

# THE AMWAJ

I S L A N D E R



60 Seconds With..  
Yogini Tania Slabbert, pg 2

Discover  
Explore our new website  
[www.amwaj.bh](http://www.amwaj.bh)



## Letter from the Editor

Dear Islanders,

We would like to start this issue with wishing a happy Easter Sunday to everyone who celebrated and hopefully had a good break spending time with loved ones.

This issue is jam-packed with exciting new updates including new outlets recently opened on the islands providing new services to our residents and visitors. For more details, turn to page 4.

The month of April also celebrates World Health Day on the 7th, which started in 1948. In honor of health, we encourage everyone to take advantage of the lovely spring weather to develop an exercising habit.

Along with maintaining a healthy

diet, exercise regularly. Experts recommend getting 30 minutes of exercise every day. Aside from helping you sleep, improving your energy levels and making you feel happier and better overall, exercise will also improve your health by lowering your chance of developing chronic problems like diabetes or high blood pressure.

On a final note, the lucky winner of the Photo of the Month competition, won a Friday Brunch for 2 at Muju Restaurant and Lounge, courtesy of Dragon Hotel and Resort. Turn to page 6 and find out who the lucky winner is!

Stay healthy islanders.

Sincerely,

**The Amwaj Team**

**From 12pm - 5pm**

**FRIDAY**  
*Brunch*

**BD 25 nett  
inclusive of food  
& beverages**

**Complimentary pickup & drop off  
from anywhere in Bahrain**

**For reservation & info call: +973 1603 9800**

**muju**  
restaurant & lounge

**DRAGON**  
HOTEL & RESORT

[/mujuamwaj](#)  
[www.mujuamwaj.com](http://www.mujuamwaj.com)

# 60 Seconds With..

**Name: Tania Slabbert**

**Nationality: British**

**Place of stay: Tala Island**

**Tell us about yourself in regards to your yoga practice.**

I did my yoga teacher trainer course 3 years ago in Rishikesh in India. It was a wonderful experience, not just practicing and learning about yoga but living in India for one month was life changing.

**How long have you been practicing?**

I have been practicing yoga for about 6 years now.

**How did you start?**

My boyfriend actually introduced me to yoga while we were living in South Africa.

**Are you currently teaching? Where and when?**

I am currently teaching at the Tala Leisure Centre and I try to do to outside yoga as well, when the



weather permits.

**What classes do you offer?**

I offer 3 different styles; Power Yoga, Yin Yoga and Flow Yoga, but I make every class unique depending on what my client needs and wants.

**Don't compare yourself. It is your practice, take it one day at a time."**

**Does Amwaj provide the perfect setting for yoga?**

I think Amwaj can be a great setting if we can have a dedicated yoga studio somewhere overlooking the ocean.

**What do you focus on in your practise?**

I focus on connecting with the body through the breath,

fitness, strength and creating peace within.

**If someone is interested in starting yoga, what do you recommend?**

I recommend any of my classes, as I focus on beginner and intermediate levels.

**Do you have any words of advice for people who are just starting out?**

Just like any thing in life, practice makes permanent; the more you do the better you get. Also, don't compare yourself to anyone else during your practice. It is your practice, take it one day at a time.

**Do you have any other interests or hobbies?**

I recently started paddling on my new SUP, I love walking and enjoy swimming, so Amwaj is perfect for all 3!

**Any favourite sayings in life?**

It is what it is, acceptance!

**To book a class with Tania, visit her website for more details on [www.yogabah.weebly.com](http://www.yogabah.weebly.com)**



# April in ART Rotana

## Friday Brunch at Choices Terrace



Start your weekend with Bahrain's freshest brunch. Featuring a vast array of superb live cooking stations, our one of a kind winery section where you can sample premium wines, plus drinks stands and music entertainment. There's even a kids' club to keep the little ones entertained! Enjoy the bright and open atmosphere and marvel at the beautiful sea views from your table. Book now! \*

Timings: Every Friday 12:30 - 4pm,  
Price: BD 34 net

## 'Sushi Art @ WU' at WU Asian Restaurant and Lounge

Indulge your sushi cravings with our new all you can eat and drink promotion. Visit the fresh sushi counter as often as you like and enjoy selected beverages all evening plus a set menu of hot dishes shall be delivered to your table for you and your friends to share.

