

HEAL · RESTORE · CONNECT

Where ancient pathways meet *modern longevity*

Luxury wellness sanctuaries, clinical biofeedback and a worldwide community, from the mountains of Fujairah to the Gulf of Oman and the plains of Wyoming.

WELCOME

This is *Blue Oasis Life*

Blue Oasis Life is a luxury wellness company based in Fujairah, United Arab Emirates. We combine restorative nature, clinical biofeedback and a close-knit community to help people recover from stress, measure their progress and build habits that last long after they leave.

Most retreats help people relax for a week, and then everyday life takes it back. We set out to change the body's baseline instead, and to show it with data: every programme begins and ends with a biofeedback measurement, and the tools you learn come home with you.

Who comes to Blue Oasis? Executives and founders running on empty, teams facing burnout, pilots and cabin crew crossing time zones, families who want time in nature, and anyone who wants calmer days and deeper sleep.

How you can join us: visit a sanctuary for a programme or retreat, become a member of The Online Tribe, The Immersion or VIP Global Travel, or learn from anywhere in Blue Oasis Academy.



3	6	3	199
SANCTUARIES	PROGRAMMES	MEMBERSHIPS	ACADEMY LESSONS

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From an ancient trail to a *closed loop*

1735

The roots of Al Bithnah

The flagship sanctuary sits at the end of the historic Wadi Ham trail in Fujairah, once a vital mountain pass for local tribes, now shaded by 60 mature date palms.

2022

The science of safety

Founder Dayna Hale and biofeedback specialist Cesar Rueda brought clinical biofeedback and polyvagal theory into the retreat, moving from "relaxing" to mapping heart rate variability and training heart coherence.

2024

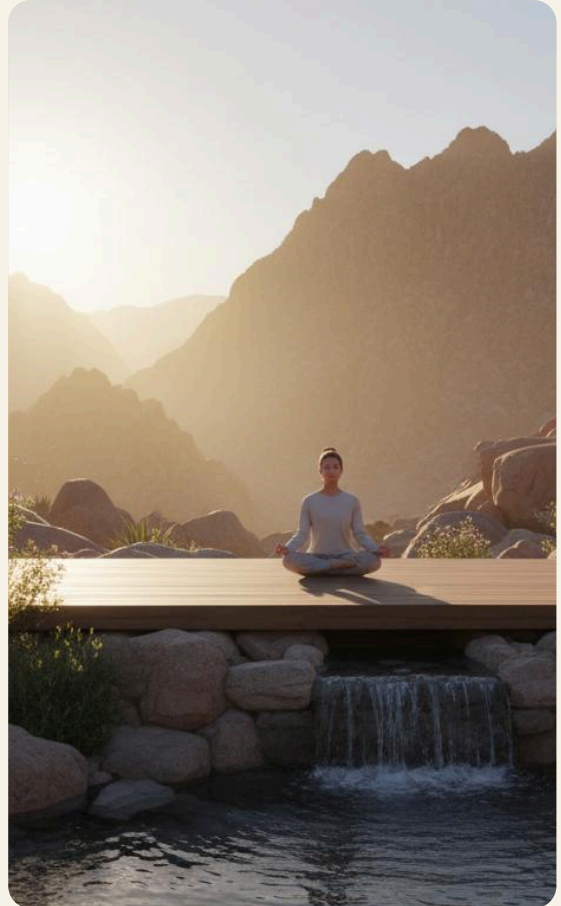
The wild frontier

Expansion to the Heart Mountain Double Diamond Ranch in Wyoming, joining the grounding energy of the American West with regenerative agriculture.

