

MEMBERSHIP · ANYWHERE IN THE WORLD

The Online *Tribe*

Learn to read and steer your nervous system, practise a little every day, and belong to a worldwide community.

\$8 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 Online Tribe brings the Blue Oasis method to wherever you are. It is built for busy people who want calm, energy and better sleep without a retreat in the diary: short daily practices, clear science and real people to practise with.

ON-DEMAND LIBRARY

Guided meditations, breathwork, yoga and wellness workshops, whenever you need them.

FOUNDATIONS COURSE

Eight modules: nervous system, HRV, breath, meditation, nature, rhythm and habits.

MONTHLY LIVE SESSIONS

Live energy work with Dayna Hale and a biofeedback Q&A with Cesar Rueda.

PRIVATE COMMUNITY

Groups, events and challenges with members worldwide.

NEW CONTENT WEEKLY

Fresh meditations, articles and resources every week.

ANY DEVICE

Phone, tablet or laptop; download workbooks for offline use.

Who it is for

- Professionals who want calmer, more focused days
- Anyone starting a wellness practice from home
- Members abroad who want to stay close to Blue Oasis

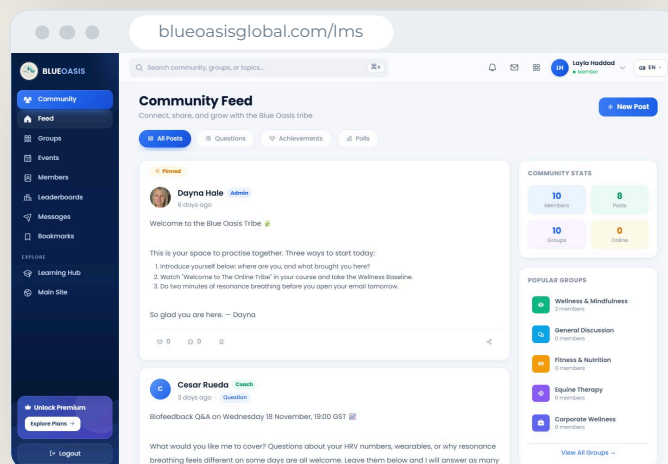
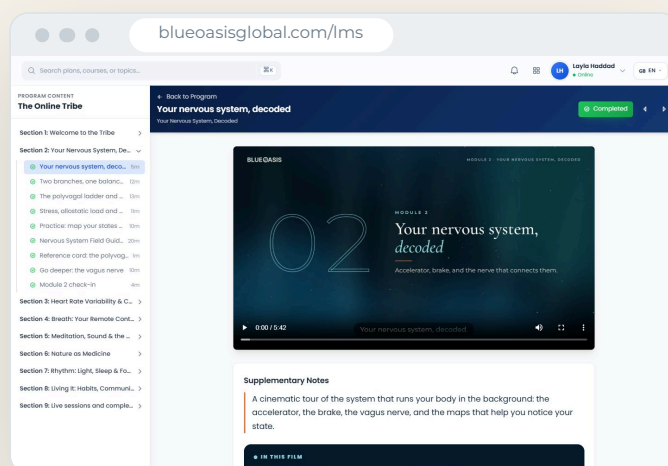
How it works

- 01 **Join.** Start with a 7-day free trial and cancel any time.
- 02 **Learn.** Follow the six-module Foundations course at your own pace.
- 03 **Belong.** Join the live sessions and the community every month.

Foundations of Coherent Living

Your membership includes the **The Online Tribe** programme in Blue Oasis Academy: 8 modules, 69 lessons, 8 guided videos, 8 workbooks and 2 live sessions, on any device.

- 01 Welcome to the Tribe**
8 lessons
- 02 Your Nervous System, Decoded**
9 lessons
- 03 Heart Rate Variability & Coherence**
9 lessons
- 04 Breath: Your Remote Control**
8 lessons
- 05 Meditation, Sound & the Quiet Mind**
9 lessons
- 06 Nature as Medicine**
9 lessons
- 07 Rhythm: Light, Sleep & Food**
9 lessons
- 08 Living It: Habits, Community & Your 30-Day Plan**
8 lessons



8

MODULES

69

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*

When you are ready to experience Blue Oasis in person, every programme can be booked as a single session, a day or an immersion, and the Academy course prepares you for each one.

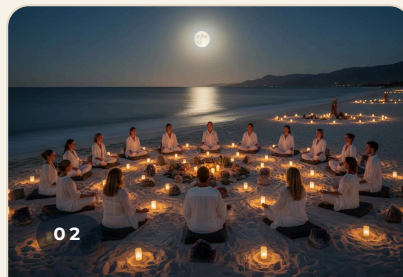


01

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.

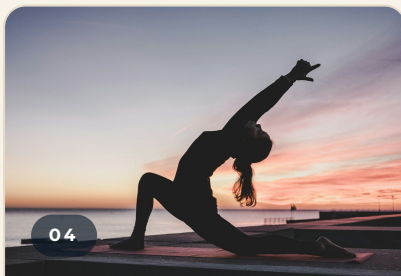


03

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.

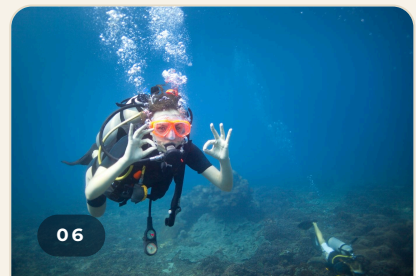


05

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 two-minute breath reset you can use anywhere
- A steadier daily rhythm of light, sleep and food
- A personal ten-minute practice that sticks
- Understanding of your own HRV and stress signals

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.