox retreat and wish to continue the detox journey at home. Whichever of our detox retreats you experienced, this home detox program is the natural next step on the journey to excellent health and vitality.

# DAILY PROGRAM SCHEDULE

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## MORNING SCHEDULE

- 8:00 AM** • Detox Drink
  - 2 Super Green supplements
  - Breathing (live session)
- 8:30 AM** • Yoga (live session)
- 9:30 AM** • Meditation (live session)
- 10:00 AM** • Juice Of Choice
  - 2 Intestinal Cleanse supplements
  - Group Talk
  - 2 Super Green Supplements
- 11:00 AM** • Detox Drink
  - 3 Weight Loss supplements - ( only with weight loss program)



## AFTERNOON SCHEDULE

- 1:00 PM** • Juice Of Choice
  - 2 Super Green supplements
  - 2 Intestinal Cleanse supplements
  - Breathing (**live session**)
  - Dance Therapy or Pilates (optional)
- 2:00 PM** • Therapy session
- 3:00 PM** • Private Sessions
  - Juice Of Choice
  - 2 Super Green supplements
  - 3 Weight Loss supplements - ( only with weight loss program)



## EVENING SCHEDULE

- 6:00 PM** • Yoga (live session)
  - 2 Super Green supplements
- 6:30 PM** • Meditation (live session)
  - 2 Intestinal Cleanse supplements
- 7:30 PM** • Guided Walk (optional)
- 8:30 PM** • Detox Drink
- 10:00 PM** • Enema (optional)



## 1- JUICE DETOX PROGRAM

Simple but effective juicing protocol will release and flush out the major toxins held within the cells, organs and tissue of the body, restore a healthy PH level and reboot your innate immune system; leaving you feeling energized, and healthier than you have for years!

“Suitable seasoned detoxers or an absolute beginner.”

Freshly prepared fruit and vegetable juices to cleanse and reboot your body and boost immunity. Ideal for your annual deep cleanse or as a short break over a long weekend.

Toxicity and acidity are the underlying causes of all disease; combined with a compromised immune system, most of us in the modern world all too often find ourselves prey to illness and disease. This simple but effective juicing protocol will release and flush out the major toxins held within the cells, organs and tissue of the body, restore a healthy PH level and reboot your innate immune system; leaving you feeling energized, and healthier than you have for years!

The Anayata juice detox is suitable for you whether you are a seasoned detoxer or an absolute beginner.



Juice Detox Programs Inclusions	5 Days	7 Days	14 Days	1 Extra Day
Accommodation	4 Nights	6 Nights	13 Nights	-
Wellness Consultation	2	2	2	0
A full program of organic natural food supplements, intestinal cleanser and pro-biotic healthy bacteria replacement.	Daily	Daily	Daily	Daily
Body Composition Analysis	2	2	2	-
Detox Juices	3 Daily	3 Daily	3 Daily	3 Daily
Juice of Choice	3 Daily	3 Daily	3 Daily	3 Daily
Yoga Sessions	2 Daily	2 Daily	2 Daily	2
Meditation Sessions	2 Daily	2 Daily	2 Daily	2
Breathing Session	1 Daily	1 Daily	1 Daily	1
Group workshops, activities and talks	1 Daily	1 Daily	1 Daily	1
Massage Therapy	1	2	4	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional	1 Optional
Optional Enema Guide	Daily	Daily	Daily	Daily
Take Home Guidelines	1	1	1	1
Price for 1 person	\$2,000	\$3,000	\$6,000	\$400
Price for 2 people sharing a double room	\$3,000	\$4,500	\$9,000	\$600



## 2- WEIGHT LOSS DETOX PROGRAM

A personal schedule of yoga, personal training, spa & holistic treatments together with a healthy vegan and juice menu bringing the mind, body and spirit back to balance.

