

EXCLUSIVE ACCESS

# AHOD

NOVEMBER 19.TH - 23.RD

SAUDI ARABIA

# ALULA

A LIFECHANGING EXPERIENCE

FIND YOUR  
BEST SELF

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SCAN FOR MOBILE



# AHOD

RESROKE WELLNESS RETREATS

A ONE-OF-A-KIND WELLNESS RETREAT

## AL ULA, SAUDI ARABIA

AHOD Wellness Retreats invites you to immerse yourself in the breathtaking beauty of Al Ula, Saudi Arabia, from November 19th to 23rd. Nestled amidst stunning desert landscapes, this exclusive retreat offers a harmonious blend of luxury, wellness, and cultural immersion. Join us for a transformative journey where ancient wonders meet modern tranquility.

Immerse yourself in a sanctuary designed to rejuvenate both body and soul. From dawn yoga sessions against a backdrop of towering cliffs to evening meditations under the expansive starry skies, every moment is crafted to bring you closer to inner peace. Beyond wellness, this retreat is an exploration of Al Ula's rich cultural tapestry, where the whispers of ancient civilizations linger in the air.

Join us in this transformative experience, where the desert's vastness becomes a mirror for self-discovery, and the luxury of AHOD ensures every need is met with elegance and care. As you turn the pages, envision the endless possibilities that await you in Al Ula—a destination where every detail is designed to inspire and heal.



# RETREAT OVERVIEW

## PRE-RETREAT

### **Pre-Retreat Preparation:**

Before you embark on your journey, you'll experience a pivotal moment in an introductory call with your dedicated expert therapist. This call serves as the gateway to your transformation, where you'll delve deep into your aspirations, fears, and hopes, laying the groundwork for profound change.

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ALL HANDS ON DECK

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## ARRIVAL

Guests will arrive at Al Ula Airport and our chauffeur will be waiting to take you to the accommodation.

Upon arrival you will be greeted to the team and given time to settle into your room and make yourself familiar with your surrounding.

We encourage guests to tour the premises to take advantage of all the different facilities offered by Our Habitats.

As the sun starts to set, guests will be invited to join a welcome ceremony whereby you will meet the team and begin your wellness journey, followed by a moonlit dinner.



# RETREAT OVERVIEW

## DAYS 1-3

Days 1-3 will consist of a perfect blend between relaxation, wellness and self-improvement.

### THERAPY PLAN

#### **Day 1: Introduction**

Therapy Session: Visionary Consultation Begin your journey with an intimate session where your goals take shape, setting the stage for personal transformation.

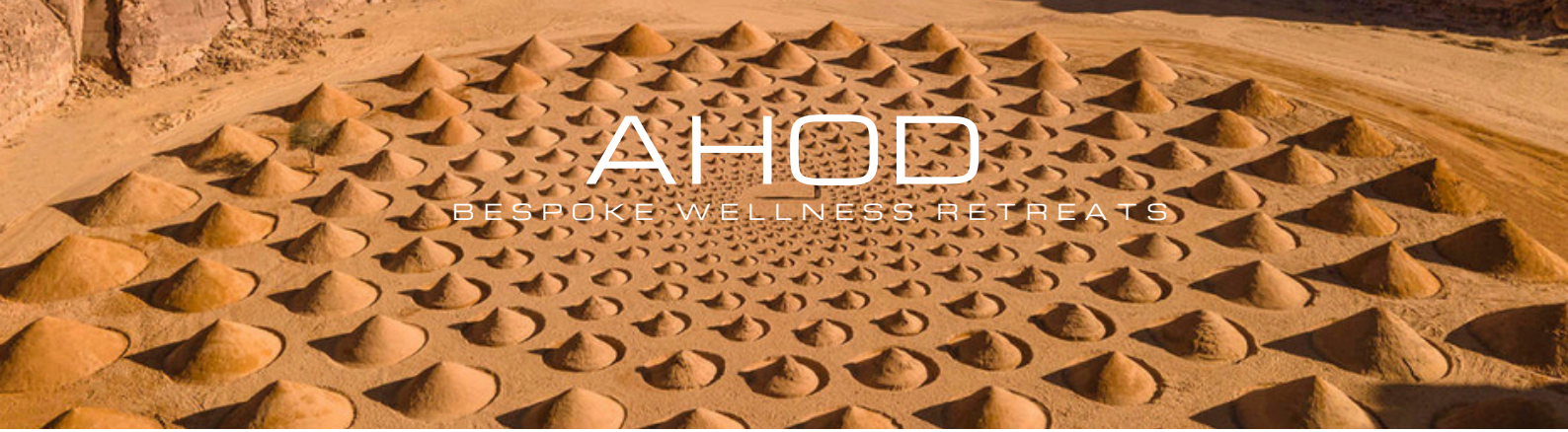
#### **Day 2: Deepening the Practice**

Session: Emotional Healing Dive deep with your therapist to break down emotional barriers and reveal your true self, using powerful techniques like CBT and narrative therapy.

#### **Day 3: Integration and Closure**

Therapy Session: Forward Momentum Consolidate your insights in a final session, crafting a clear path forward to integrate your newfound wisdom into daily life.





