

THE AMWAJ

I S L A N D E R



60 Seconds With..
Yogini Tania Slabbert, pg 2

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Explore our new website
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

[f](#) [i](#) /mujuamwaj
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



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 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
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



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