

EXPAND & LEARN | PROGRAMS



SEP.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.

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 themselves-expression through various art forms.

FILM FEATURE

Sit back and enjoy the most notable 1923 film and arguably, one of the best American comedies of all time - **Safety Last!**. One of the most famous films in the silent-film era.

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;

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 **TRAIN TO RUN**, a program designed to help you progress towards your goal as a runner.

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.

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!

MUSIC APPRECIATION

Sit back and join us for an audio-visual sensory experience.

DATE & TIME: TUESDAY STARTING 09.AUG.22 (05:30PM-05:40PM)

FRIDAY STARTING 12.AUG.22 (06:15PM-06:25PM)

Open to all.

MY MAN GODFREY | FILM FEATURE

Sit back and relax with this classic romantic comedy that gained six Oscar nominations and a Golden Globe nomination

A young man leaves his small town to head to the big city so he can marry his darling Mildred. He finds that city life is more difficult than he imagined and gets a low income job. Unexpectedly, Mildred visits Harold and he has to disguise himself to convince her she's successful in his witty and amusing ways.

*DATE: **FRIDAY**, 2.SEP.22, 9.SEP.22, 16.SEP.22, 23.SEP.22, 30.SEP.22*

TIME: 07:00 PM - 08:30 PM

Open to all.

REVERSING AUTOIMMUNE DISORDERS & HEALING YOUR GUT | DOCUMENTARY SCREENING

To enhance your lifestyle with strategies backed with research and data, learn how to optimize your gut health and prevent the root causes of most diseases from starting in the first place.

Proven Series: Reversing Autoimmune Disorders & Healing Your Gut.

DATE: 04.SEP.22, 25.SEP.22

TIME: 07:00 PM - 08:30 PM

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.

TRAIN TO RUN

Join us in this program designed to help you progress towards your goal as a runner. It is a combination of drills, sprints and agility work to help enhance your speed, stamina, agility and endurance. An organic pre-workout shot is served before the session.

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

TICKET PRICE: AED 60 inclusive of VAT

Program is complimentary to members, and may purchase their organic pre-workout shot of choice.

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 every Saturday and receive 15% reduction on our organic brunch at TASTE.

TICKET PRICE: AED 110 inclusive of VAT

Program is complimentary to members, and may purchase their smoothie of choice.

Please refer to our social media for updates on our upcoming events throughout the month.