**“An opportunity to support your transition back to a healthier new lifestyle!”**

A personal schedule of yoga, personal training, spa & holistic treatments together with a healthy vegan and juice menu bringing the mind, body and spirit back to balance.

During an initial pre-cleanse, the body is charged with freshly prepared fruit and vegetable juices, along with vitamin, enzyme and mineral-rich raw food, ensuring that it is well-nourished in preparation for the fasting process.

This is followed by our juice fasting program, thoroughly cleansing the digestive tract, all the vital organs, and the bloodstream and supported with powerful herbs and supplements to maximize the potential of weight loss.

Before leaving, an opportunity to enjoy a delicious raw food post-cleanse menu to support your transition back to a healthier new lifestyle!

Weight Loss Detox Programs Inclusions	7 Days	14 Days	21 Days	1 Extra Day
Accommodation	6 Nights	13 Nights	20 Nights	-
Wellness Consultation	2	2	2	-
A Full program of organic natural food supplements, intestinal cleanser & pro-biotic healthy bacteria replacement	Daily	Daily	Daily	Daily
Body Composition Analysis	2	2	2	-
Detox Juices	3 Daily	3 Daily	3 Daily	3 Daily
Juice Of Choice	3 Daily	3 Daily	3 Daily	3 Daily
Detox Soup	1 Daily	1 Daily	1 Daily	1 Daily
Healthy Salads	2	2	2	-
End of Fast Fruits	1	1	1	-
Yoga & Meditation Class	2 Daily	2 Daily	2 Daily	2
Breathing	1 Daily	1 Daily	1 Daily	1
Group workshops, activities and talks	1 Daily	1 Daily	1 Daily	1
Massage Therapy	2	3	4	-
Personal Training Sessions	3	6	9	-
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional	1 Optional
Optional Enema Guide	Daily	Daily	Daily	Daily
Take Home Guidelines	1	1	1	1
Price	\$3,500	\$7,000	\$10,500	\$400
Price for 2 people sharing a double room	\$5,250	\$10,500	\$15,750	\$600



### 3- MIND DETOX PROGRAM

This program offers a comprehensive all round detox and Mental, Emotional & Spiritual health balance experience. Combining a pre-cleanse, juice detox and raw food post-cleanse.

Our minds are exposed to stimuli, living in the era of information technology. We are constantly being bombarded with information, through the devices we use on a daily basis, both in our professional lives and personal lives. This causes our minds to work non-stop.

A mental detox is a way for someone to declutter their mind, through this recovery process replace the stresses of our daily life routine with reinforcing, positive thoughts, this will allow someone to continue moving forward in their recovery with a healthy mindset.

Mind Detox Programs Inclusions	5 Days	7 Days	1 Extra Day
Accommodation	4 Nights	6 Nights	-
Wellness Consultation	2	2	0
A full program of organic natural food supplements, intestinal cleanser and probiotic healthy bacteria replacement	Daily	Daily	Daily
Body Composition Analysis	2	2	-
Yoga & Meditation Class	2 Daily	2 Daily	2
Breathing	1 Daily	1 Daily	1
Group workshops, activities and talks	1 Daily	1 Daily	1
Massage Therapy	1	2	0
Holistic Therapy Sessions	2	2	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional
Optional Enema Guide	Daily	Daily	Daily
Take Home Guidelines	1	1	1
Price	\$2,500	\$3,600	\$400
Price for 2 people sharing a double room	\$3,750	\$5,400	\$600



