

MONTHLY NEWSLETTER

WELCOME BACK TO OUR

November 2025 / Vol 1



FRIDAY DECEMBER 12

We're excited to host our next **Power Pilates by the Pool** at the stunning **Le Royal Meridien, Place Vendôme Lusail** — **Friday, 12 December at 9 AM.**

Enjoy an energizing Pilates flow with chic **bala wrist weights**, dreamy poolside vibes, and a special goodie bag for every guest. After class, unwind with *complimentary pool access, a healthy snack, and a refreshing wellness drink.*

180 QAR per person

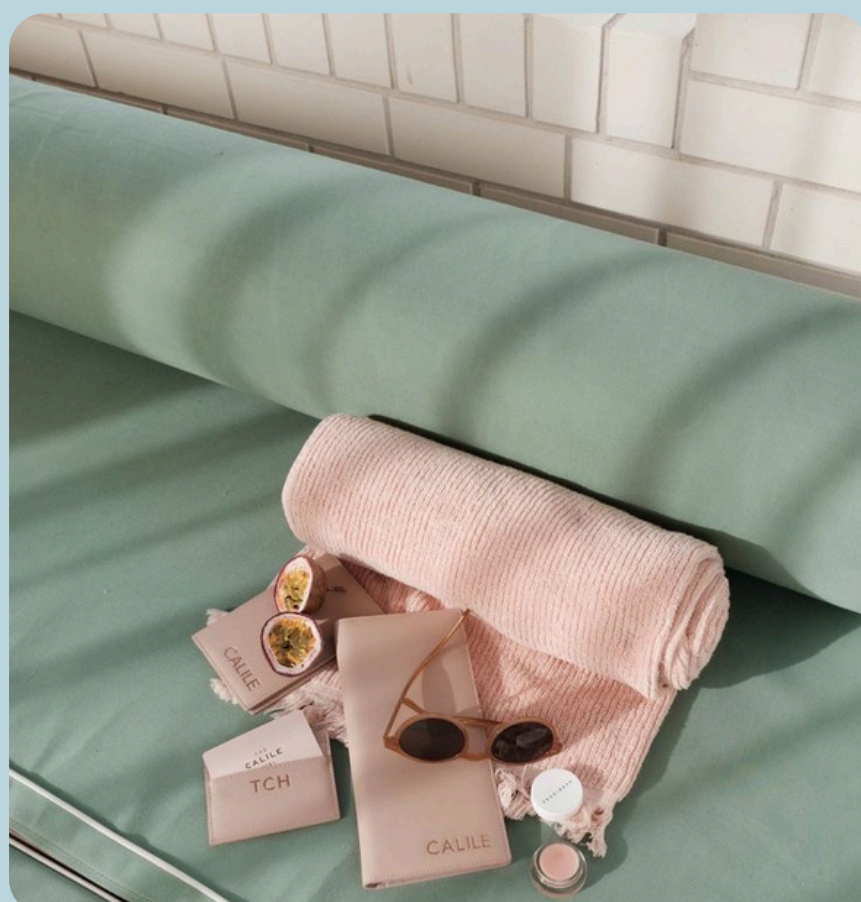
Reserve your spot via WhatsApp: +974 7053 8181

