



"When you see Mecca with tunnels and underground tunnels, and you see buildings around it that rise higher than the mountains, then you will know that the Day of Judgment is near!"
- Prophet Muhammad (Peace be upon him)

One of the signs that the Day of Judgment is approaching will be that knowledge will be taken away from humanity, because people of knowledge will die, be killed and become extinct, and little by little ignorance will completely prevail.

WHAT IS ISLAM? WHICH IS THE CONNECTION BETWEEN YOGA & ISLAM?

Islam offers us a vision of the world that few Westerners really know, often subjected to mass media and distorted information. The purpose of life for a Muslim is to free the heart, to prepare for the Day of Judgment, which is now close to coming.

And what about us? What have we done so far to prepare? How light is our heart? Which is the quality of our Yoga Practice?

Islamic wisdom reminds us that research starts from the Heart and that true knowledge is that of Allah, of What we really are.

A trip to Dubai, in the heart of Arab-Muslim culture, led by a Muslim guide (Rizwan Ali Taji, Pakistan) and Giulia Miscioscia, Yoga Teacher & Singer, to immerse yourself deeply in the sense of Islam and Arab world, to discover yoga, sacred geometry, mosques, skyscrapers and the sense of an architecture that has been able to make the desert flourish again.





YOUR GUIDES in Dubai

Rizwan Ali Taji - born in Pakistan, Muslim, singer, designer of traditional bridal clothes from Asia, lived eight years in Dubai, which he knows in every little corner.

Giulia Maria Miscioscia - scholar of western and eastern philosophy, singer, yoga teacher and theoretical physicist, will guide you in yoga practice and in the approach to Arab culture and eastern philosophy.

YOGA PRACTICE

YOGA IS UNION OF THEORY AND PRACTISE DEEPLY INTERWINED TOGETHER, AND IT IS TO FEEL WHOLINESS AT EVERY STEP YOU TAKE INSIDE THE WORLD

It cannot be disconnected from life, neither cannot be practised or studied only inside a gym, a shala or inside a monastery, or during a month-retreat in protected places: the time has come to bring yogi & yogini everywhere. Life ask us to live, life ask us to learn to change.

Travelling can teach very fast how to bring your yoga practise in every breathe you take, and this is the target of this journey. During this week there will be practice of asana (Astanga Yoga), pranayama, readings of Upanisad, Yoga Sutra, but especially you will learn how to bring all these things in practice inside any situation of true life!

So don't expect here a scheduled daily yoga program: this program will teach you resilience, first of all. Let go control, release and build a solid trust, instead, for living space to Atman. Giulia will listen carefully to the energy of the group and will propose you the best practice at the best moment. The only scheduled yoga practice will be with Sufi Maa.

DETAILED PLAN

DAY 1 – ARRIVAL AND INTRO

Arrival at Dubai airport, accommodation, presentation and knowledge circle, dinner and a short walk in the surrounding area

DAY 2 – DOWNTOWN

Visit to Downtown, the extraordinary center of Dubai, full of records of many kinds:

- Dubai Mall, the largest shopping center in the world, which houses the largest Aquarium in the world (with a ten million liter tank of water)
- the Burj Khalifa skyscraper, the tallest in the world (828m high, 160 floors)
- Dancing fountains with water shows, with the highest water jets in the world

Sunset walk to La Mer Beach, one of the most suggestive beaches in Dubai.

Dinner in a traditional Pakistani restaurant with a large buffet.



DAY 3 – JUMEIRA & SEVA EXPERIENCE

Visit to Jumeira District, one of the liveliest and most active districts in Dubai.

Visit to the beautiful Jumeira Mosque, walk on the beach of Jumeira Beach with a look at the Burj Al Arab skyscraper, the white sail leveled on the ocean.

Lunch at Seva Experience, the experiential restaurant of the holistic center created by Eda, Giulia's Turkish friend, where you can savor fine spiced teas and oriental vegetarian dishes.

In the afternoon visit to Old Dubai, the oldest part of Dubai, where we will visit the Mosque and the Bazaar, to continue with a dinner on a boat along the Dubai Creek canal at sunset.