2026

The closed loop

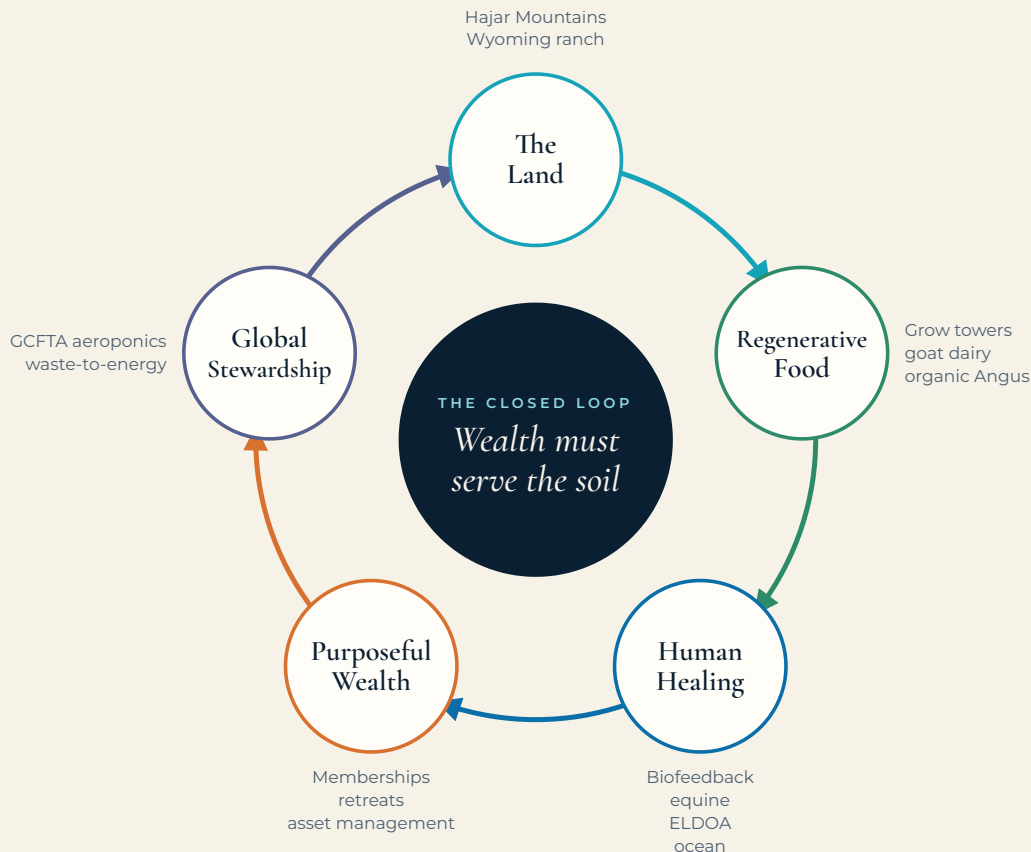
The final mandate: wealth must serve the soil. Programmes and asset management now help fund advanced food systems for vulnerable communities.



*“A place to let it go, and
reconnect with nature.”*

The Closed Loop

The land heals people, and people heal the land. Every part of Blue Oasis feeds the next.



BIO-RESONANCE

Clinical HRV monitoring shifts the nervous system from survival mode into flow.

STRUCTURAL INTEGRITY

Osteopathic mechanics and ELDOA decompress the spine and release tension.

REGENERATIVE CONNECTION

Farm-to-fork food built on soil health, for the gut-brain axis.

GLOBAL STEWARDSHIP

Programmes help fund agricultural technology and waste-to-wealth projects.

THE METHOD

We do not guess; *we measure*

Every Blue Oasis journey follows the same five steps, whether it lasts a weekend or a year.

01

Measure

A biofeedback baseline: HRV, heart rate, breathing and coherence.

02

Reset

Play, grounding walks, sound and deep rest.

03

Align

Somatic release, ELDOA and equine coherence.

04

Nourish

Farm-to-table food from grow towers and goat dairy.

05

Integrate

A personal Blueprint and monthly coaching.

START HERE

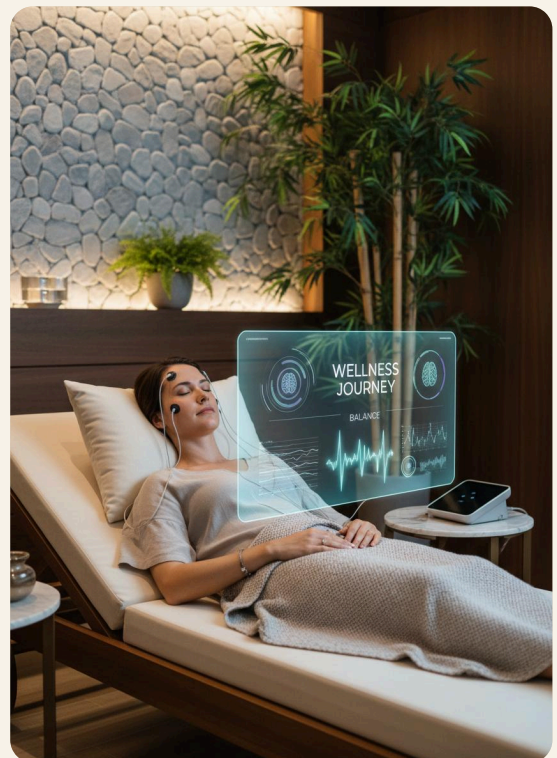
The Wellness Assessment

Designed by biofeedback specialist Cesar Rueda, the free online assessment maps your sleep, energy, stress and recovery in about ten minutes, and recommends the plan and programme that fit you.



