



**FORMASPORTS**  
FITNESS REDEFINED

January - February 2026 / Vol 1

# Extended **MONTHLY NEWSLETTER**

WELCOME BACK TO OUR



## IN-HOME EVENTS

- FULL EQUIPMENT SET UP
- WORKOUT OF YOUR CHOICE
- MARSHMALLOW FLOWERS
- JAPANESE NAMI MATCHA

*Bala equipment set up*



*Nami matcha*



*Marshmallow flower*



*♡*

## IN-HOME EVENTS



**STEP 1.** TELL US WHAT YOU ARE CELEBRATING

**STEP 2.** CHOOSE YOUR GROUP SIZE

Package A: up to 6 guests

Package B: up to 14 guests

**STEP 3.** CHOOSE YOUR PERFECT CLASS

Select what feels right for your group: Pilates, sculpt, stretching & mobility, sound journey, postpartum friendly session or even a session for teenagers.

**STEP 4.** ADD-ONS (GIFTS OR WORKSHOPS)

Personalize your event with curated gifts, goody bags, and special experiences.

## PILATES FLOW & LIMITED MATCHA EDITION



# THIS SPRING



*Tulip Matcha Flow*

GATHERINGS

BIRTHDAY PARTIES  
BRIDAL SHOWERS

BABY SHOWERS  
RAMADAN NIGHTS  
ETC.

[WWW.FORMA-SPORTS.COM](http://WWW.FORMA-SPORTS.COM)  
[@FORMASPORTSCO](https://www.instagram.com/FORMASPORTSCO)

STAY TUNED FOR THE DATE, TIME AND THE LOCATION UPDATE



# THE STORY

Born where ocean winds meet mountain air, Nami Matcha reflects the harmony of nature and tradition. Its ceremonial-grade Kyoto-Uji matcha is shade-grown, carefully harvested, and stone-ground to preserve its vibrant flavor, aroma, and natural richness.

Nami Matcha is a specialty matcha concept based in Qatar, created to bridge tradition and modern lifestyle. They bring authentic Japanese matcha culture into a contemporary setting, where every detail, from sourcing to preparation, is thoughtfully considered.

At Nami Matcha, you will experience not just the taste, but the essence of matcha in its most authentic and elevated form.



@NAMI.MATCHA\_

ONLY HIGHT QUALITY GIFTS FROM BALA, DORE & ROSE, RITE ETC.

100% HALAL, LOW CALORIE AND HIGHT PROTEIN SWEETS

WORKOUTS DELIVERED BY PROFESSIONAL COACHES



*Quality time with friends*

*Health first*



# YOUR SPACE



FOR MORE INFORMATION

@formasportsco  
[www.forma-sports.com](http://www.forma-sports.com)

**BOOK:**  
**+974 7053 8181**

Nami Matcha



Silk Mask



Spring is just round the corner!  
Time to choose your gifts...



Marshmallow

Mirror



Pilates ring



Pilates loop