



A Wellness TRIP IN *Al Ula*



CONTENTS



Trip Overview



Hegra After
the Dark



Yoga & Meditation



Spa Treatment



Workshops



Trip Itinerary



Accommodation



Prices & Fees



Flight Bookings



OVERVIEW



This experience is set for people who seek inner bliss. For four intensive days, your mind and body will be rejuvenated deeply. Our day begins with intentional meditation followed by guided all- level yoga sessions, interactive education sessions for a mindful lifestyle . Each day we explore a theme and a pillar of wellness.

The Program is divided into Three Pillars:

- **Meditation & Mindfulness**
- **Body Nourishment**
- **Nature & Outdoor Exploration**

HEGRA AFTER THE DARK



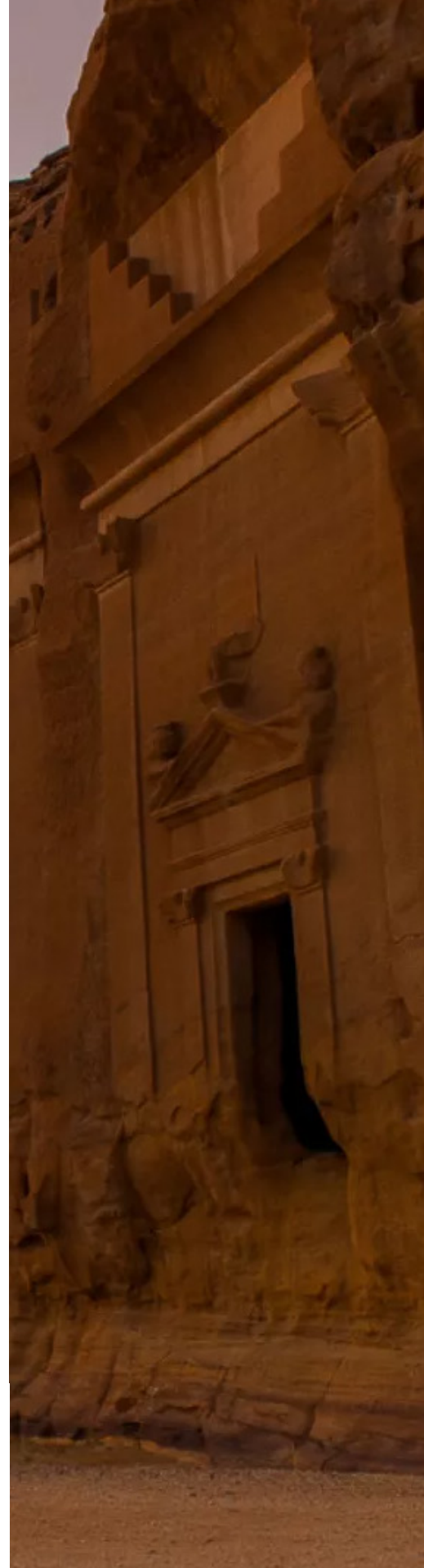
■ Hegra AlUla

2 - 2.5 Hours

OVERVIEW

Experience the captivating Hegra AlUla , where you'll explore the ancient city of Hegra, a UNESCO World Heritage Site. Marvel at the well-preserved tombs, rock-cut facades, and ancient inscriptions that tell stories of a bygone era.

Immerse yourself in the rugged beauty of AlUla's desert landscapes, surrounded by towering sandstone cliffs. Discover the history, culture, and significance of this remarkable site, and let the wonders of Hegra and AlUla leave an indelible mark on your soul.





YOGA & MEDITATION

■ Yoga & Meditation

1.5 Hours

OVERVIEW

Yoga, integrating physical postures with mindful breathing, enhances physical strength, flexibility, and mental clarity. Meditation complements this by fostering deep mental relaxation and heightened awareness, essential for holistic well-being. Together, they form a synergistic duo, offering a complete mind-body rejuvenation experience.