Take the assessment

blueoasisglobal.com/wellness-assessment



Six ways to *reset*

Each programme begins with a clinical biofeedback baseline, so progress is measured, not assumed. Join one as a single session, a full day or a multi-day immersion; members book with priority.



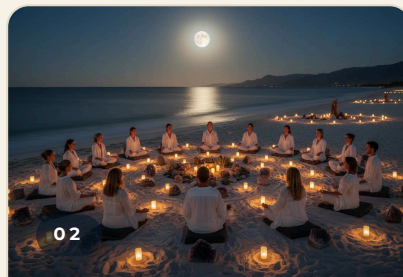
01

EQUINE MIRRORING & HEART COHERENCE

Horse & Rider

Ground-based sessions with the herd. Calm, coherent breathing and clear intention, mirrored back by a horse in real time. No riding experience needed.

SPOTLIGHT · PAGE 07



02

EXECUTIVE ALIGNMENT FOR TEAMS

Corporate Wellness

A community-driven stress-reduction programme for teams of 50 to 250: biofeedback, osteopathy and environmental design, measured over 90 days.

SPOTLIGHT · PAGE 08



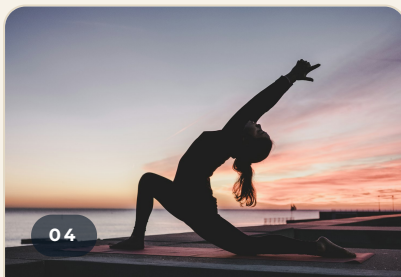
03

THE HAJAR MOUNTAIN RESET

Mountain Hiking

Hiking meditation on heritage trails in Fujairah that engages balance, proprioception and breath in ways flat ground never can.

SPOTLIGHT · PAGE 09



04

GOAT YOGA & FASCIAL DECOMPRESSION

Yoga & ELDOA

Playful goat yoga invites the nervous system out of guard mode; ELDOA postures decompress the spine and fascia.

SPOTLIGHT · PAGE 10



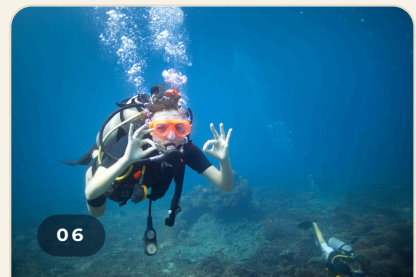
05

CIRCADIAN RECOVERY & SLEEP RESET

Flight Crew

For pilots, cabin crew and frequent flyers: circadian timing, nervous-system regulation and deep-tissue recovery.

SPOTLIGHT · PAGE 11



06

OCEAN IMMERSION ON THE GULF OF OMAN

APEX Divers

SSI try dives, fun dives and certification with APEX Divers from Fujairah International Marina. The deepest form of breathwork.

SPOTLIGHT · PAGE 12

Programmes run at the Fujairah sanctuary unless stated. Ocean Diving is delivered with our partner APEX Divers UAE.

EQUINE-ASSISTED WELLNESS

Horse & Rider

Equine mirroring and heart coherence at the Fujairah farm.

90

minute protocol in six guided phases

28–40

beats per minute: a calm horse at rest

No

riding or horse experience needed

Horses are prey animals: they read posture, breath and tension in real time and mirror your state back to you, honestly and without judgement.

Standing beside a calm horse gives a racing system something steady to follow. Our **Double Diamond** protocol pairs that heart coherence with guided walking, whose lateral rhythm releases the pelvis and sacrum where stress is often held.

HOW IT FLOWS

- 01 **Baseline** · HRV and stress reading with Cesar Rueda
- 02 **Approach** · meet the horse at your own pace and simply observe
- 03 **Heart field** · stand beside the horse, breathing with its rhythm
- 04 **Walking & riding** · guided walking and riding with Maria Luiza Knoblauch
- 05 **Reflection** · what did the horse mirror back?
- 06 **Re-measure** · see your before-and-after on screen

“A horse doesn’t care about your job title. It reads your nervous system.”

DAYNA HALE



FORMATS

Single Session

90 MIN

Baseline, heart field, guided walking, reflection and a personal coherence report.