## 4- ONLINE HOME DETOX PROGRAM

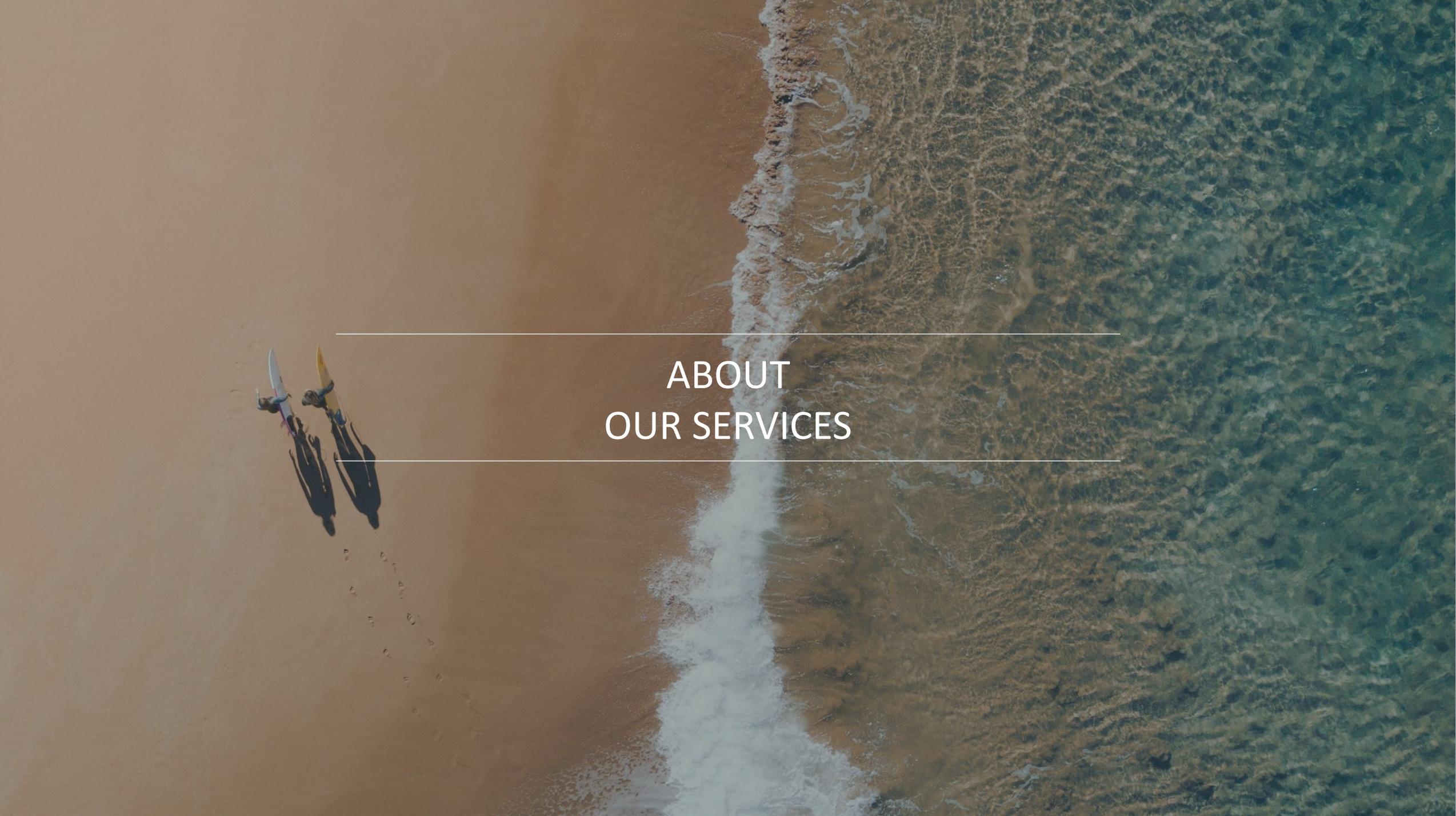
A realistic home detox program that is suitable for all that have completed an Anayata Wellbeing detox retreat and wish to continue the detox journey at home.

“The natural next step on the journey to excellent health and vitality.”

Whilst this program is suitable for you regardless of your current health, age and experience, you will receive personal guidance within the program in order to make necessary adjustments to suit your needs and goals.

