

MEMBERSHIP · MOST POPULAR

The *Immersion*

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

\$80 PER MONTH

ABOUT 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.

THE MEMBERSHIP

What you *get*

The Immersion is the complete Blue Oasis lifestyle membership. You measure your baseline, spend time at the sanctuary in the Hajar Mountains, work one-to-one with the coach of your choice every month, and turn it all into a personal Wellness Blueprint.

SANCTUARY ACCESS

Weekend access to the Fujairah sanctuary: meditation spaces, yoga studios, gardens, trails and the organic café.

BIOFEEDBACK MONITORING

A clinical baseline and regular measurements, so you can see your nervous system change.

MONTHLY 1-ON-1

One 60-minute private session a month with Dayna Hale, Cesar Rueda or Darrin Krizel.

PRIORITY BOOKING

72-hour early access to retreats, workshops and events.

RETREAT SAVINGS

15% off multi-day retreats and immersive experiences.

MEMBERS' EVENTS

Monthly members-only gatherings and workshops, plus a welcome kit.

Who it is for

- UAE residents and frequent visitors to the region
- Anyone who wants measurable change, not only relaxation
- People recovering from burnout or long periods of stress

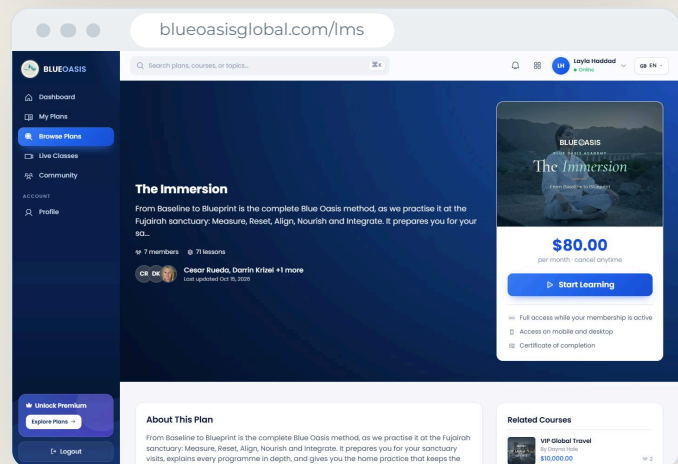
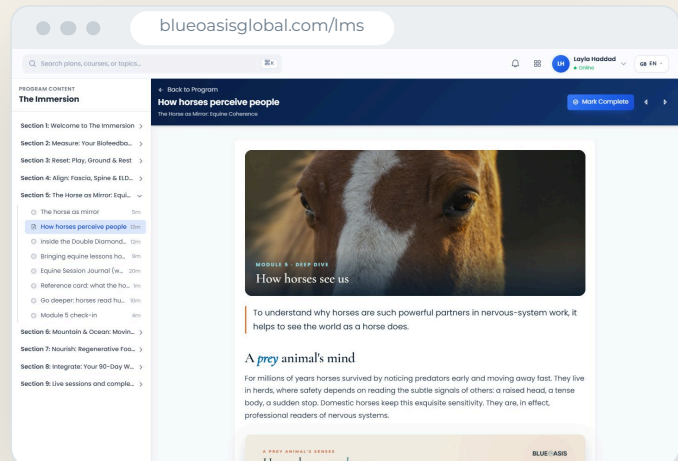
How it works

- 01 Measure.** A biofeedback baseline and a clear starting point.
- 02 Experience.** Reset, align and nourish at the sanctuary.
- 03 Integrate.** Your Blueprint and monthly coaching keep you moving.

From Baseline to Blueprint

Your membership includes the **The Immersion** programme in Blue Oasis Academy: 8 modules, 68 lessons, 8 guided videos, 8 workbooks, on any device.

- 01 Welcome to The Immersion**
8 lessons
- 02 Measure: Your Biofeedback Baseline**
9 lessons
- 03 Reset: Play, Ground & Rest**
8 lessons
- 04 Align: Fascia, Spine & ELDOA**
9 lessons
- 05 The Horse as Mirror: Equine Coherence**
8 lessons
- 06 Mountain & Ocean: Moving Meditation**
9 lessons
- 07 Nourish: Regenerative Food & the Gut-Brain Axis**
8 lessons
- 08 Integrate: Your 90-Day Wellness Blueprint**
9 lessons



8

MODULES

68

LESSONS

8

GUIDED VIDEOS

8

WORKBOOKS

Written with the Blue Oasis practitioners and grounded in peer-reviewed research, with sources in every module. Progress syncs across phone and laptop.

Six signature *programmes*

Immersion members train at the sanctuary every month and book these programmes with 72-hour priority and 15% off multi-day retreats.



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.



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.



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.



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.

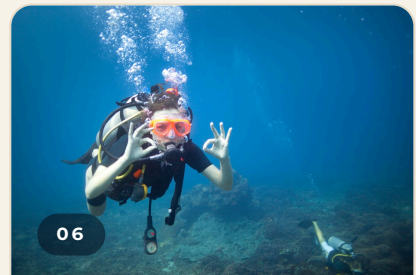


05

CIRCADIAN RECOVERY & SLEEP RESET

Flight Crew

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



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.

Programmes run at the Fujairah sanctuary unless stated. Ocean Diving is delivered with our partner APEX Divers UAE. See the full brochure for each programme in detail.

What members *work towards*

- A measured biofeedback baseline and monthly progress
- Time in nature with equine coherence, ELDOA and deep rest
- A personal 90-day Wellness Blueprint
- A home toolkit that keeps the sanctuary in your week

Compare the memberships

INCLUDED	THE ONLINE TRIBE \$8 / month	THE IMMERSION \$80 / month	VIP GLOBAL TRAVEL \$10,000 / year
On-demand course & video library	✓	✓	✓
Monthly live energy work & Q&A	✓	✓	✓
Private online community	✓	✓	✓
Sanctuary venue access, Fujairah	—	✓	✓
Biofeedback monitoring	—	✓	Full analysis
Private coaching	—	1 / month	Concierge-led
Priority booking & retreat savings	—	15%	Up to 25%
Annual luxury retreat included	—	—	✓
Private equine heart coherence	—	—	✓
Dedicated wellness concierge	—	—	✓



Begin today

Scan to see the full plan and join, or speak with us: +971 55 326 2099 ·
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Instagram @blue.oasis.global · Facebook

Prices in US dollars. Benefits as described on blueoasisglobal.com at the time of printing and may change. Wellness programmes complement, and do not replace, medical care.