



INSTRUCTORS

YASMIN TAHIRA SEWGOBIND

Yasmin has been a trailblazer in Brazilian Jiu-Jitsu (BJJ). As the first female black belt in BJJ from the Netherlands, and the first female Dutch European Champion, she has led the way in the sport since 2004.

Yasmin's mission is to empower girls through this transformative sport. Her dedication has extended her influence beyond national borders, making her a reputable coach in the UAE for the past 9 years.

During her time in the UAE, Yasmin's contributions to the sport have been recognized. Her school was nominated as the best Emirati girls' school for BJJ, and she was selected as an excellent coach by Palms Sports. Her experience includes competing in over 50 tournaments, such as the IBJJF World Championships, and playing significant roles as a referee and commentator for major events like the AD Grand Slam and the AD World Pro JJ Championship, demonstrating her deep understanding of the art.

Yasmin's commitment to BJJ extends beyond personal achievement; she is dedicated to fostering a strong and inclusive community. This charity event is a reflection of that commitment, uniting diverse individuals to support a meaningful cause.

 coachyasbjj



AMANDA SAIF MATTAR

Mother | Business owner | Yogi | Jiu-Jitsu athlete

Amanda, originally from Orlando, Florida, moved to Abu Dhabi in 2011. After earning a degree in Psychology from the University of Central Florida, Amanda became a doula, supporting childbirth since 2015. Embracing the wellness industry in the UAE, she became an instructor in various disciplines by 2019.

Amanda emphasizes the importance of guided communication in community settings.

Her journey into Jiu Jitsu began in 2020, influenced by a student, and in October 2023, she won a Gold Medal in AJP Doha, later competing in the World Pro Abu Dhabi.

Amanda believes Jiu Jitsu has enriched her teaching philosophy through lessons in both success and failure. She firmly advocates for health and wellness as a lifestyle, not a passing trend.

 [amanda.saif.mattar](https://www.instagram.com/amanda.saif.mattar)



CARLOS MÉNDEZ

Having worked in the fitness and wellness industry for 13 years, Carlos brings a wealth of knowledge and expertise.

Fit4Life is a result of his learning and application of more than 25 different training systems.

His life's mission is to educate people by using these systems within themselves. Carlos firmly believes that when we all help one another to feel better, the world can be a better place.

Animal Flow grows the best community around the world and Abu Dhabi has the best team leading it.

Carlos and his team will conduct the class.

 [Carlosfit4life](#)



ANKIE HILLE HAGEN

In 2010, Ankie transformed her life after overcoming health challenges. Passionate about holistic well-being, she explored various courses in breath-work and alternative health.

Discovering the profound impact of 9D, Ankie is now a facilitator, aspiring to guide others toward the liberating and transformative experiences she has personally encountered.



SKIRMANTE KAZLAITE

Experienced in wellness and health, Sky is renowned for her dual approach, employing deep, knowledgeable explanations alongside enjoyable methods. Her mission focuses on using her expertise to foster balance and enhance overall quality of life. An extensive background, spanning fat loss, strength, and athletic performance, as well as rehabilitation, including pre- and post-natal expertise.

/ Level 3 Personal Trainer
/ Pilates certification
/ TRX & KettleBell Coach
/ Pre & Post - Natal Coach

"Never say Never, because limits, like fears, are often just an illusion."