Double Diamond Day

FULL DAY

The full protocol with osteopathy by Darrin Krizel, a farm lunch and mountain meditation.

3-DAY Equine Immersion

3 DAYS

Three progressive sessions, daily biofeedback, goat yoga, farm stay and a home protocol.

Executives

Burnout recovery

First responders

Riders seeking depth

SMBS & CORPORATE TEAMS

Corporate Wellness

Turning workplace stress into community strength.

50–250

people per team programme

90

days of measured results

4

levels, from a half-day to a full year

A cultural reset, not a wellness perk. We work on the physiological roots of workplace stress and measure the change.

Stress thrives in isolation, so the cure is built as a community. Biofeedback, osteopathy and environmental design are delivered together, and quarterly reviews track **eNPS**, **retention** and **HRV**, so leaders see a return rather than a feeling.

HOW IT FLOWS

- 01 **Cesar Rueda** · the Emotional Soundness Check maps each person's Stress Fingerprint
- 02 **Darrin Krizel** · gait analysis and fascia release: the desk worker as an athlete in recovery
- 03 **Dayna Hale** · environmental architecture: quiet zones and channels built for psychological safety
- 04 **Maria Luiza Knoblauch** · soft-power leadership with the horse as an honest mirror
- 05 **Wellness Champions** · trained peers run 15–20 minute support pods every two weeks

"If the programme keeps one mid-level employee from leaving through burnout this year, it has paid for itself."

THE BUSINESS CASE



FORMATS

HALF-DAY **Workshop** 4 HOURS

Biofeedback baseline, team breathwork, a stress toolkit and take-home resources.

FULL-DAY **Retreat** FUJAIRAH FARM

Biofeedback, gait analysis, goat yoga, sound healing and a plant-based lunch.

MULTI-DAY **Immersion** 2–3 DAYS

Equine co-regulation, mountain hiking, farm stay and 90 days of support.

12-MONTH **Integration** 4 PHASES

Audit and Blueprint, Champions, company-wide launch and quarterly reviews.

HAJAR MOUNTAINS · FUJAIRAH

Mountain *Hiking*

Vertical proprioception: every step is the meditation.

4

trails, from a farm loop to the summit

Dawn

starts, before the heat of the day

All

fitness levels: we match the trail to you

Flat floors ask little of the brain. Uneven mountain ground makes the inner ear, the cerebellum and the feet map three-dimensional space with every step.

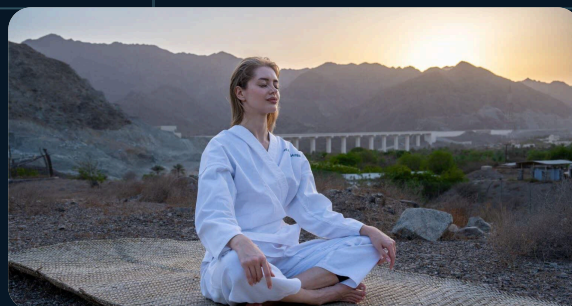
Incline deepens the breath, the horizon rests eyes that spend all day on screens, and the ancient **Al Bithnah** trail adds two thousand years of quiet. This is not a hike with a meditation at the end; the walking is the practice.

HOW IT FLOWS

- 01 **Conscious foot placement** · uneven ground keeps attention in the present
- 02 **Altitude breathwork** · box breathing, 4-7-8 and rhythmic nasal breathing
- 03 **Sound checkpoints** · pauses for silence and listening
- 04 **Horizon gazing** · oculomotor exercises that relax screen-tired eyes
- 05 **Trails** · farm loop, Al Bithnah heritage trail, wadi canyon walk, Hajar summit route

“Treadmills are flat Earth training. Your brain needs the mountain.”

DAYNA HALE



FORMATS

Morning Mountain

DAWN TO NOON

Farm walk, guided trail hike, summit breathwork and a nutrient smoothie.

Full Day Reset

FULL DAY

Heritage trail, sound healing in the wadi, goat yoga and a mountain lunch.

3-DAY Mountain Immersion

3 DAYS

Three trails, biofeedback, osteopathy, an equine session and farm stay.

Desk-bound

professionals

Trail runners

Anyone who sleeps badly

ANIMAL-ASSISTED REGULATION

Yoga & ELDOA

The play state, and the fascial architecture beneath it.

75

minute guided session on the farm

3

nervous system states in
polyvagal theory

L5-S1

targeted spinal decompression
with ELDOA

Goat yoga is not a photo opportunity. When a playful animal interrupts a controlled pose, the brain can guard harder, or let go.