Come flow, reset, and glow with us. ❤️🌿

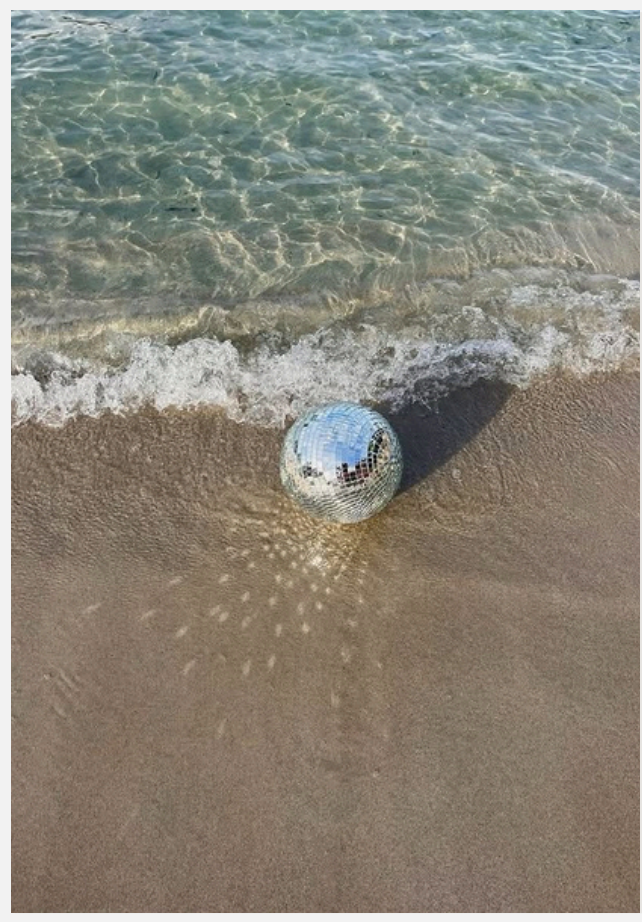
BOOK



UPCOMING EVENT



Our memories:

