

AWAKEN



A woman with dark hair pulled back is shown from the chest up, floating in a pool. The water is calm, reflecting the ambient light. In the background, there are numerous out-of-focus, colorful bokeh lights in shades of blue, green, yellow, and orange, creating a dreamy atmosphere. A large, semi-transparent white triangle is positioned on the right side of the image, serving as a backdrop for the text.

AWAKEN Wellness

At the heart of what we do is a deep belief in the power of authentic wellness experiences, focusing on holistic techniques and self-discovery, accelerated by high-tech therapies that help create meaningful change. Our philosophy is simple: the epitome of wellness is the ability to maintain balance throughout change.



Meeting Break Options

BEAT THE MEETING FATIGUE

AWAKEN Energizer

An energetic aerobic group activity led by a professional fitness instructor, encouraging participants to follow lively rhythmic choreography with full-body movements.

Equipment Required:

- Sound Equipment For Music
- Microphone

Activity led by AWAKEN Wellness Coach

Participants	Duration
5 - 100	20 minutes



AWAKEN Mindful Moments

A group activity where participants sit at their tables, selecting one AWAKEN affirmation card each to keep in mind while experiencing a Sound Healing Session with high vibrational Singing Bowls.

Equipment Required:

- AWAKEN Affirmation Card Deck (on each table)
- Singing Bowl Set
- Microphone

Activity led by Reiki Certified AWAKEN Therapist

Participants	Duration
5 - 100	20 minutes



AWAKEN Massage Break

An AWAKEN station with massage chairs set up near the meeting room. Participants can receive a 10-minute massage targeting the back, neck and shoulders. Available on a first-come, first-served basis.

Equipment Required:

- Massage Chairs (number of chairs depends on size of the group)

Up to 4 AWAKEN Therapists per event

Duration	Age Restriction
1 hour	16+



Group Activities

TIME TO POWER UP



AWAKEN Morning Booster

A rejuvenating group workout session where participants will follow a 45-minute routine on the beach at Atlantis, The Palm to clear their minds, soak up the sun and get energized to kickstart their day.

Need to know:

- Activity led by AWAKEN Wellness Coach
- Class Options: Yoga Flow, Circuit or Beach Boxing
- Location: White Beach / Royal Beach
- Suggested Time: 6am - 8am

Participants	Duration
5 - 60	45 minutes



AWAKEN Soulful Moments

A mindful activity that promotes physical relaxation and fosters harmonic balance in the emotional and energetic body using sound waves, frequency and vibrational tools.

Need to know:

- Activity led by AWAKEN Therapist
- Location: Ballroom / White beach
- Suggested Time: 6am - 8am

Participants	Duration
5 - 50	45 minutes



AWAKEN Spa Time

Stepping away from the screen into some well-deserved spa time, massages or facials offer a rejuvenating experience, allowing minds and bodies to unwind and integrate all the valuable information gained from the conference. Such an experience elevates spirits, ensuring delegates emerge refreshed with renewed energy and clarity.

Need to know:

- Location: AWAKEN SPA in Atlantis, The Palm
- Choice of any 45 minute experience: Foot Massage, Head & Scalp Massage, Back & Neck Massage or Instant Glow Facial
- Suggested Time: 6pm - 9pm
- Maximum 10 guests per time slot
- Minimum 20 guests required to avail the discounted rates

Duration	Age Restriction	Price
45 minutes	16+	Discounted rates on services



The background of the image is a close-up of white, textured fabric, possibly tulle or lace, which is draped and folded to create a sense of depth and movement. Overlaid on this fabric is a large, semi-transparent geometric shape, specifically a triangle, which is oriented with its base towards the bottom left and its apex towards the top right. The overall color palette is soft and monochromatic, consisting of various shades of white and light beige.

AWAKEN Weddings

FOR THE PERFECT NEW BEGINNING

The One @ AWAKEN

Couples who spa together stay together, and what better way to start the journey than with a day of pampering and bliss? Experience the celebration of love and relaxation with our Bridal Party Group Spa Day and Weddingmoon Packages.

Need to know:

- Location: AWAKEN SPA in Atlantis, The Palm & Nailology
- Discounted rates for all services
- Suggested Time: 6pm - 9pm
- Minimum 15 guests required to avail the discounted rates





AWAKEN Buy Out

THE ENTIRE PLACE RESERVED JUST FOR YOU

Buy Out Options

Whether it's a heartfelt thank you to your team or a team-building extravaganza, our exclusive buyouts offer a personalized experience just for you. Enjoy a curated selection of services designed to elevate your event and leave a lasting impression on your guests.

AWAKEN

ATLANTIS, THE PALM

Duration	Participants	Price
4 hours	40 - 50	From AED 30,000

NAILOLOGY

Duration	Participants	Price
2 hours	10	From AED 3,400

Thank You