Play is the highest expression of the safe, social **ventral vagal** state, and a nervous system that feels safe releases muscular guarding. **ELDOA**, developed by osteopath Guy Voyer, then creates precise tension through the fascial chains to open space at a chosen spinal segment.

HOW IT FLOWS

- 01 **Arrival & grounding** · barefoot on real earth, a guided breath
- 02 **Foundation flow** · cat-cow, down dog, warrior series
- 03 **Animal interaction** · the goats climb, nudge and explore: let it happen
- 04 **Deep stretch** · hip openers and twists while guarding is low
- 05 **Sound & savasana** · singing bowl as the parasympathetic state deepens
- 06 **Farm smoothie** · reflection on where the body let go



FORMATS

Single Session

75 MIN

Goat yoga with breath, sound and a farm smoothie.

PLAY-STATE Day

FULL DAY

Goat yoga, ELDOA instruction, mountain walk and a conscious lunch.

3-DAY Play Immersion

3 DAYS

Daily play and ELDOA, biofeedback, osteopathy and farm stay.

High performers

Chronic tightness

Back pain

Groups of 5-30

"If your nervous system never enters play, it never fully leaves guard mode."

DAYNA HALE

PILOTS · CABIN CREW · FREQUENT FLYERS

Flight Crew

Reclaim your circadian sovereignty.

72

hours for a measurable circadian shift

Dawn

light anchors the brain's master clock

30

days of follow-up after the full week

The body was never designed to cross six time zones and still perform. We help it own its clock again, without leaning on pills or caffeine.

Morning light reaches the **suprachiasmatic nucleus**, the master clock in the hypothalamus, through light-sensitive melanopsin cells in the eye. Each day at the farm is sequenced around that rhythm, with deep-tissue work for the posture of cockpits and cabin aisles.

HOW IT FLOWS

- 01 **Dawn** · Hajar sunrise, barefoot grounding, no devices
- 02 **Morning** · biofeedback with Cesar and osteopathy with Darrin
- 03 **Midday** · a plant-based, anti-inflammatory lunch
- 04 **Afternoon** · equine coherence, then singing bowls and breathwork
- 05 **Dusk** · dimming light, journaling and herbal tea

"Sleep apps treat symptoms. We treat the root: a body that has lost its light-dark cycle."

BLUE OASIS FLIGHT CREW



FORMATS

1-DAY Reset

BETWEEN ROTATIONS

Dawn light, biofeedback baseline, goat yoga and a take-home sleep protocol.

3-DAY Alignment

72 HOURS

Three dawn exposures, osteopathy, mountain meditation, equine session, farm stay.

1-WEEK Transformation

7 DAYS

Full circadian entrainment, Resonance Profile, VIP stay and 30-day follow-up.

Long-haul

pilots

Cabin crew

Frequent flyers

NEW · OCEAN IMMERSION WITH APEX DIVERS

Ocean Diving

Life begins where land ends.

2

dive sites per trip on the Gulf of Oman

09:00

and 13:00 departures from Fujairah

SSI

Platinum Elite Pro Instructor

Fujairah is the only place in the UAE where the Hajar Mountains meet the Gulf of Oman: mornings in the mountains, afternoons on the reef.

Underwater every breath is slow and deliberate: the same resonance breathing we teach, in the most immersive classroom on Earth. Dives are led by **Johan Du Plessis** from Fujairah International Marina Club, with permits, boat transfers, refreshments and premium equipment included.

HOW IT FLOWS

- 01 **Briefing** · gear fitting and a calm-breathing primer on deck
- 02 **Descent** · slow, nasal-paced breathing to neutral buoyancy
- 03 **Reef** · two guided dives among turtles, rays and reef fish
- 04 **Surface** · rest, refreshments and a debrief on the boat

“The deepest form of breathwork is the one the ocean asks of you.”

BLUE OASIS × APEX DIVERS

Try dives · no experience needed

AED 500

Just dive · equipment included

AED 450

VIP one-on-one · 2 dives

AED 850

SSI Open Water Diver

AED 1,600

SSI Advanced Open Water

AED 2,100

Return transport from Dubai AED 150 per person. Prices from APEX Divers and may change.

WHO YOU MIGHT MEET



Whale shark



Turtle



Stingray



Clownfish



Octopus



Lionfish



Blacktip



Nudibranch

Where healing *lives*

Each sanctuary is chosen for its environmental triggers: altitude, terrain and connection to the land.



