



ANAYATA

WELLBEING

MID-AGE TRANSFORMATIVE RETREAT

Balance, Vitality, and Renewal Await

Featuring special guest
Dr. Khaled Ghattass
in a transformative workshop
for mid-age individuals.

Re - Consider i i i

- Re-consider your past and future
- Re-consider your problems and decisions
- Re-consider yourself and your relationships
- Re-consider your story and purpose
- Re-consider your values and social concepts



A lot of our suffering is due to limited understanding of ourselves and people around us.

The workshop is designed to uncover parts of who we are and enhance the way we deal with ourselves, our relationships, and our lives through Dr. Khaled's scientific, accessible, and personal approach.



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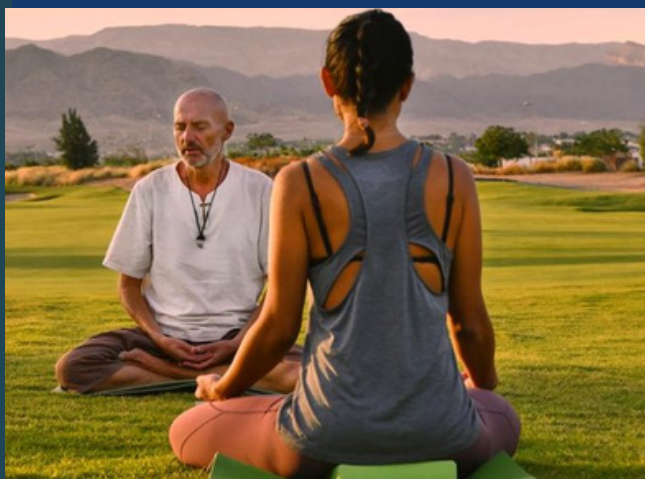
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A Tailored Wellness Journey

Nestled in the breathtaking surroundings of Aqaba, this 5-day Mid-Age transformative retreat offers an unparalleled opportunity to reset your mind, body, and soul.



Discover the exhilaration of sports activities, the soothing flow of Pilates, and the invigorating power of ice bath therapy and a Dead Sea mud experience.

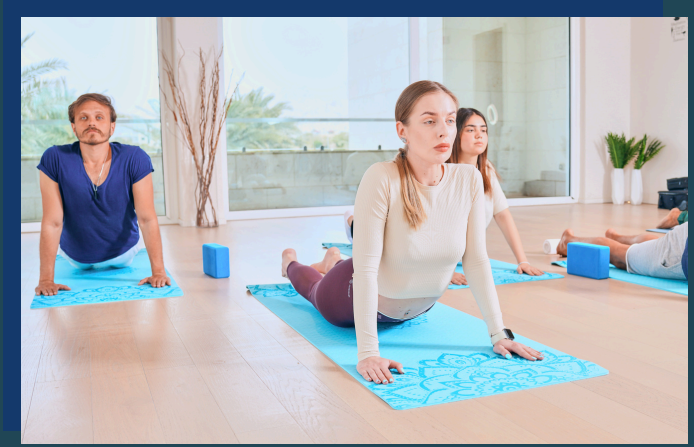


Immersive Detox Program

- Cleanse your body with daily cold-pressed juices and detox drinks
- Prepare your body for detoxification with a liver flush drink.
- Nourish and replenish with herbal teas, detox soups, and organic natural food supplements.
- Enema cleanses and probiotic replacements for holistic gut health.

Healing Activities for the Body and Soul

Reconnect with your inner self through daily group practices of yoga and meditation classes twice a day, complemented by sound healing sessions, breathwork exercises, and guided walks.



Personalized Treatments

Relax with therapeutic massages, unwind in the outdoor spa swimming pool, and let our expert practitioners guide you to a state of complete relaxation and renewal.



Luxurious Accommodations

Stay in a 5-star resort where every detail is designed to enhance your experience. From luxurious bedding to serene surroundings, your accommodation provides the perfect setting for your journey to transformative wellbeing.

Investment in Your Wellbeing

Embark on your transformative journey with our 5-day retreat package, tailored to provide the ultimate balance of luxury, wellness, and personal growth.

* The package includes all detox programs, group activities, personalized treatments, lectures, and 5-star accommodations.

- Single: \$2,400 USD per person
- Double: \$1,950 USD per person (shared room for two)
- Triple: \$5,200 USD per person (shared by family only)

**HYATT REGENCY
AQABA AYLA
RESORT**

5th - 9th February 2025



**HYATT
REGENCY**

**CONTACT
TO RESERVE**

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