

EXPAND & LEARN | PROGRAMS



MAY.22



MUSIC

In the past months, we have been accumulating all that has been derived to create the sound of The Bridge and how it will manifest the experience of being part of our community. Our three tempo playlists bring to you the beats that will guide you to emote, reflect, and enter an arena of newer possibilities. We welcome you to enjoy your after-work evenings with the ambience of our live DJ and refreshing drinks. Whether it be taking your daily jog on our running track, or recuperating with a relaxing massage, our curated playlists will complement all occasions.

ART

The Bridge is grounded on its core philosophy of holistic transformation that we aim to express through art. Art is not only meant to beautify the space but to share the narratives of emerging artists harmonized with The Bridge's key concepts. Built on passion and creative freedom, the Art Space is where stories unravel and where conversations begin.

ART WORKSHOPS

An array of art classes are offered at **THE BRIDGE** with the purpose of enhancing our lifestyles by learning new techniques from experts and the community, as well as practicing the art of self-expression through various art forms.

COMMUNITY LAUNCHES

Growing members of our community come together to enjoy a day of balanced wellness through activities of active movement, recovery, and recharge.

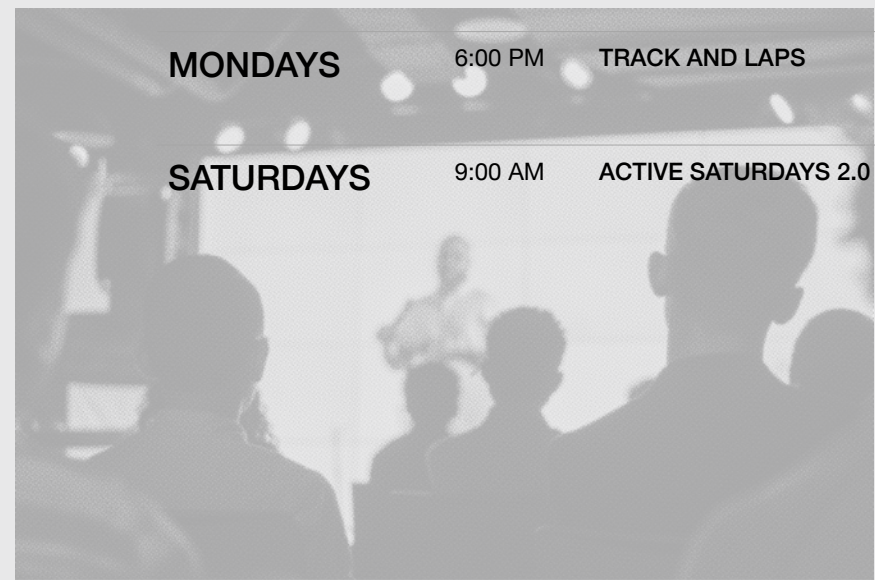
Every Monday, join us in **TRACK & LAPS** in completing our steps at our indoor track overlooking the Al Qana waterfront.

On Saturday, we invite you to **ACTIVE SATURDAYS 2.0** for an energizing weekend with bio-circuit session followed by yoga flow and sound bowl healing.





	TIME	PROGRAM NAME	LOCATION	DURATION
22 MAY	5:00 PM	THOUGHTS IN COLORS	ART SPACE	150 MIN
29 MAY	3:30 PM	HEAL THROUGH CREATIVITY	ART SPACE	120 MIN
MONDAYS	6:00 PM	TRACK AND LAPS	THE BRIDGE Lifestyle Hub	45 MIN
SATURDAYS	9:00 AM	ACTIVE SATURDAYS 2.0	THE BRIDGE Lifestyle Hub	90 MIN



ARTISTS' & PROGRAM DETAILS

DR. IMAN IBRAHIM	Dr. Iman Ibrahim from University of Sharjah explores pressing issues of excessive consumption and environmental pollution in Her pieces called "Second Life." She adds another dimension to the circular flow of life and death by giving dead trees second lives through upcycling.
FAISSAL EL MALAK	Faissal El Malak expresses the constant conversation between body and nature as well as the physical and ethereal. In this connection with the earth and the divine, what do our internal and external selves reveal?
LINA KHALED X UNTITLED CHAPTERS	Untitled Chapters, a group of Female Emirati writers collaborates with Egyptian artist Lina Khaled to plant seeds of encouragement seen through phrases dispersed around The Bridge and to give life to words through art.
MOHAMMED EL KATTAN	Mohammed El Kattan explores humans and the community. Humans in their complex entirety goes through changes internally and externally as one they go through motions of time, relationships, environment, and emotions.
MAHRA AL QUBAISI	Mahra Al Qubaisi, a visual artist, seeks to represent her inner self and existence by expressing taken-for-granted realities in her artworks. In her collection, she looks into different factors that influence our lives.
MO AL BADAWI	Mohammed Badawi's style of black and white and minimalist photography is inspired by Kurosawa and Kubrick. In his photographs, he delves into moments of time when people are lost within themselves and at their most authentic.
KUNJAL SHAH, NIYATI GUSANI, KALPESH KHALE	Kunjal, Niyati and Kalpesh collaboratively created sculptures depicting emotional connections to art and their advocacy on sustainability. Kunjal, an artist and sculptor, incorporates creativity in innovation and sustainability. Niyati is a self-taught artist skilled in different media with her works inspired by Arab and Indian culture. Kalpesh has created several art forms and they reflect his deep interest in spirituality and culture.
MINA SAYED	Mina Sayed is an Egyptian, Dubai-based graphic and multimedia designer with a knowledge of telling stories through moving imagery. She believes that experience imagery and text through print by means of paper textures, layouts and typographic treatments create and an even deeper conversation about the work being presented.



E-COOKBOOK

The joy of wholesome home-cooked meals and eating well cannot be undermined. As an opening gift, we will be bringing you 14 simple yet tasteful nutritionally-backed recipes that are enjoyable to make and provide you with the knowledge of what you consume and how it contributes to your wellness. Savour the experience of healthy cooking with us!

THOUGHTS IN COLORS

With a certified NLP (Neuro Linguistics Programming) coach and artist, join us in understanding how art is used as a mode of visual communication and in applying the NLP theory as you express yourself in your paintings.

HEAL THROUGH CREATIVITY

In partnership with Al Danah Center for Art Therapy, we invite you to group art therapy led by certified artists and therapists. The session is focused on self-exploration and healing through painting and sculpting. Enjoy creating art with a selection of organic bites and beverages by our TASTE restaurant.

TRACK AND LAPS

Whether it's your recovery or active day, get your steps in at our indoor track with the view of Al Qana waterfront followed by a guided meditation for recovery. Replenish with an organic cleansing juice of your choice from our ANTI- BAR.

Join us and receive 10% reduction on our organic dinner at TASTE.
TICKET PRICE: AED 40 inclusive of VAT

ACTIVE SATURDAYS 2.0

Start your weekend with an energizing full-body circuit session followed by yoga flow and sound bowl healing to relieve and relax your body. Recharge with our organic post workout protein smoothie of your choice.

Join us and receive 10% reduction on our organic brunch at TASTE.
TICKET PRICE: AED 110 inclusive of VAT