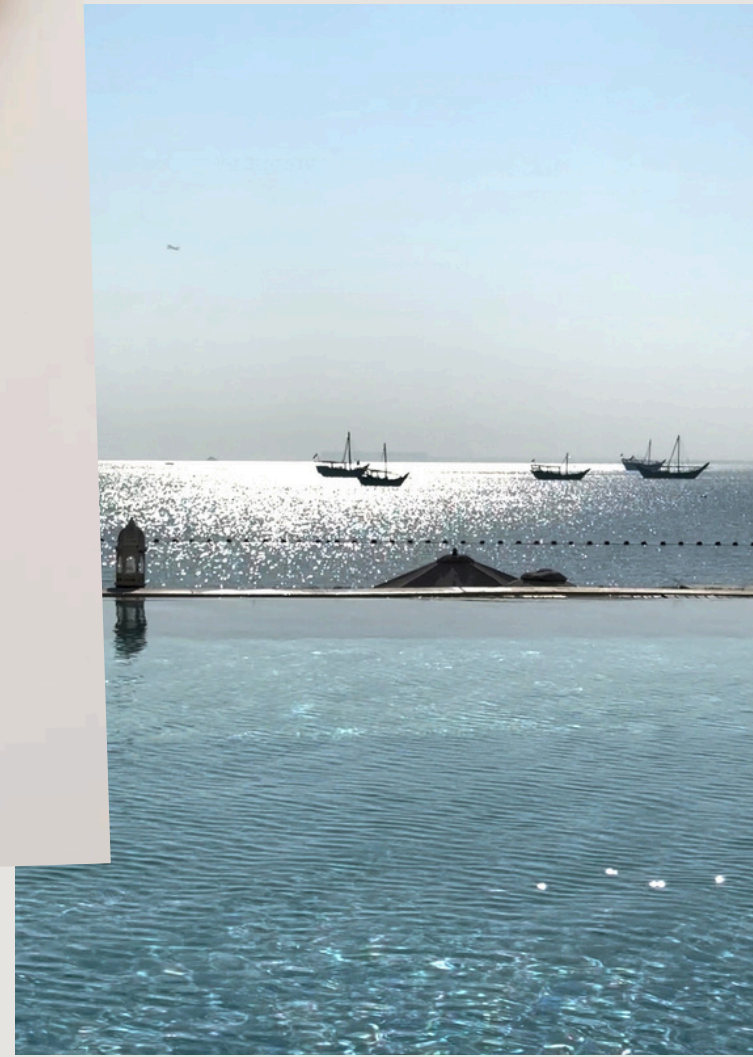


WEIGHTED WALKS



STAYCATION

Follow your heart - write your own history



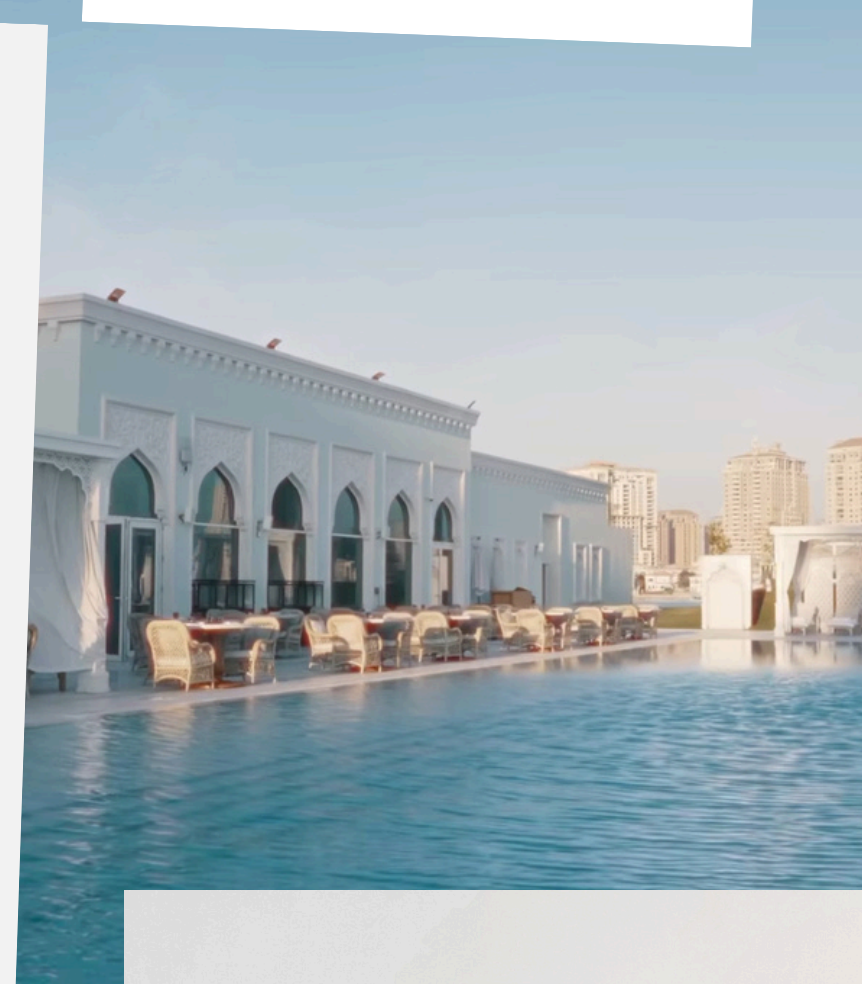
NOVEMBER Highlights

Do more of what you love

Seaview

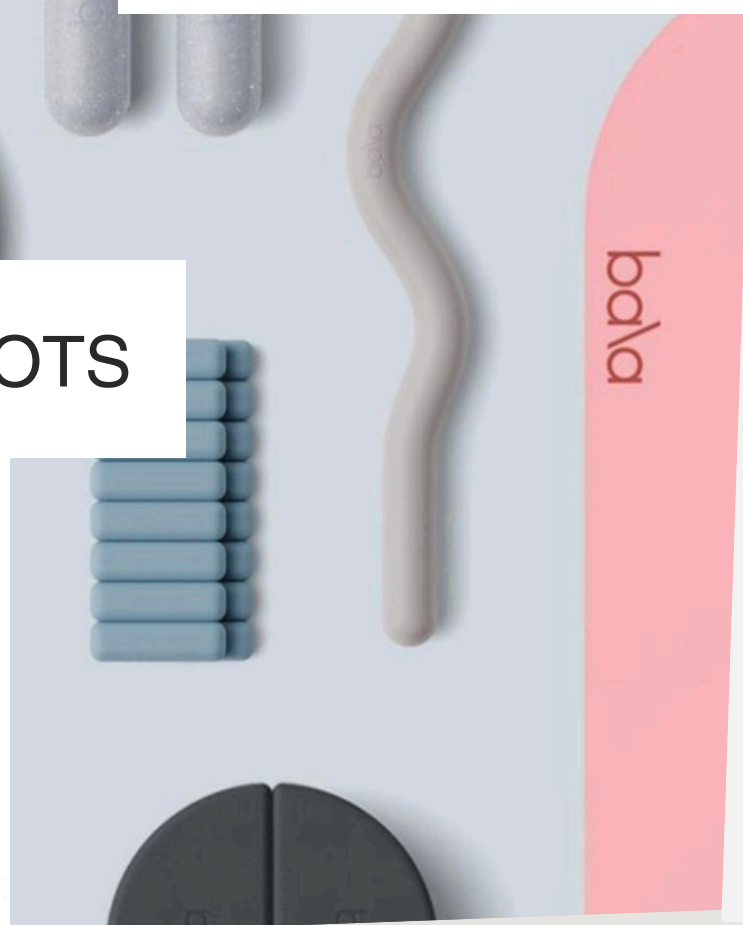


INSTANT CAMERA SHOTS



Most beautiful locations for...

PILATES





NEW ARRIVALS



WHAT'S NEW

[KNOW MORE](#)



ENJOY YOU BALA BANGLES
1LB/ 2 LB IN "BONE"



[COACHMARGO](#)

FOR 15% OFF



[KNOW MORE](#)



STAY ALWAYS HYDRATED
WITH NIX