DAY 4 – INTO THE DESERT

Full day dedicated to the Desert.
Transfer, lunch, travel experience in the desert by camel. Tea and dinner in the desert.



DAY 5 – GARDENS AND COLOURS OF THE WORLD

Visit to DUBAI BUTTERFLY GARDEN, the largest butterfly garden in the world, where flowers, colors and butterflies will fill our senses with life.

Lunch on site and in the afternoon visit the GLOBAL VILLAGE, the global village of Dubai, built with 40 colorful pavilions, to visit the cultures of the whole world through music, food, flavors, perfumes and miniature monuments.



DAY 6 – YOGA & MEDITATION WITH SUFI MAA GEETA

Meeting and practice with Sufi Maa Geeta, yoga teacher who has been involved for many years in spreading Indian traditions and meditation in Dubai, founder of the Vimoksh association for inner liberation.

LUNCH in an Indian vegetarian restaurant

In the afternoon, transfer and visit to the **Abu Dhabi Mosque**, one of the largest and most fascinating modern mosques, with plays of light, floral motifs, pools of water reflecting the

infinity, halls and chandeliers with colored crystals and with the second carpet largest in the world entirely hand-woven.

DINNER in Abu Dhabhi



DAY 7 – DUBAI MARINA & TRADITIONAL DINNER WITH SHISHA

Visit to Dubai Marina, the most popular district of Dubai, with the busiest and most modern beaches.

LUNCH in a traditional Arab restaurant

In the afternoon, transfer to the Ibn Batuta Mall for the latest purchases, the large shopping center dedicated to the various cultures of the world, with suggestive decorated halls.

Final farewell DINNER at a Lebanese restaurant, and evening with Shisha (traditional Hookah) and the tales of Angelo, an Italian who moved to Dubai to change his life.

DAY 8 – GREETINGS & DEPARTURES

Breakfast, circle of greetings, free day for departures



TRAVEL COST:

The cost of the trip includes:

- All meals (breakfast, lunch and dinner)
- Accommodation in double or triple rooms in a selected Villa
- Transportation from the airport to Dubai city and vice versa
- All local transport (with private car and driver)
- Desert Trip and Experience - Desert Safari
- Navigation and dinner on the boat
- Entrance tickets to the attractions visited
- Seminar with Sufi Maa

NB: the trip does not include flight costs. At any time of arrival we will pick you up at Dubai airport.

CLIMATE

In winter the temperature in Dubai is warm and nice, with shifts between 27 and 18 degrees. It is advisable to bring a bathing suit. Sometimes in winter it may rain in Dubai (induced artificial rain), in which case it will be announced a few days in advance, and it is about big storms. It is therefore advisable to bring a jacket and a pair of rain shoes.

FOOD

The food in Dubai reflects the multiculturalism of the city: the purpose of our trip will be to taste the dishes of the restaurants of various different cultures (except European ones, of course). We will have lunch in Arab, Lebanese, Turkish, Pakistani, Indian restaurants. Meals will not be vegetarian, except on two specific occasions. In particular, Arab, Pakistani and Turkish restaurants are full of meat dishes (obviously not pork). We kindly ask you to provide us with your preferences, allergies or food intolerances in advance. THANK YOU!

CLOTHING

Dubai is a multicultural city and there are no restrictions on clothing. Women are free to dress as they wish. Our advice for women is to bring ankle-length skirts (or pants), and a large shawl, which should be used inside the mosques to cover the head, as well as hair clips and safety pins to secure the veil. Giulia will guide you in the correct clothing before entering the Mosque. Comfortable walking shoes that are easy to remove on the beach or before entering the mosque are also recommended. Rizwan will guide you in the experience of ablutions and purification with water.

DUBAI AIRPORT

Dubai airport is an architectural attraction in itself: we recommend enjoying your arrival in complete calm to spoil its architecture. The exit from the airport takes at least 20 minutes.

RESERVATIONS AND TERMS OF PAYMENT

Reservations close 2 MONTHS before the departure date.

Beyond this date we do not guarantee availability.

Deposit: 600 euros down payment (non-refundable, for reasons of booking accommodation and transport) upon confirmation.

Payment: the remaining part, must be paid by bank transfer by 20 days before the departure date.

SEE YOU SOON! NAMASTE!

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