

JOALI BEING

- BODUFUSHI -

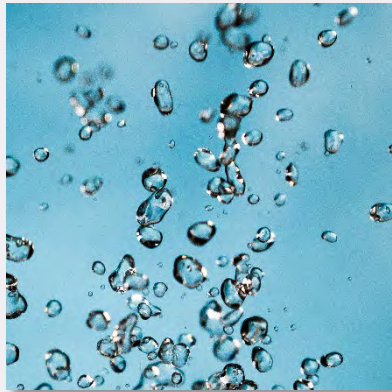
THE JOURNEY OF TRANSCENDENCE

As you reconnect with the generous gifts of nature, rediscover a natural state of health and happiness through our **Immersion Programmes**, ranging from five nights to three weeks. Designed to rebalance the Four Pillars of JOALI BEING, your journey will be customised after an Intelligent Movement Analysis and an Integrative Health Assessment.

Immersion Programmes can be tailored to areas of strength and vitality, mental clarity and wellbeing, hormonal balance, women's health, digestive and weight rebalance, restorative sleep, as well as movement and alignment for good health and immunity



JOALI BEING
DISCOVERY



ENERGY



MIND



SKIN



WEIGHT
REBALANCE

JOALI BEING

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IMMERSION PROGRAMME JOALI BEING DISCOVERY

Guiding you on a woven path of wellbeing, this immersion offers a curated selection of mind and body sessions, nutritional guidance, self-care practices and mindfulness rituals, that introduce and lay the foundation of the Four Pillars of JOALI BEING.

Who is this Immersion Programme for?

This immersion is ideal for those who wish to experience the essence of JOALI BEING or who are exploring their unique path towards wellness. It will lay the foundation for comprehensive practices which can later be integrated into lifestyle.

Benefits

- Reach better understanding of your optimal wellbeing path.
- Receive tools to engage and commit to following your personal wellbeing goals.
- Reduce anxiety, physical stress, and mental fatigue.
- Optimise your energy levels.
- Expand your mental capacity and concentration.
- Prevent office syndrome.
- Improve emotional balance.
- Discover how connection to nature impacts your overall wellbeing.



JOALI BEING IMMERSION PROGRAMMES

JOALI BEING DISCOVERY

INCLUSIONS	5 NIGHTS	7 NIGHTS	12 NIGHTS
Complimentary Mind & Body / Movement & Meditation Class	5	7	12
Complimentary Learning Activities	5	7	12
Pre-Arrival Wellbeing Consultation / Departure Wellbeing Consultation	1/1	1/1	1/1
Integrative Lifestyle Assessment / Follow-up Wellbeing Consultation	1/0	1/0	1/1
Custom Medicinal Herbal Tea and Essential Oil Roller	1	2	3
The Four Pillars Signature Massage	1	1	1
Private Mindful Movement Session	1	1	1
Private Mind & Body Specialised Session	0	0	1
Skin & Body Rejuvenation Treatment	2	2	3
Mind Balance Treatment	1	2	3
Aktar Herbology Workshop	0	1	1
Tea Celebration	1	1	1
Total:	20	27	42

IMMERSION PROGRAMME ENERGY

Whether you are beginning a new fitness routine or are well-advanced in training, this immersion is designed to help achieve physical and mental wellbeing.

Through intelligent movement analysis, creative exercise sessions, and energy balancing treatments, your mind-body connection will be strengthened, to build resilience and re-energise your whole being, for you to return with a newfound sense of balance.

Who is this Immersion Programme for?

This immersion is designed for those who would like to regain vitality and improve stamina, increase strength and energy. Appealing to both fitness novices and enthusiasts, it will help to expand on new experiences and knowledge to achieve their goals.