This comprehensive home detox program is exclusive to those of you that have already completed. An Anayata Wellbeing Retreat and is NOT a substitute for attending one of our programs. The detox at Anayata is the “kickstart” whilst this home detox program is the continuing journey of detoxification and improved health. Complete detoxification will take months, often years and becomes an ongoing journey. Our aim is to guide and support you along this journey.

Online Home Detox Programs Inclusions	1 Week	2 Weeks	3 Weeks	4 Weeks
Detox Juices	3 Daily	3 Daily	3 Daily	3 Daily
Supplements for Cleansing	Daily	Daily	Daily	Daily
Juice Of choice	3 Daily	3 Daily	3 Daily	3 Daily
Recipes For Incredible Health	Daily	Daily	Daily	Daily
Live yoga Sessions	2 Daily	2 Daily	2 Daily	2 Daily
Live breathing Sessions	1 Daily	1 Daily	1 Daily	1 Daily
Live Meditation Sessions	2 Daily	2 Daily	2 Daily	2 Daily
Price	\$900	\$1,350	\$1,800	\$2,400

An aerial photograph of a beach. The left side shows a wide expanse of golden sand. Two surfers are standing on the sand, each with a surfboard. The surfer on the left has a white board, and the one on the right has a yellow board. Their shadows are cast long and dark on the sand. A line of footprints leads from the surfers towards the water. The right side of the image shows the ocean with a white, foamy wave washing onto the shore. The water is a deep, textured blue-green. Two thin white horizontal lines are positioned above and below the text.

# ABOUT OUR SERVICES



## Holistic Therapies

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Reiki Healing 100\$  
Theta Healing 120\$  
Cutting the ties that bind 120\$  
Sound healing with Tibetan Bowls 100\$  
Hypnosis 150\$  
Craniosacral Therapy 70\$  
Emotional Code 70\$  
Family Constellation 140\$

## Spa Therapies

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Full Body Massage 50\$  
Detox Algae Wrap 55\$  
Bio-Rhythm Body Wrap 70\$  
Intense Regenerating Facial 105\$  
Detoxifying Body Scrub 55\$  
Healing Head Massage 55\$  
Aquatic Body Scrub 120\$  
Heart Chakra Massage 125\$  
Pink Sand Scrub 120\$  
Turkish Bathing Ceremony 140\$