# RETREAT OVERVIEW

## DAYS 1-3

In addition to daily therapy sessions, guests will also be partaking in the following:

### **Daily One-on-One Session For Men and Women with Our Colour and Fashion Expert Carole Grimm:**

Carole starts by thoroughly deconstructing your current appearance and then rebuilds it using various methods of analysis. Her goal is to refine and enhance your existing habits and styles, providing tailored advice on how to elevate your look. How you present yourself externally plays a crucial role in fostering inner comfort and confidence.

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### **Massage, Massotherapy and Facials:**

Indulge in the perfect wellness activities to complement your journey toward rediscovering your best self.

These sessions will be held in serene environments, ensuring ultimate relaxation and rejuvenation.



# RETREAT OVERVIEW

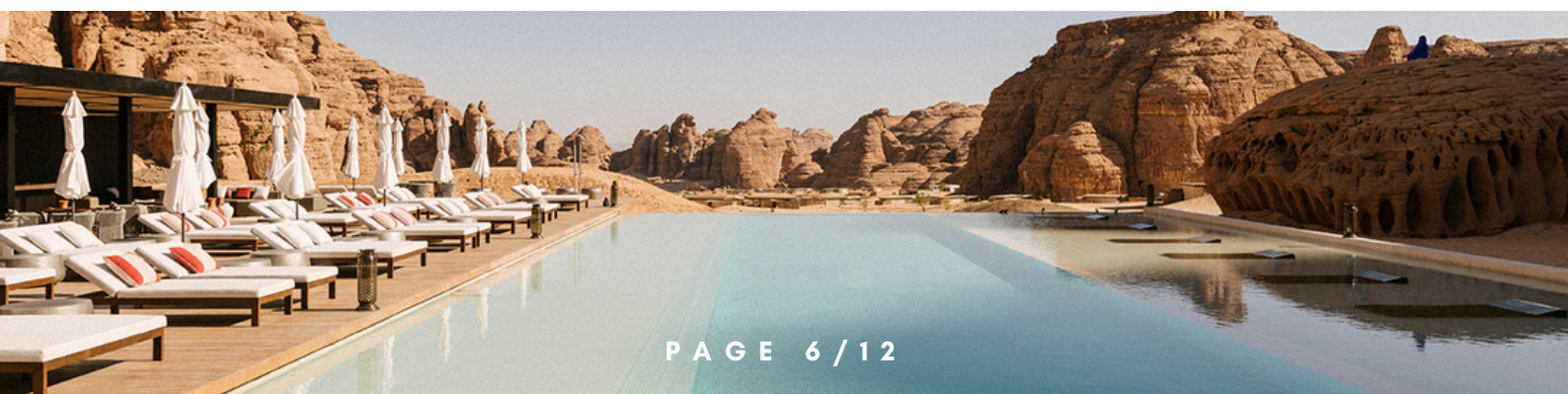
## DAYS 1-3

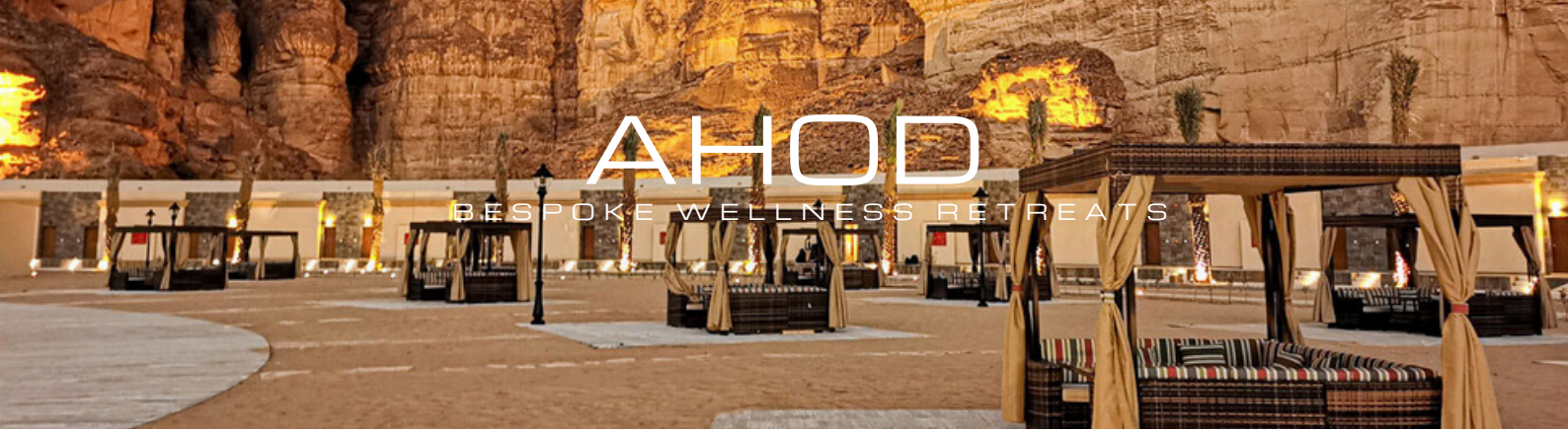
### **Kundalini Awakening and Yoga:**

**Kundalini awakening** is a powerful spiritual experience that channels energy through your chakras, leading to heightened awareness and personal growth. It revitalizes your energy centers, helping you tap into your inner potential and achieve greater balance in life.