Benefits

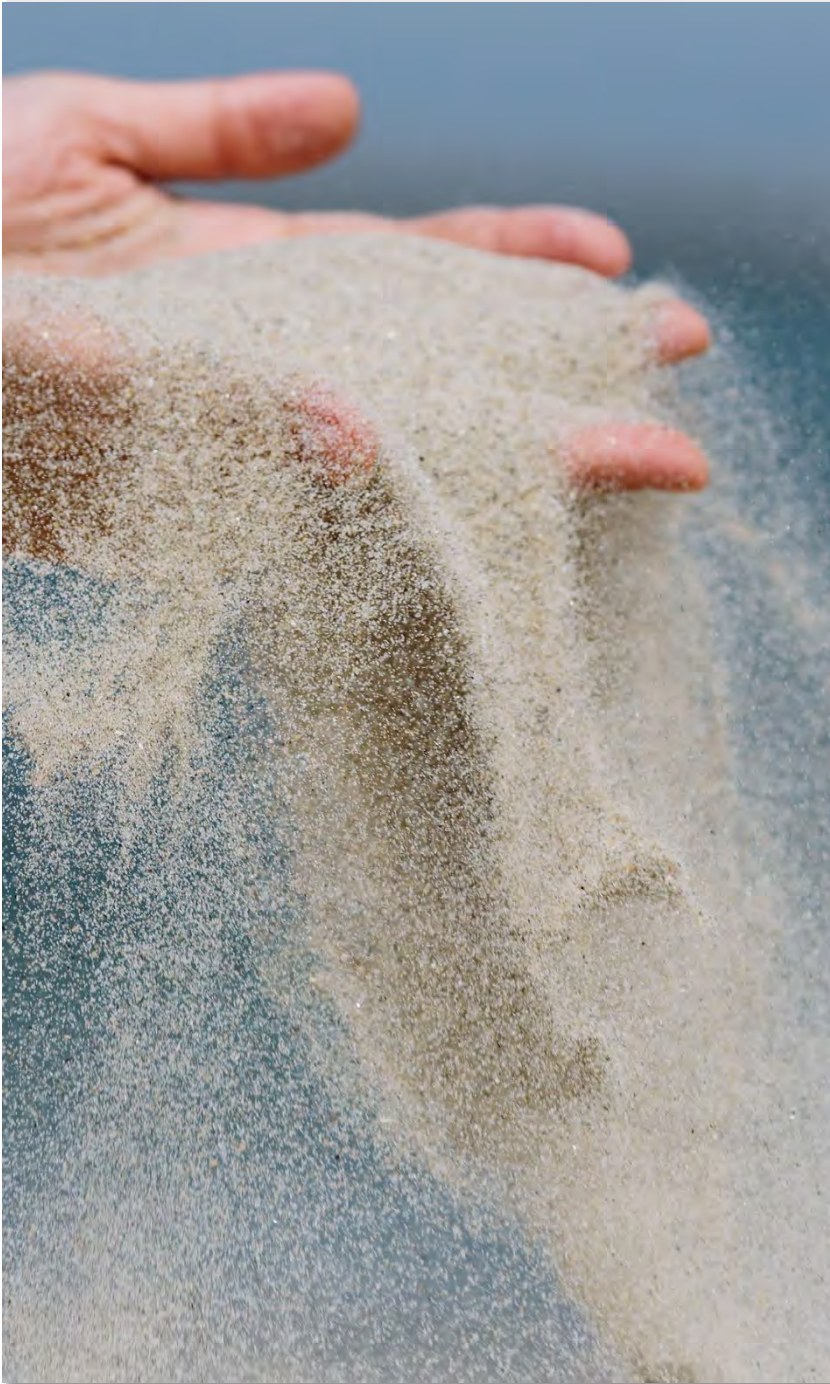
- Gain physical strength and confidence.
- Obtain tools to keep you on track to your personal goals.
- Reduce risk of chronic diseases, fatigue, and stress-related imbalances.
- Optimise energy levels and sleeping patterns.
- Expand physical capabilities and conditioning.
- Stimulate brain plasticity.
- Feel stronger, re-energised, rebalanced and happier.
- Improve immunity levels and mind-body connection.



JOALI BEING IMMERSION PROGRAMMES

ENERGY

INCLUSIONS	5 NIGHTS	7 NIGHTS	12 NIGHTS
Complimentary Mind & Body / Movement & Meditation Class	5	7	12
Complimentary Learning Activities	5	7	12
Pre-Arrival Wellbeing Consultation / Departure Wellbeing Consultation	1/1	1/1	1/1
Integrative Lifestyle Assessment	1	1	1
Follow-Up Wellbeing Consultation	0	1	2
Intelligent Movement Analysis	1	1	1
Custom Medicinal Herbal Tea and Essential Oil Roller	1	2	3
Four Pillars Signature Massage	1	1	1
Body Rejuvenation Treatment	1	2	3
Mind Health Balance Treatment	1	1	2
Energy Balancing Treatment	1	2	3
Microbiome & Immunity Treatment	0	1	2
Private Movement Session	2	4	8
Total:	21	32	52



IMMERSION PROGRAMME SKIN

Seeing the skin as a reflection of your inner health, this immersion combines nutritional guidance with crafted body and face treatments to bring forth a new sense of confidence and radiance. By nurturing your Microbiome through personalised culinary sessions and specialised experiences, we help you restore your natural beauty and glow.

Who is this Immersion Programme for?

This Immersion Programme is for those who wish to learn about the intricate connection between our digestive health and the Microbiome of our skin. Suitable for all ages and lifestyle, it helps to reveal beauty from inside out, bringing forth cell rejuvenation and revitalisation.

Benefits

- Rebalance skin's Microbiome and stress related skin reactions.
- Achieve a clearer complexion and younger-looking skin.
- Reduce dehydration and improve overall skin texture.
- Optimise nutritional habits for skin health.
- Expand on the innate rejuvenation ability of your body.
- Learn a comprehensive approach to skin care.