HEADQUARTERS · THE EASTERN GATEWAY

Fujairah, UAE

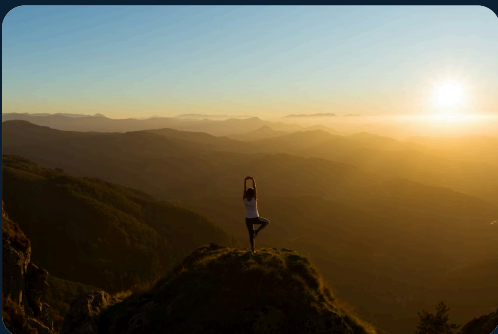
Along the ancient Al Bithnah trails where desert, mountain and ocean meet: biofeedback clinic, equine heart coherence, mountain grounding, sound meditation, ELDOA and diving, all year round.



HEART MOUNTAIN DOUBLE DIAMOND RANCH

Wyoming, USA

Thousands of acres at about 5,200 ft in Sheridan: organic Angus, equine co-regulation, altitude wellness, regenerative farming tours and wilderness retreats.



WITH GOLDFIELDS GLOBAL

Canadian Rockies

Alpine hiking, wilderness immersion and corporate team resilience retreats with biofeedback monitoring.

EXPANDING HORIZONS

Programmes in development in **India** (yoga, meditation and biofeedback), **Costa Rica** (rainforest and hot springs) and the **Philippines** (ocean wellness and marine conservation).

The people *behind* Blue Oasis

Pioneers in environmental architecture and biological optimisation, and the coaches you work with one-to-one.



Dayna Hale

FOUNDER & CEO

The visionary behind Blue Oasis Life, creating sanctuaries of holistic wellness and executive renewal.



Marvin Boyd

**CO-FOUNDER ·
PARTNERSHIPS &
BUSINESS
DEVELOPMENT**

Leads our partnerships and global business development across North America and the GCC.

YOUR COACHES



Cesar Rueda

BIOFEEDBACK SPECIALIST

Cesar is a compassionate biofeedback practitioner and ABAT-certified autism specialist dedicated to supporting emotional regulation, sensory balance, and meaningful daily-life skills.



Darrin Krizel

INTEGRATIVE HEALING COACH

Darrin specializes in holistic life design, blending mindset coaching with somatic therapies for complete transformation.



