

 well collective presents

NIKE WELL FESTIVAL

دبي

27-28.04.2024
nara desert escape
map + programming



- s

sanctuary

w

the wadi

1

accessible locker room and toilet

4

women's locker room
- e

energy circle

c

conversation pit

2

men's locker room and toilet

5

trial station
- 3

prayer tent

6

women's toilet

27.04.2024
programming

- 5pm

yoga nitai krishna @
- 5.30pm

sound healing @

mobility: find your spine @
- 6pm

clay building @

hiit talayeh vaziri & hana abushaaban @
- 6.30pm

meditation @

connecting through movement @
- 7pm

our signature workout nitai krishna, hana abushaaban & gbemi giwa @
- 7.30pm

clay building @

breath @

beginner's guide to being mindful @
- 8.30pm

yoga nidra @

animal flow salma ismail @

listen to your body @
- 8.45pm

clay building @
- 9.30pm

breath @

dance gbemi giwa @

28.04.2024
programming

- 5pm

animal flow salma ismail @
- 5.30pm

sound healing @

listen to your body @
- 6pm

dance gbemi giwa @

clay building @
- 6.30pm

breath @

movement & personal growth @
- 7pm

our signature workout jade palmer, talayeh vaziri & salma ismail @
- 7.30pm

sound healing @

clay building @

rest, recovery, thrive @
- 8.30pm

hiit jade palmer & talayeh vaziri @

meditation @

mobility: find your spine @
- 8.45pm

clay building @
- 9.30pm

breath @

yoga nitai krishna @