## Personal Classes

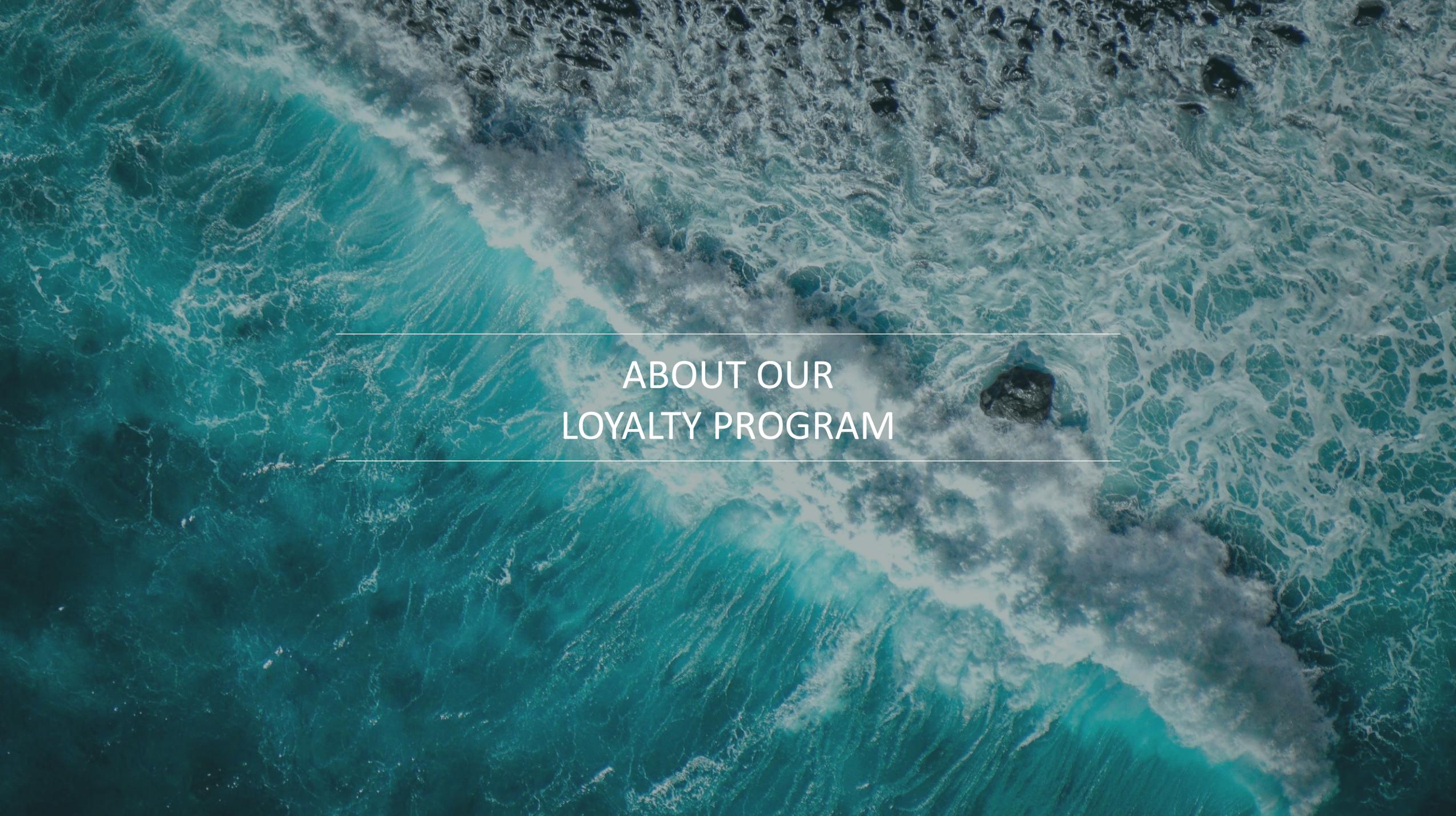
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Personal Training 50\$  
Personal Yoga Class 70\$  
Pranayama Breathing Technique 40\$  
Capoeira 50\$  
Dance Therapy 50\$  
Pilates 50\$

## Extra Activities

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Aqua Gym 50\$  
Golf Club 50\$  
Tennis 50\$  
Cycling 50\$



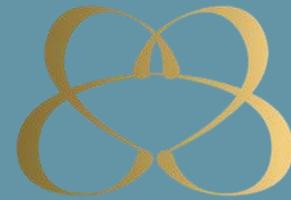
ABOUT OUR  
LOYALTY PROGRAM



## SILVER

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Accumulate a total of 25 days in your purchased balance & receive a 10% discount.



## GOLD

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Accumulate a total of 50 days in your purchased balance & receive a 15% discount.



## DIAMOND

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Accumulate a total of 75 days in your purchased balance & receive a 20% discount.



OUR EXPANSION MAP  
INFOGRAPHIC

Marbella



Egypt



Aqaba



Fujeirah



Neom



Zanzibar



Maldives



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## MEET OUR FOUNDERS, MANAGING PARTNER AND TEAM

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Our founders, have through their own experiences and healing journeys created the perfect detox, yoga, fitness and healing retreat programs that will bring you that balance.



## SIMON BELCHER

Simon Belcher is an internationally experienced Holistic Wellness coach, Reiki Master, Advanced Theta Healer and Sound Healing Therapist. Much of his experience has come through hosting detox, healing and wellness retreats in Koh Samui, Thailand where he resides with his family.