**Yoga** offers the perfect blend of physical activity and mindfulness, helping to strengthen your body, improve flexibility, and promote relaxation. The practice harmonizes the body and mind, releasing tension and bringing a deep sense of peace.

Together, these practices will rejuvenate your body, calm your mind, and awaken your spirit, leaving you refreshed and revitalized. We're excited to guide you on this journey towards holistic well-being.





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BESPOKE WELLNESS RETREATS

## RETREAT OVERVIEW

### FAREWELL DINNER

The farewell dinner is a meaningful conclusion to our 3-day retreat, offering a special opportunity for reflection and connection. It marks the culmination of our shared journey, allowing us to come together one last time to celebrate the experiences, insights, and bonds formed over the past days. This dinner is not just a meal, but a moment to express gratitude, share personal reflections, and reinforce the sense of community that has been built. It's a time to honor the growth we've achieved, say heartfelt goodbyes, and leave with lasting memories and a renewed sense of well-being.



## PACKAGES AND PRICES

### THE PACKAGE:

Al Ula airport pick-up to accommodation  
Accommodation at Our Habitats  
Daily breakfast, lunch and dinner  
Juices and herbal drinks  
The complete therapy and activity programme  
Al Ula airport drop-off

### ADDITIONAL:

Guests will also have the opportunity to explore activities outside the retreat. Al Ula offers a wealth of spectacular experiences, including sunrise hot air balloon rides and sunset desert safaris.

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### PRICES:

Solo Guest: 8500 EUR  
Duo Guest: 6500 EUR per person

\*Booking deadline - September 15th\*





# ACCOMODATION

Guests will be required to book their accommodation, however once a choice of room has been made, our team will be able to assist and take care of organising and booking of the room on your behalf.

Our Habitats Al Ula will be are primary accomodation of choice where we require all guests to stay and where the activities will primarily be held.

## HABITAS

### ALULA



## MEET THE EXPERTS

Virginie Maillard



Dida Sidler

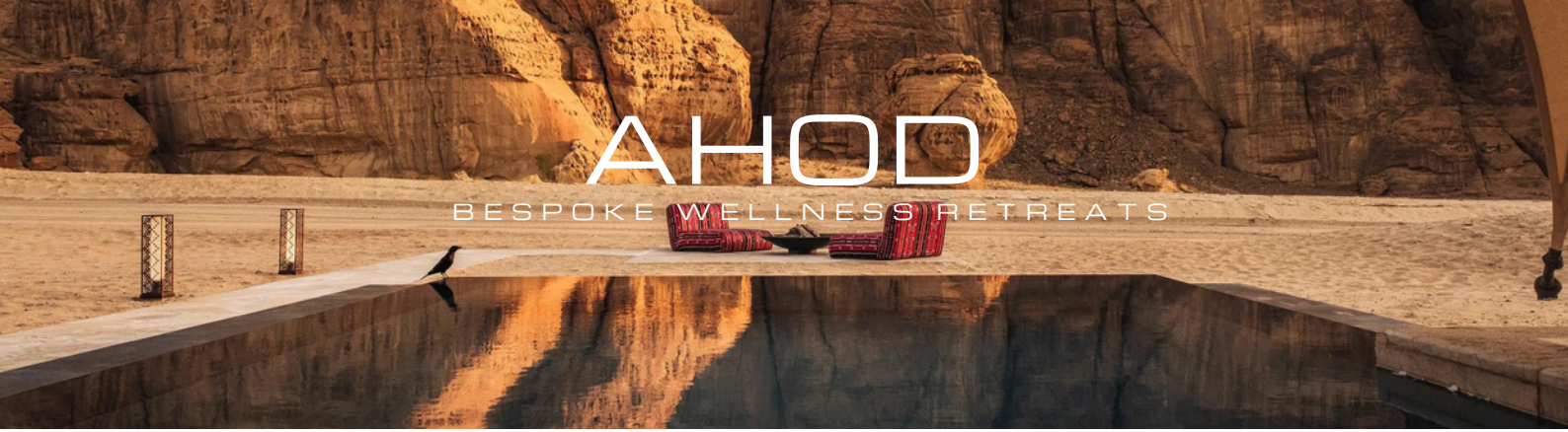


Bettina Decker



Carole Grimm





# GALLERY





# AHOD

BESPOKE WELLNESS RETREATS

## INQUIRIES & BOOKINGS

For any questions , booking or extra information  
please use the following:

Website: [www.ahodworld.com](http://www.ahodworld.com)

Email: [Loris@ahodworld.com](mailto:Loris@ahodworld.com)

WhatsApp: +44 7956530475

Instagram: [@ahodworld](https://www.instagram.com/ahodworld)

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