

## EXPAND & LEARN | PROGRAMS



NOV.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.

## MUSIC APPRECIATION

An immersive audio-visual experience to release stress and anxiety from a busy day. Listening to music has been suggested to release certain hormones that have substantial beneficial impact on health by reducing the effects of stress on our psychological and physiological state.

## 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.

## FILM FEATURE

Join us in this month's family-friendly film, acclaimed to be a charming sleeper of musical comedy - **Pot O' Gold**.

Jimmy, the owner of a failed music shop, goes to work with his uncle, the owner of a food factory. Before he gets there, he befriends an Irish family that shares the same love for music. He finds himself trying to help the band secure gigs and reconciles the family with his uncle, an avid music hater.

## DOCUMENTARY SCREENING

With a goal to enhance your lifestyle through research and data on facets of wellness, we are offering documentary screenings tackling areas of life and health that we can elevate with science-backed advice;

## COOKING WORKSHOPS

Beyond just learning how to cook, you will also learn about the benefits of each recipe and how pairing of specific ingredients helps boost your health. Join us on a delightful experience to be shared with your loved ones

## 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 Tuesday, join us in **THE BRIDGE RUNNERS**, a program designed to optimize your technique, endurance and speed to improve your overall running performance

# **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**

Kunjai, 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!

## MUSIC APPRECIATION

Join us in an immersive audio-visual sensory experience.

DATE | Tuesdays & Fridays

TIME | 05:30PM - 05:40PM, 06:15PM-06:25PM

PRICE | Complimentary & open to all.

## POT 'O GOLD FILM FEATURE

Join us in this month's family friendly film, acclaimed to be a charming sleeper of musical comedy - **Pot O' Gold**.

Jimmy, the owner of a failed music shop, goes to work with his uncle, the owner of a food factory. Before he gets there, he befriends an Irish family that shares the same love for music. He finds himself trying to help the band secure gigs and reconciles the family with his uncle, an avid music-hater.

DATE | 13.NOV.22

TIME | 07:00PM - 08:30PM

PRICE | Complimentary & open to all.

## THE ROOT CAUSE OF ALL DISEASE DOCUMENTARY SCREENING

To some extent, most of us experience cognitive and emotional overload. In this episode, find out the five proven therapies to nurture and boost your brain health.

DATE | 27.NOV.22

TIME | 07:00PM - 08:30PM

PRICE | Complimentary & open to all.

*Guests who signed up before the screening date will receive a 15% reduction on our all-organic menu at TASTE Restaurant & Cafe. T&C apply.*

## HARVEST TIME | COOKING WORKSHOP

Our expert chef & functional nutritionist-led cooking workshop; you will learn how to prepare & cook these warm and homely dishes through simplified techniques, perfect for the fall season!

PUMPKIN SOUP, SWEET POTATO & SPINACH QUICHE, DARK CHOCOLATE CHESTNUT BITES & PUMPKIN SPICE LATTE

DATE | 13.NOV.22

TIME | 03:00PM - 05:00PM

PRICE | AED 295 for Non-members. AED 250 for Members.

## THE BRIDGE RUNNERS

Join us and become part of the first ever Bridge running group. We will focus on optimizing your technique, endurance and speed to improve your overall running performance - sessions will be both indoors and outdoors.

DATE | Every Tuesday

TIME | 06:00PM

PRICE | AED 50 for Non-members. Complimentary for Members.

Join us every Tuesday and receive 15% reduction on our all organic menu at TASTE Restaurant & Cafe. T&C apply.

**Please refer to our Instagram @thebridgehub for updates on our upcoming events throughout the month.**