SPA & TREATMENT

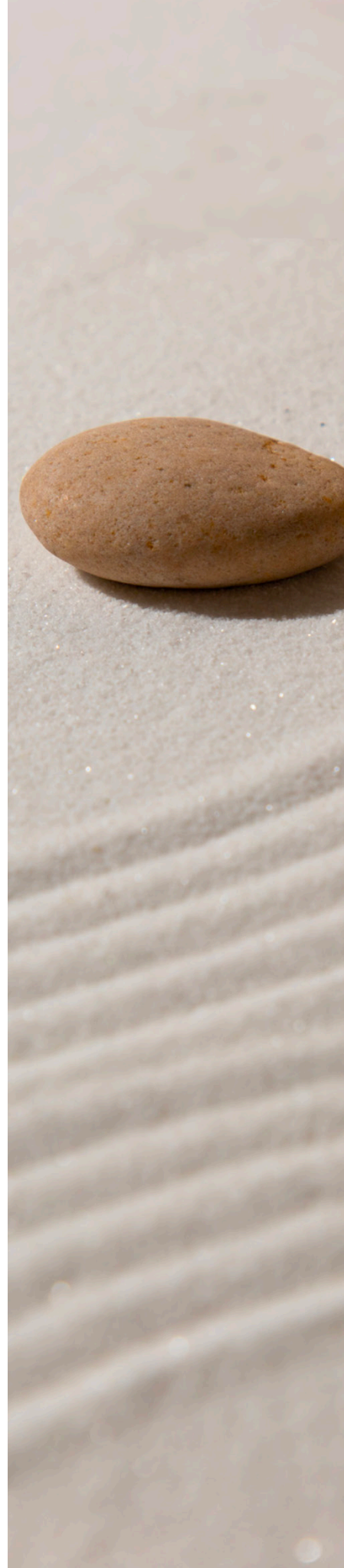


Spa & Treatment

2 Hours

OVERVIEW

Spa therapies use a blend of natural ingredients and expert techniques to relieve stress, improve circulation, and promote overall well-being. Treatments are tailored to individual needs, ensuring a personalized approach to relaxation and rejuvenation. This holistic approach provides a serene escape, nurturing the senses and restoring inner balance.





WORKSHOPS

Workshop

1.5 - 2 Hours

OVERVIEW

Get ready for a one-of-a-kind workshops crafted by the talented team. This exclusive experience will focus on wellness and provide you with valuable tools to enhance your well-being.

The details of the workshop will be announced prior to the start date of the trip. On this journey to cultivate your wellness and discover new ways to nurture your mind, body, and soul.

TRIP

ITINERARY

Below is a list of the trip itinerary, which includes details of timings and activities:

Day One

Serenity Arrival Day

- 14:00 - 15:00 Check-in at Accommodation
- 15:00 - 15:30 Welcome Induction & Ice-breaker
- 17:30 - 19:30 Hegra After the Dark
- 20:00 - 21:00 Welcome Dinner

Day Two

Finding Inner Peace

- 7:00 - 8:30 Breakfast at the Accommodation
- 9:00 - 10:30 Yoga & Meditation
- 11:30 - 13:00 Wellness Workshop
- 13:00 - 14:00 Lunch
- 14:00 - 20:30 Free Time Explore AIUla & Old Town
- 20:30 - 21:30 Dinner at Old Town



TRIP ITINERARY



Below is a list of the trip itinerary, which includes details of timings and activities:

Day Three

Self Reflection & Awareness

7:30 - 8:30 Breakfast at the Accommodation

8:30 - 11:30 Yoga Session

13:00 - 14:00 Lunch

14:00 - 16:00 Spa Treatment

17:00 - 18:00 Maraya

19:00 - 20:00 Reflection Session & Group Circle

20:30 - 21:30 Farewell Dinner

Day Four

Escape to the Wilderness

6:30 - 7:30 Sunrise Yoga

8:00 - 10:00 Breakfast

14:00 - 15:00 Check-out & Departure



MASARAT ADVENTURE CLUB



PRICES & FEES

The travel package includes and excludes the following:

INCLUSIONS



SHARED TWIN BED



Airport Pick-up and other transportation



General tourist attractions



Two meals per day (Breakfast and Lunch)



Special Welcome and Farewell dinners



24/7 in-country local NomuHub staff support

EXCLUSIONS



Flight Tickets



Personal spendings



Daily dinners



Accommodation upgrade to Single Room



Travel visa and insurance



FLIGHT BOOKINGS



Arrival to AlUla

THURSDAY



Departure from AlUla

SUNDAY

- Please note that accommodation isn't included beyond the program dates. Contact our support team for extra days of accommodation arrangements.

Travel with a purpose

