



FORMASPORTS
FITNESS REDEFINED

NEWSLETTER

February 2025 / Vol 1

WELCOME BACK TO OUR

Monthly Little Magazine



We're excited to share our latest updates, special collaborations and event highlights. Here's what's new:

Diastasis Recti & Pelvic Floor Guide – Now available on our website with free video downloads!

New Collaboration with Dore & Rose – Explore silk sleep essentials and grab our "Sleep & Stress Recovery Guide" with a special travel bundle on promotion!

Union Figure Skating Trophy 2025 – highlights.

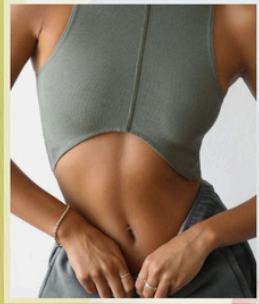
"Chill Ride" by our new partner - coach Katyusha.

↓ Flip the page for more!

We hope you find this both informative and enjoyable!



DIASTASIS RECTI AND PELVIC FLOOR GUIDE



Healing from the Inside Out:
Tackling Abdominal Separation

PDF BOOK + VIDEOS

Suitable for moms, athletes, fitness trainers or anyone looking to strengthen their core muscles

“Diastasis Recti and Pelvic Floor Guide”

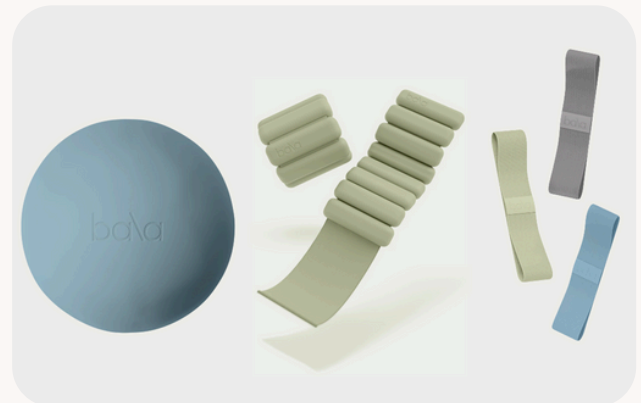
includes detailed videos and Kinesio taping techniques to support your recovery and boost your strength.

You can get the guide directly from our website together with FREE video guidelines to assist you every step of the way.

To further support your journey, we’ve developed a **new “bala” equipment bundle** specifically designed to address Diastasis recti and pelvic floor strengthening. This bundle features top-quality gear tailored to your needs, ensuring effective and enjoyable workouts.

[HTTPS://NINJOO.COM/COLLECTIONS/BALA](https://ninjoo.com/collections/bala)

DR and PF bundle



You can order it together with our in-home training package for maximum value, or purchase it separately at www.forma-sports.com

Curious if you have Diastasis Recti? Follow this link to access your **FREE self-check test!**



LEARN HOW TO DO IT YOURSELF
Empower your core, transform your movement, and embrace a pain-free life.

DORE & ROSE

A New Collaboration

DORE & ROSE VS FORMA SPORTS

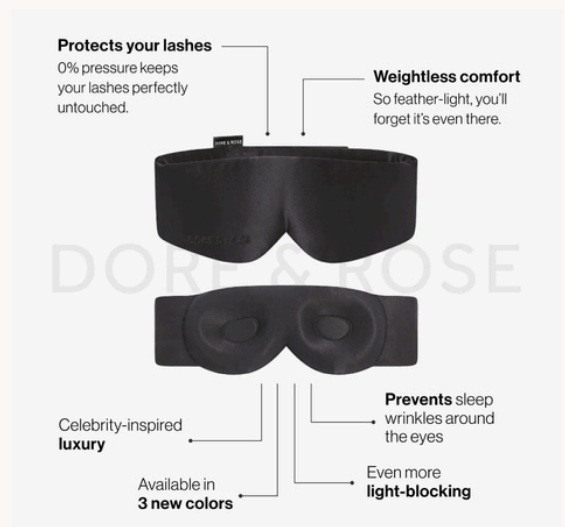
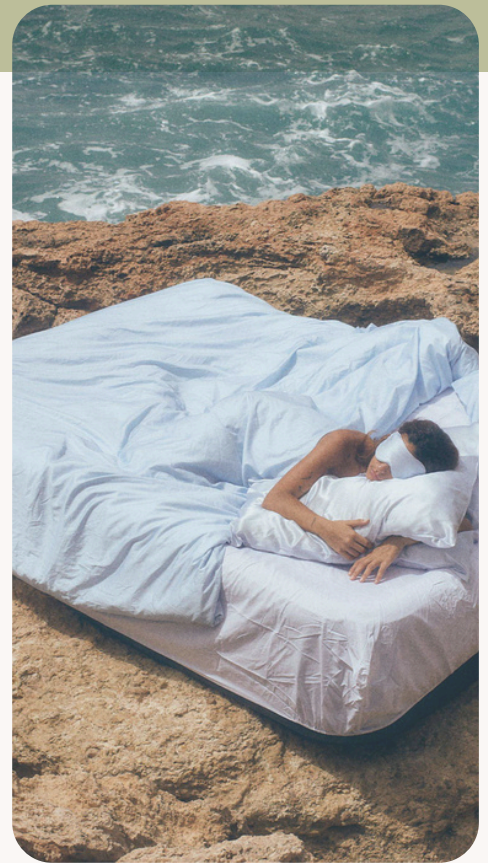
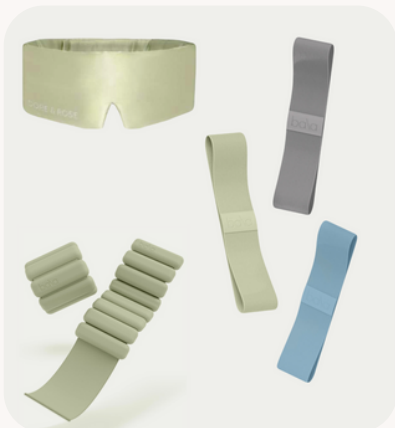
We are excited to announce our new partnership with **Dora & Rose**, a brand known for its luxurious **silk sleeping masks, pillowcases, and pajamas** designed to enhance sleep quality and recovery.