Simon's vision now is to share this experience beyond his retreat center in Thailand in order to contribute not only to the healing of the individuals that he shares his knowledge and experience with, but to that of humanity.



## DIMA AZZA

Dima's personal healing journey was kickstarted during a visit to Thailand in 2016 where she experienced her first detox in Koh Samui. She realized that not only did this clean her body, but also her mind and soul.

Returning to Jordan and the world of fashion, she knew that she must share this experience with others. Knowing only too well the stresses of the business and commercial world, Dima's vision, through Anayata Wellbeing, is to share that healing experience and support others on their healing journey.



## SAIID KOBEISY

### Our Honorary Director & Managing Partner

Saiid Kobeisy personal experience was at Anayata Testing phase , as he has been invited with a group as guests of honors for the program, and based on the marvelous experience he decided to join the team as Co. Founder & the managing partner of Anayata Wellbeing, where he is responsible of guiding the overall strategic direction as well mentoring performance and driving business growth, Saiid has ha stellar vision for the program where his mission is also part of his healing journey.



### **SARAH AYOUB**

Sarah Ayoub our Customer service representative, is responsible for communicating the how's and why's regarding service expectations within the wellness program following up on the daily schedule and activities, including answering phones, responding to customer questions and assisting with customer issues.



### **MELISSA EL KHAZEN**

Melissa El Khazen our Administrative Coordinator provides back-office support



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# MEET OUR INSTRUCTORS

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Our international team of experienced coaches, healers and trainers, provide just the setting in which to take this journey to excellent health, joy and longevity!



## TARIQUE NASIM KHAN

Detox Craniosacral Therapist & Yoga Instructor

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Tarique Nasim Khan, has been practicing yoga and meditation for the last 25.

He is also a trained dancer & choreographer and worked in numerous national and international projects .

He is a certified Yoga instructor recognized by Govt of India. He also an accomplished trained craniosacral therapist



## SVETA SHANTI

Detox Manager & Yoga Instructor

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Sveta provides Yoga classes and private sessions that are a mix of multitype Yoga, Pilates, Meditation, Sound Healing, Vocal Yoga, Pranayama and mindful movements. In her class, you can expect a gentle, supported and relaxing practice. She combines her knowledge in anatomy and massage experiences, to create sequences that suit everyone. She has one goal in mind – to enhance wellbeing through a balanced physical, mental and spiritual health.

She is certified with Yoga Alliance 400YTT In India.

With an extensive background in nutrition and dietetics, Sveta specializes in intuitive eating and detox cleaning. She helps you to build a healthy relationship with food, and lead a happier and healthier life.



## SANDRA JELLY

Teacher & Therapist

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Yoga teacher, PSYCH-K facilitator, shamanic practitioner, Reiki master, Thai massage therapist, and equine-assisted systemic coach living with her herd of horses in the Wadi Rum desert of Jordan. She believes nature holds true treasures for us when we are ready to be still and listen to what the gentler voices in our worlds have to say. Her talent is to inspire others with her joy, energy, and courage for life. Trusting the universe, her spirit, and her horses to guide others to become fully present in the now and live a heart-centered life



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# SOCIAL MEDIA INFOGRAPHIC

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ARE YOU READY TO START  
WITH US?



📍 Marina Village, Aqaba  
77110, Jordan

📞 +971 50 392 5593

✉️ [info@anayatawellbeing.com](mailto:info@anayatawellbeing.com)

🌐 [www.anayatawellbeing.com](http://www.anayatawellbeing.com)