Timings: Every Tuesday starting 12th April 2016, Price: BD 21++

## 'Cut and Weight' at Flames Steak and Seafood

Choose your cut of prime beef at the table and guess the weight. If you are

correct to within 5g either way, your steak is on the house!\*

Timings: Tuesday to Thursday

## It's Time to Get Active



Get your running shoes on as our ART Rotana running club is taking on Amwaj Islands, starting from our Lobby entrance. Everyone is more than welcome to join in the fun and it's a great opportunity to network with fellow Amwaj Islanders. Running Club Schedule: Wednesday - 5:30PM, Friday - 9:15AM, Saturday - 5:30PM

Fees: Hotel guests/Beach Club members - Free, outside guests - BD5 NET registration fee for 1 year (Includes Free Running Shirt). Register 2 hours before the run via email at beach.art@rotana.com or call 16000111.

## An unforgettable Romantic Escape.



Pamper yourself and your loved one

with to an unforgettable romantic experience, explore our bustling restaurant offerings and breathtaking beach scenery before heading back to your luxurious guestroom. Make your dreams come true with our Romantic Escape starting BD127\*

Your Romantic Escape benefits include: 1 Night stay in a beautiful Classic Room or Suite, romantic welcome gift hamper will be available in the room upon arrival for both Classic Room and Suite bookings. When booking a suite, guests will be pampered with a special in-room set up and bottle of champagne for your ultimate relaxation, wake up refreshed with breakfast served in your room or alternatively enjoy a breakfast buffet at our award winning Choices restaurant available daily from 6:30AM till 10:30AM, romantic escape package includes a late check out till 3pm for both Classic Room and Suite bookings, free sign-up to Rotana Rewards Select membership and receive 1,000 Bonus Points.

Terms and Conditions: The Romantic Escape package is subject to availability, Rate is subject to 10% service charge and 10% government levy, Optional upgrade to the next room category. Contact details: For more information or reservations, please contact us via email at res.art@rotana.com or call 16000111.

**\*Price subject to 10% service charge and 10% government levy. For more information or reservations, please email [fb.art@rotana.com](mailto:fb.art@rotana.com) or call 16000111.**

**BD10**

**FRIDAY 22ND**  
APRIL 2016

FOR MORE INFORMATION CALL  
+973 33282727 / 39276249

NIGHTPRO™ & AMWAJ MARINA  
IN COLLABORATION WITH 9 DOT MEDIA  
PRESENTS

# PALM BEACH

## 1ST ANNIVERSARY

DOOR OPENS AT 3:00PM  
FREE ACCESS TO ALL AIR CREW

DJ'S LINE UP

**coesta JARED**  
**DJKARTOON MCCULLOCH**

**DIAMONDS**

Premier Hotel  
Atrium Hotels

## San Remo Cafe

Amwaj Islands gets a taste of Italy, with the newly opened San Remo Café, offering a delicious variety to tastes to suits all flavours, with a spacious location and a wonder view overlooking the Lagoon.

Named after the Italian city, San Remo Café serves homemade Italian ice-cream as well as crepes and other desserts. For those of you looking for an authentic Italian meal, San Remo Café also offers pizzas, salads, breakfast menu and coffee. But the specialty to look forward to is the 80-year-old waffle recipe all the way from San Remo right here in the heart of the islands.

San Remo Café is also providing special offers as part of their opening. Students can show their ID to get a special package of 5 hours of free hot drinks and WiFi, from 9am-2pm. If its your birthday



you are in luck! San Remo Café can arrange private events, birthday parties and other functions. Kids get a special package just for the birthday boy/girl, who will be offered one small pizza, one kids' sized ice cream cup, a juice or soft drink as well as a surprise gift! Booking can be made at BD5.500 per child, and San Remo Café will take care of the rest.

**For more information or bookings, please contact 34239104.**



## Equilibrium

Equilibrium Amwaj is the new branch and an extension of Equilibrium Saar.

It is a Boutique Pilates, fitness and aerobics Studio. Offering a variety of classes and workout options, catering for the residents and visitors of Amwaj Island.

EQ Amwaj is Located in the Lagoon, on the second floor. their staff and instructors are internationally certified, professional and have attained a high quality of experience, and customer services.

EQ Amwaj, is a Niche Pilates studio, which is a Method founded by German Joseph Pilates, in the early 20th century. Pilates is a Total body workout with emphasis on alignment, breathing, core strength development, improving coordination and enhancement

of balance. Pilates, system allows different exercises to be modified in terms of its difficulty catering for all ranges from beginners to advance athletic level and rehabilitation.

All genders, can benefit from Pilates, regardless of age, fitness condition, or physical limitations.

