



PAUSE TEAM



ABDESSADEK BENDARI MOROCCAN

Abdesadek has more than 6 years of experience in tourism industry and customer service. He is a hospitality certified professional with desire for helping others to feel welcomed, appreciated and valued. Abdesadek cares about his wellbeing which led him into a fascinating world of the wellness industry.

Hospitality Certification
Certificate of the Baccalaureate

Arabic, English, French

“Don’t worry about failures, worry about chances you miss when you don’t even try”



DARIA ZELENKO UKRAINIAN

Daria’s passion for holistic lifestyle and mindful practices made her change IT career and move to the wellness industry, where she is committed to maximize guests’ experience while maintaining a high level of quality services.

Leadership and Quality Assurance Certification
Extensive experience in Abu Dhabi’s leading wellness facilities

English, Russian, Ukrainian

“Keep moving to be still, and be still to keep moving”



CLAUDIA MOURATO PORTUGUESE

Cláudia is a passionate Yoga and Pilates teacher, practice-based experience last 15 years, committed to instructing students on the art and power of breathing, moving, stretching and pause, helping clients develop their body and mind awareness as well physical and mental strength and flexibility..

Yoga Alliance Teacher | Prenatal & Birth Empowerment for Women
Classical Pilates Matwork Instructor | Hatha | Vinyasa Yoga
Flexibility | Strength | Mobility | Recovery for Athletes

Portuguese, Spanish, English

“There’s always room for improvement and passion moves us forward!”



MISSY MIMANSA

Missy aims to inspire people to view wellness as a balanced interplay of physical, mental, emotional, and spiritual aspects of our being. She is on the journey to encourage people to experience the rehabilitative and therapeutic potential of functional movement practices like Pilates and Yoga.

Yoga Alliance RYT - Hatha, Ashtanga, Artistic Yoga, Yoga Therapy
Singing Bowls Sound Healing Certification
Pilates Comprehensive Matwork & Reformer Instructor Certification

English

“Live your true authentic self and everything will fall into place”



NATALIE JOHANNES SOUTH AFRICAN

Natalie has passion for healing people with her therapeutic hands. She gained her experience by working for reputable international brands and medical facilities. Her main goal is to know that her guests see and feel positive changes in their bodies.

International diploma in massage therapy

English, Afrikaans

“I heal from the peace I have within myself”



JOCELYN SONSONA FILIPINA

Joy cares for her guests and is passionate about the job she does. Her knowledge of a wide range of massage methods and techniques help people achieve emotional and physical wellness.

National Certificate for Massage Therapy
TESDA certification

English, Tagalog

“Wellness is the complete integration of body, mind, and spirit”



NI KOMANG SANTIASIH INDONESIAN

Shanti is a dedicated, mature and passionate massage therapist who has gained experience with pre & post-natal women, patients with neurological disorders, life-threatening illnesses as well as those seeking stress and pain relief in their everyday lives.

BABTAC Certificate of Anatomy and Physiotherapy

English, Indonesian

“Train your mind to see a good thing in every situation”



VIPIN PS INDIAN

Vipin’s aim towards the society is to provide a sustainable solution for all lifestyle related health problems and to help people fulfill their dreams with happiness and prosperity while protecting their health.

Diploma in Ayurveda panchakaram therapies and spa treatments.
Yoga Instructor Certification from International Yoga Alliance.
CIDESCO Diploma in beauty and spa management.

English, Hindi, Tamil, Malayalam

“It is health that is real wealth, and not pieces of gold and silver”