Maria Luiza Knoblauch

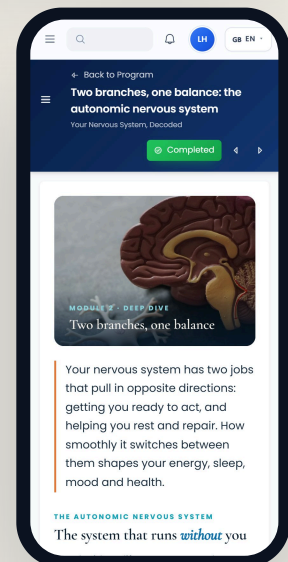
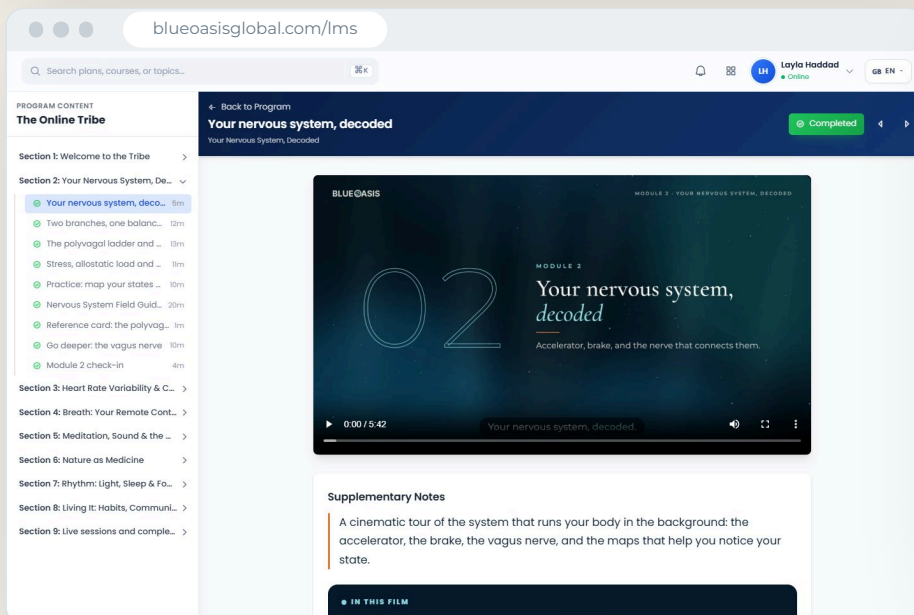
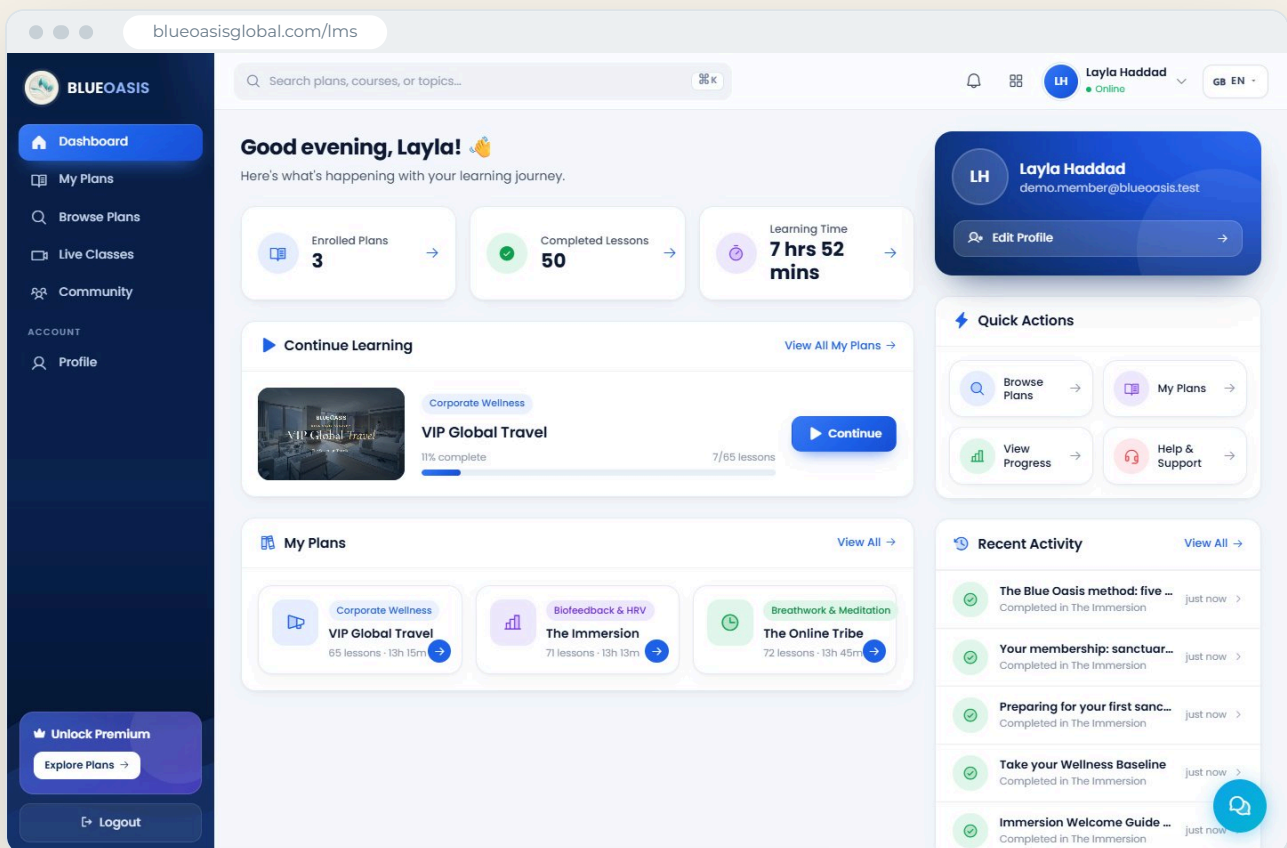
**EQUINE-ASSISTED LEADERSHIP &
SOFT POWER COACH**

A Vision Coach, artist and legacy strategist in the UAE for over 13 years, Maria guides leaders through equine-assisted, soft-power and legacy work.

Book a session: a 20-minute discovery call is \$49; private consultations with each coach are available through the Rosetta booking calendar at blueoasisglobal.com/rosetta.

Your sanctuary on *every* screen

Every membership includes Blue Oasis Academy: structured programmes with guided videos, workbooks, quizzes and live sessions, with your progress tracked on any device.