This month, we launched the **"Sleep & Stress Recovery Guide for Better Health and Performance,"** a comprehensive resource designed to help you improve your sleep, manage stress, and optimize your daily performance. To make this experience even better, the guide is available as a **bundle with the Deep Sleep Dora & Rose Sleeping Mask**—now on sale exclusively on our **website**.

If you're looking to enhance your rest and recovery, don't miss out on this **limited-time offer!**

Stay tuned for more updates and exciting projects in the coming months!

Sleep and recovery bundle



To know more about the Deep Sleep Mask **colors available** or other silk Dore & Rose items, please, drop us a message to our wats app: +97470538181

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WWW.FORMA-SPORTS.COM



Union Figure Skating Trophy 2025

A GLOBAL SHOWCASE IN ABU DHABI



From **February 5-9**, Abu Dhabi hosted the Union Figure Skating Trophy, bringing together over **300 skaters** from **26 countries** in an incredible display of talent and artistry. This prestigious event showcased rising stars and elite skaters as they competed for top honors on the international stage.

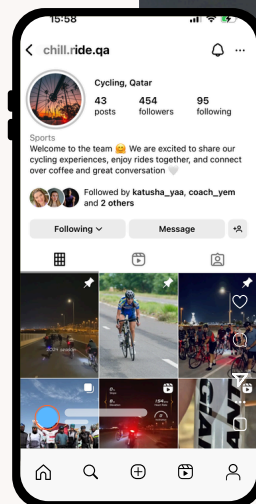
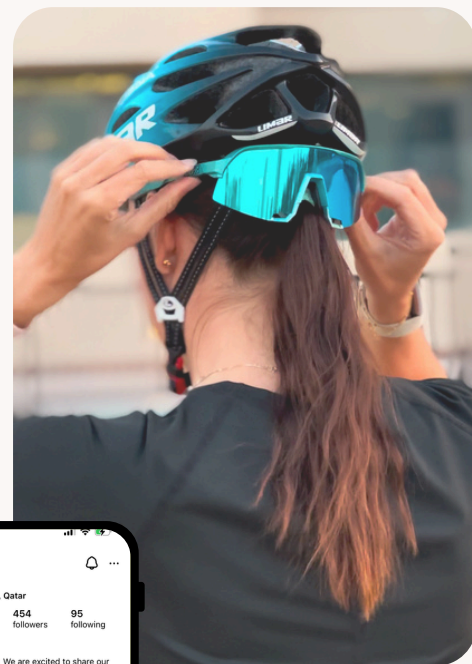
In addition to the thrilling competition, a special **seminar led by ISU representative Leena Laaksonen** was held, covering essential **figure skating judging rules** and key insights into the sport's development. The seminar provided valuable knowledge for coaches, athletes, and skating enthusiasts alike, reinforcing the event's role in promoting the sport globally.

Forma Sports representing Qatar at this international event is an encouraging sign for the future of winter sports in the country. It demonstrates the potential for developing such sports locally, including the possibility of hosting international competitions at venues like the **Ali Bin Hamad Al Attiyah Arena** in Doha. This achievement brings hope that Qatar can expand its presence in winter sports and establish itself as a hub for such events in the region.

“Chill Ride” by Katyusha

MORE THAN JUST A CYCLING CLUB

“**Chill Ride**” is a community built on shared passions, mutual support, and a love for the ride. Founded by our **new partner** and fitness trainer, Katyusha - a **professional cyclist**, experienced fitness trainer and just a nice person - we come together to learn, encourage one another, and create lasting friendships, all while enjoying the thrill of the journey. Whether you’re a beginner or an experienced cyclist, Chill Ride offers a welcoming space where fun meets progress, and every ride brings new connections and unforgettable moments. This practice not only enhances the community spirit but also aligns with the longstanding relationship between **cycling and coffee culture**. As highlighted by ROUVY, “Cyclists would often meet at coffeehouses before and after their rides, creating a sense of camaraderie and community”.



Follow **@chill.ride.qa** Instagram page for updates on the schedule and to learn how to join the community. Stay connected for the latest news and events!

WE APPRECIATE YOU BEING WITH US!
your Forma Sports Team

Explore out in-home personal trainings, equipment bundles, sign up for group classes and more!

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