Equilibrium Amwaj, also offers a variety of other classes to suit all physical preference, please refer to the following contact details for all further information:

Amwaj

Islands, Block 257, Road 5720  
Bldg.: 2648, the Lagoon Shop 64 A,  
Parking 5&6, 2nd Floor  
Mobile: +973 3778 6690, Fax: +973  
17 260227  
[www.equilibriumme.com](http://www.equilibriumme.com)  
[info@equilibriumme.com](mailto:info@equilibriumme.com)



## Upcoming Events & Sessions

APRIL

**22- Palm Beach Party**- Celebrate the 1st anniversary at Amwaj Marina! Doors open at 3pm with a fantastic DJ line-up. For tickets, call 33 282 727

**25- Amwaj Book Club** – resident book lovers are invited to attend at 7.30pm, please contact Suzanne 33109531 for more information and details on location

**Every Saturday – Amwaj Marina Prize Night** - Enjoy a beautiful night by the Amwaj Marina while winning cash prizes and savouring live BBQ cooking, 8pm-12am. For more information, please call Amwaj Marina main office on 1601 1160.

**Every Saturday - Italian Brunch at Rosso's, ART Rotana** - The finest Italian brunch featuring fresh cuts and special imported cheeses, live pasta stations and made to order pizzas from our oven to your table all for BD 14\*, from 12-4pm. For more information, email fb.art@rotana.com or call 16000111. Terms and Conditions \*Prices are subject to 10% service charge and 10% government levy.



## Classifieds

**FOR RENT/FOR SALE home owners/hunters please contact:**

**Anastasia mob. 39 555 745 or**

**Email:**

**anastasia.ageeva@gmail.com**

**FOR SALE:**

Reliable contacts in the banks with best interest rates for your property financing!

Tala Island 2-bedroom 198 sq.m. 1st floor, BHD 120 000; 3-bedroom Tala Island BHD 145 000; 1-bedroom Meena 7 141 sq.m with a huge terrace sea, pool and Floating City canal view BHD 75 000; Floating City Extended Riva villa, BHD 235 K, Call 39 555 745

**FOR RENT:**

Apartments, penthouses new/well maintained modern luxury, affordable villas on Amwaj, Tala Island properties are available upon request! Call 39 555 745



## Photo of the Month



## Amwaj Notice Board

The Amwaj Security and Maintenance teams are responsible for the below.

For leaks or blockage in a common area; contact Kamel on 3666 6007. Beach and road cleaning, damage on roads or pavements, fallen signboards or flags and garbage bins request, contact Niaz on 3315 6871.

For construction site issues contact Roger on 3909 4842. For workers' gate pass, contact Mohammed on 3943 4809. For pest control issues contact Verminex on 3920 4295.

Traffic accidents can be reported to police on 199, medical emergency, ambulance or fire can be directed to 999, with the assistance of the Amwaj Security team.



A copy of the Amwaj Islands' Rules and Regulations for Residents and Visitors is available to collect from the Management of Amwaj Islands, at the main office. Secure Services Company is responsible for the security of all common areas around Amwaj Islands. The Secure Services Site Team Supervisor can be reached on 36046147. The Security Team's contact details are: 33 530 223 during working hours, Sunday to Thursday 8am-5pm. For contact outside those hours, the 24-hour emergency hotline can be reached on 39 866 952 or email amwaj@secureservices.bh.

Congratulations to **Ms. Kim** who won a Friday Brunch for 2 at Muju Restaurant for April's 'Photo of the Month' Competition with this picture! To participate, please send your photos to socialmedia@amwaj.bh *Please make sure all photos entered for the competition are over 1MB in size to qualify for submission.*



**KEY**

-  Waterside residential
-  Inland residential
-  Residential & Commercial
-  Hotel
-  Commercial
-  Educational
-  Amwaj Marina

# Directory

## Amwaj Islands' Security

Working Hours: 24 hrs  
Location: Amwaj Islands entrance  
M 39 866 952  
E amwaj@secureservices.bh

## Amwaj Islands Main Office

Working hours: 8am – 5pm, Sunday - Thursday  
Location: Amwaj Islands entrance  
T 16 033 100  
E info@amwaj.bh  
W www.amwaj.bh

## Tala Island Security

T 16 060 033

## Nuetel Communications

Working Hours: 8am – 5pm, Sunday - Thursday, 8am - 2pm on Saturdays  
T 16 033 000