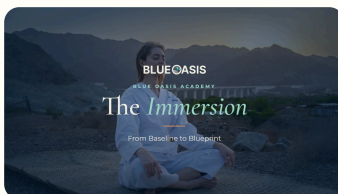
Learn it, *live it*, share it



The Online Tribe

Foundations of Coherent Living

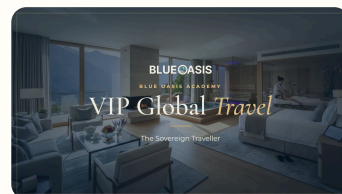
8 modules · 69 lessons · 8 videos · 8 workbooks



The Immersion

From Baseline to Blueprint

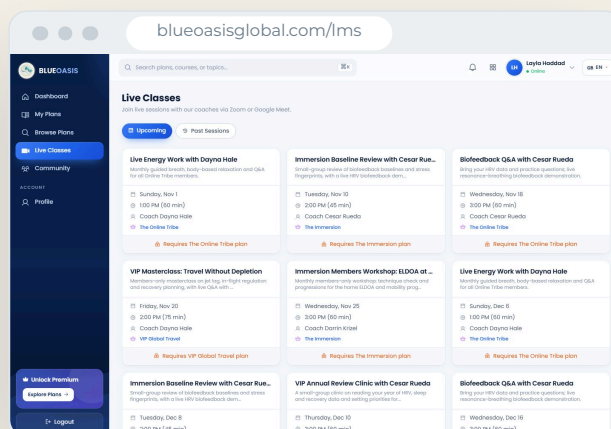
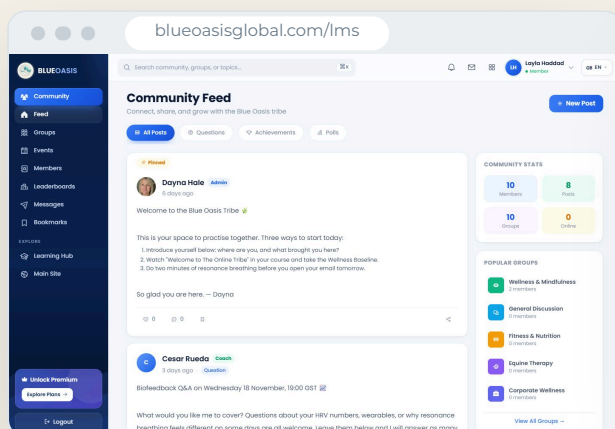
8 modules · 68 lessons · 8 videos · 8 workbooks



VIP Global Travel

The Sovereign Traveller

8 modules · 62 lessons · 8 videos · 8 workbooks



Heart rate variability

Breathwork

Polyvagal theory

Sleep & circadian rhythm

ELDOA & fascia

Equine coherence

Gut-brain

nutrition

Jet lag

Recovery

Written with the Blue Oasis practitioners and grounded in peer-reviewed research, with sources linked in every module. Live energy work with Dayna Hale and a biofeedback Q&A with Cesar Rueda run every month.

Choose your *path*

Three ways to belong to Blue Oasis, from anywhere in the world to a concierge who handles everything. Every membership includes Blue Oasis Academy. Prices in US dollars.

The Online Tribe

\$8

PER MONTH

Your digital gateway to the Blue Oasis method: the Academy course, the on-demand library, monthly live sessions and a worldwide community.

- On-demand library & course
- Private community
- Monthly live sessions
- 7-day free trial

MOST POPULAR

The Immersion

\$80

PER MONTH

Everything in The Online Tribe, plus weekend access to the Fujairah sanctuary, biofeedback monitoring and a private coach every month.

- All of The Online Tribe
- Biofeedback monitoring
- Sanctuary venue access
- Monthly 1-on-1 coaching

VIP Global Travel

\$10,000

PER YEAR

Wellness without compromise: a dedicated concierge coordinates an annual retreat, full biofeedback analysis and private sessions across three sanctuaries.

- Dedicated concierge
- Full biofeedback analysis
- Annual luxury retreat
- Private equine coherence

What members work towards

- **Calmer days:** tools to come back down from stress quickly, anywhere.
- **Measured progress:** HRV and coherence tracked against your own baseline.
- **Deeper sleep:** a steadier rhythm of light, sleep and food.
- **Belonging:** a community and coaches who know your story.



Not sure which path?

The free ten-minute Wellness Assessment recommends the plan and programme that fit you: blueoasisglobal.com/wellness-assessment



BEGIN YOUR RESET

Your oasis is *waiting*



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