🕒 Office Hours Beirut Time  
Monday – Friday  
08.00 AM – 05.00 PM

SUITE TERRACE



CLUB ROOM



LOUNGE & BAR  
TERRACE

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SPA OUTDOOR  
POOL



OUTDOOR  
MEDITATION

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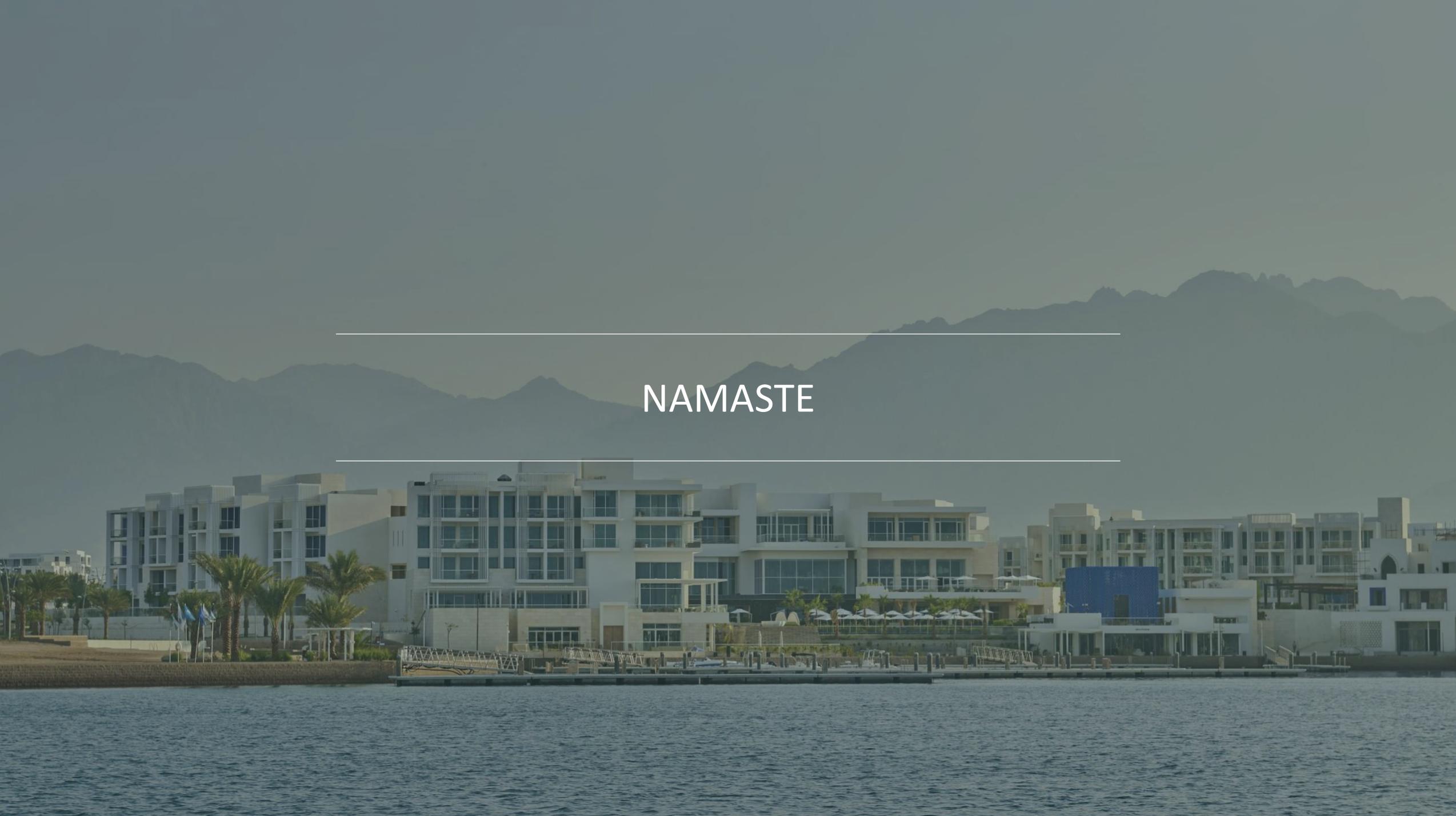


PERSONAL  
YOGA CLASS



ONE ON ONE  
CLASS





NAMASTE