## International School of Choueifat

T 16 033 333

## Amwaj Marina

T 16 011 160

## Bahrain International Airport

T 17 339 339

## Amwaj Hotels

### ART Rotana

T 16 000 111

### Ramada Hotel and Suites Amwaj islands

T 16 000 099

### The Dragon Beach Hotel & Resort

T 16 031 111

### The Sea Loft Boutique Chalets

T 16 033 833

## Amwaj Outlets

### ACES Taekwondo Academy, Tala Island

M 39 658 741

### Al Osra Supermarket

T 16 033 773  
Working Hours  
Everyday 7am - 11pm

### Argan Day Spa

T 16 030 888, 16 030 887

### Azizia Bird Kingdom

T 16 030 597

### Azizia Bird Kingdom

T 16 030 597

### Beauty Bar N.5

T 16 010 555  
Working Hours  
Everyday 10am-8:30pm

### BISS Marine

T 16 034 486

### Black & White Laundry

T 17 532 268  
M 36 308 889

### Corners

T 16 031 113

## Costa Coffee, Tala Island

T 16 034 509

## Dance Studio, Tala Island

M 33 393 344

## Delilah Cafe

T 16 034 369

## Environment Friends Society

M 39433228

## Franky Joes

T 16 011 601

## Jones the Grocer

T 77 770 055

## Joz Salon & SPA, The Dragon Hotel & Resort

T 16 031 120

## Lux Actuaries

T 77 005 464

## Maya Beach Resort & Fitness, Meena 7

T 16 030 070  
Working Hours: 6.30am - 10pm  
Saturday - Thursday, 8am - 10pm on Fridays

## Muju Lounge & Restaurant

T 16 039 800

## Park & Shop Supermarket, Zawia 2

T 77 115 121

## Pet Arabia

T 16 010 501

## Quest Realty, Meritas House

T 1607 8378

## Smart Boating Center

T 17 003 838

## Speed Rent a Car

T 16 010 131

## Tala Leisure Center

T 16 071 007  
Working Hours  
Weekdays 6am - 10pm  
Weekends 9am - 6pm

## Universal Music

T 16 010 491

## Yara Beauty Lounge, Zawia 1

T 16 010 999  
Working Hours  
Everyday 9am - 8pm

## Zaman Studio, Meritas House

T 77 300 001  
M 39 223 553

## Market, Meritas House 1956

T 7777 1956  
(free home delivery)

## 24-Hours Supermarket

T 16 034 498

## Food Deliveries

## Breadtalk

T 17 535 371

## Chickey's

T 17 467 771

## China Express

T 17 717 598

## EZ Burger

T 17 241 111

## Hardeez

T 17 111 112

## Hunger Line (Papa Johns, Dairy Queen, (Burger King, Quiznos & Chilis

T 17 506 070  
KFC  
T 17 111 111

## Little Ceasars Pizza

T 17 675 552

## Shanghai Hut

T 17 292 988

## Emergency Numbers

## Emergency line

T 999

## Al Hidd Police Station

T 17 671 212

## Samaheej Police Station

T 17 334 401

## Coast Guard

T 17 700 000

## Traffic Police

T 199

## Nearest Hospitals to Amwaj

## American Mission Hospital, Amwaj Medical & Wellness Center

T 17 248 100

## Bahrain Specialist Hospital

T 17 812 000

## Al Hilal Hospital

T 17 344 199

## King Hamad Hospital

T 17 351 450

## Closest Vets to Amwaj

## Dr Mohammed Hussain

T 17 292 125

## Dr Nonie Coutts

T 17 245 515

## Closest Pharmacies to Amwaj

## Al Quds Pharmacy

T 17 470 080

## Ibn Sina Pharmacy

T 17 677 207

## Nasser Pharmacy

T 16 010 505

## Taxi Services

## Arabian Taxi

T 17 461 746

## Bahrain Limo

T 17 266 266

## Bahrain Taxi

T 17 682 999

## Travel Services

## Aradous Travel and Tour

T 17 234 417

## Car Washing Services

## Ecowash

T 17 490 565

## MASY

T 17 822 404

## Closest Removal & Storage to Amwaj

## Takhzeen Self Storage

M 69 990 999  
M 39767977

## IT Home Services

## TechnoServ

M 39 609 876

## Cargo Services

## Baz Cargo Services

T 17 771 132

## Closest Post Office to Amwaj

## Al Hidd Post Office

T 17 673 157  
Working Hours: 7am - 2pm  
Saturday to Thursday

## Shopping Malls

## Aali Mall

T 17 581 000

## Bahrain City Center

T 17 179 779

## Moda Mall

T 17 533 140

## Seef Mall

T 17 581 111

www.amwaj.bh



@AmwajIslands



Amwaj Islands



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