JOALI BEING IMMERSION PROGRAMMES

SKIN

INCLUSIONS	5 NIGHTS	7 NIGHTS	12 NIGHTS
Complimentary Mind & Body / Movement & Meditation Class	5	7	12
Complimentary Learning Activities	5	7	12
Pre-Arrival Wellbeing Consultation	1	1	1
Integrative Nutritionist Assessment	1	1	1
Follow-up Wellbeing Consultation	0	1	1
Departure Wellbeing Consultation	1	1	1
Custom Medicinal Herbal Tea and Essential Oil Roller	1	2	3
Four Pillars Signature Massage	1	1	1
Skin & Body Rejuvenation Treatment	3	4	5
Mind Balance Treatment	1	1	1
Energy Balancing Treatment	1	1	1
Culinary Class for Skin Health	0	1	2
Total:	21	28	41

IMMERSION PROGRAMME MIND

This immersion focuses on development of mindfulness practices to cultivate awareness of feelings, thoughts, bodily sensations, and surroundings.

Through a gentle, nurturing touch, JOALI BEING experts guide you through the process of constructing mindfulness to improve wellbeing, overcome stress, and maximise performance and productivity. Immerse in the present moment through grounding and restorative practices, sound therapy sessions, energy balancing treatments and mindful movement exercises that are designed to cultivate vitality, inner strength, and resilience to navigate through modern world challenges.

Who is this Immersion Programme for?

This Immersion Programme is for those who wish to learn and apply mindfulness principles to their lifestyle, and are interested in learning how to achieve more awareness and present moment connectivity.

Benefits

- Reach a balanced state of mind for psychological wellbeing.
- Learn self-awareness, empathy and mindfulness techniques to calm and focus.
- Reduce stress, prevent office syndrome, and improve emotional balance.
- Optimise concentration, cognitive function, and flexibility.
- Expand your ability to focus attention and strengthens self-awareness skills.
- Improve your sleeping patterns.
- Ignite feelings of serenity and fulfillment as opposed to reactivity and anxiety.



JOALI BEING IMMERSION PROGRAMMES

MIND

INCLUSIONS	5 NIGHTS	7 NIGHTS	12 NIGHTS
Complimentary Mind & Body / Movement & Meditation Class	5	7	12
Complimentary Learning Activities	5	7	12
Pre-Arrival Wellbeing Consultation	1	1	1
Integrative Lifestyle & Mindfulness Assessment	1	1	1
Mindfulness Wellbeing Consultation	1	1	2
Departure Wellbeing Consultation	1	1	1
Custom Medicinal Herbal Tea and Essential Oil Roller	1	2	3
Four Pillars Signature Massage	1	1	1
Energy Balancing Treatment / Skin Rejuvenation Treatment	1/1	1/1	1/1
Mind Balance Treatment / Mindful Movement Session	1/1	1/2	1/3
Mind & Body Series Experience	1	1	1
Wellness Through Water Therapy / Sound Therapy Remedy	0/0	0/0	1/1
Private Conscious Cooking Class	0	0	1
Total:	21	27	43



IMMERSION PROGRAMME WEIGHT REBALANCE

Understanding your personal starting point through an in-depth integrated nutritional consultation, we will chart your personal journey encompassing conscious cooking and customised movement sessions. By discovering new information, such as body composition and shape, posture and balance, and metabolic rate, you will form deeper understanding and appreciation for your body to enable an effortless integration of new habits into your lifestyle. With principles of moderation and balance in the core, this immersion strengthens your immunity and supports your weight management goals.

Who is this Immersion Programme for?

This Immersion Programme has been designed for those who wish to deepen their understanding of sustainable weight management and integrate this knowledge into a lifestyle that is effortless to maintain.

Benefits

- Obtain better physical performance and muscle tone.
- Learn how to build healthier eating habits.
- Optimise digestion and microbiome health.
- Strengthen the immune system.
- Reduce bloating, inflammation, risk of chronic health issues and pain.
- Get clearer and brighter skin.
- Expand confidence levels.
- Improve vitality, hormonal balance, and mobility.

JOALI BEING IMMERSION PROGRAMMES

WEIGHT REBALANCE

INCLUSIONS	10 NIGHTS	14 NIGHTS	21 NIGHTS
Full Board Meal Plan	Included	Included	Included
Complimentary Mind & Body / Movement & Meditation Class	10	14	21
Complimentary Learning Activities	10	14	21
Pre-Arrival Wellbeing Consultation / Departure Wellbeing Consultation	1/1	1/1	1/1
Integrative Nutritionist Consultation / Follow-Up Wellbeing Consultation	1/1	1/1	2/2
3D Fitness And Alignment Analysis	1	1	2
Custom Medicinal Herbal Tea and Essential Oil Roller	2	3	4
The Four Pillars Signature Massage	1	1	1
Skin Body Rejuvenation Treatment / Energy Balancing Treatment	1/1	2/2	3/3
Microbiome And Immunity Treatment	1	2	3
Mind Balance Treatment / Private Movement Session	1/7	2/9	3/12
Group Culinary Workshop / Private Culinary Class For Microbiome	1/1	2/1	3/1
Specialised Treatment and therapy	0	0	1
Total:	41	57	84