

AMWAJ islander

ISSUE 137
MARCH 2022



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Letter from the Editor

Dear Islanders,

We are back this month with a jam-packed issue; full of updates, events and offers for all of our islanders this March.

We sat down with one of our inspirational residents, known as Nourished by Arwa. Both a Holistic health coach and yoga teacher, she had some amazing advice for us, which we shared with you all on page 3.

Last month, The Lagoon hosted The Art Gathering 2022 exhibition in support of the creative arts, turn to page 4 to find out more.

The ART Hotel & Resort is also back this month with some great offers for you, don't miss out on them, find out more on page 5.

This month we celebrate women, for their individuality, inspiration and hard work. Happy International Women's Day and happy Mother's Day to all our lovely ladies.

On a final note, we would like to remind our dear residents to follow the AIA Instagram page - @amwajassociation and the Amwaj Islands Instagram @amwaj_islands for up-to-date information as it becomes available.

Sincerely,

The Amwaj Team



Nourished by Arwa

Tell us a little bit about yourself. My name is Arwa Alyusuf, I'm from Saudi Arabia living in Bahrain since 2012 and I love calling it my home. I'm very passionate about alternative healing practices, using nature and the wisdom of your body to enhance health and quality of life. Some of my favorite activities apart from yoga are walking in nature, planting, and experimenting in the kitchen, especially recreating recipes into healthier versions!

How did your journey with holistic health start? I could say that my journey with holistic health started in my teenage years. My father used to slide articles under my bedroom door that all had to do with nutrition; how certain foods can help your brain function, improve your skin tone, or ease physical pain and it all fascinated me. So, I pursued my Bachelor of Science in human nutrition. After working as a nutritionist for several years I realized there was a missing link; health is not just a diet, it's a combination of mind, body, and spirit. This holistic view of health was made clearer through my practice of yoga, which combined all three elements of health so beautifully. I then completed my yoga teacher's training and certification in holistic health coaching, now I combine all three teachings to help guide clients towards their health goals.

What do you like to focus on; nutrition wise? When it comes to nutrition, I always focus more on what we could be eating to enhance our life as opposed to what we shouldn't be eating. My aim is to develop mindful eating habits, this includes tapping into what the body is feeling to understand what its needs. This way, we work with the body instead of against it. Mindful eating also involves building a healthy relationship with food where guilt, shame, and strict food rules are removed and replaced with a sense of gratitude, pleasure, and satisfaction.

If you could give one nutritional advice to



us, what would it be? My basic, yet most important nutritional advice for anyone would be, to go back to nature. By that, I mean more whole foods. Our body is made from the same organic elements found in nature, the simpler and more natural our foods are, the more health benefits we receive from our meals.

What is your favorite recipe / ingredient to use in cooking? My key ingredient when cooking something sweet is date syrup. It is fresh, local, and loaded with nutrients. I use it to substitute sugar, maple syrup, or honey in recipes. As for savory dishes, the star ingredient is bone broth. What is special about bone broth is the proteins and minerals in it are bioavailable. Meaning they don't have to go through the digestive process, they are directly absorbed into our bloodstream providing us with an instant shot of fuel and nourishment. I use it to replace water when making soups, stews, and curries. It also works great as a marinade or as a base for sauces, and gravies.

What kind of yoga do you teach? I teach a combination of Hatha/Vinyasa. The style includes flowing through different postures in rhythm with the breath and holding certain postures for longer to get a deeper stretch on focused muscles. I also include some restorative or power yoga classes depending on the client and their needs.

How can people get in touch with you? You can follow me on Instagram [@nourished.with.arwa](#) or Whatsapp [34143355](#) for more information and booking sessions.

Anything else you would like to add? I have a private yoga studio here in Amwaj for personal and private group classes, I also do home visits and online yoga classes for those who would like to stay in. Bookings for both nutrition consultation and/or yoga courses can be booked through Whatsapp and Instagram.



The Art Gathering 2022

The Art Gathering 2022 was held last month in The Lagoon, Amwaj Islands, under the patronage of Shura Council member, H.E. Mr. Redha Al-Faraj. The exhibition, which featured over 40 artists, is held to encourage budding artists to be featured alongside experienced artists, and is the second one to be held in the Kingdom of Bahrain.

The Art Gathering exhibition is led and organized by three esteemed artists; Ali Fardan, Badr Al-Aali and Feryal Isshaq and was initially planned to be an annual art exhibition. The first exhibition was launched in February 2020 in the Al-Ayam newspaper building, where approximately 20 artists participated. Unfortunately, the global pandemic prohibited the exhibition from being held in 2021.



After joining a Touch of Arts workshop held at The Lagoon, Amwaj Islands, artist and organizer Feryal Isshaq discovered The Creative Cube art gallery and was fascinated by the space, and is planning to organize more exhibitions at The Creative Cube in the future in coordination with the supportive management of The Lagoon.

Feryal Isshaq describes her art as Bahraini folk art with focus on the characters in a Khayyami style. She owns a stand in Bab Al-Bahrain mall, where she displays her art and art products.

Some of the featured artists in The Art Gathering Exhibition this year included, Mohsen Attaitoon, Ibraheem Shareef, Ali Ahmadi, Aqeel Arrassam, Dr. Zainab Suwar, Adel Athawwadi, Fatema Al-Hayki, Ali Fardan, Badr Ala'ali and Feryal Isshaq.



March 2022

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ST PATRICK'S DAY AT CHOICES RESTAURANT AND TERRACE. Celebrate St Patrick's Day with an indulgent Irish-themed brunch at The ART Hotel & Resort. Grab your friends and enjoy live musical entertainment by The Angels Duo, 12.30-4pm. BD26 net per person, BD36 net inclusive of alcoholic beverages. **For bookings, contact fb.art@theart.bh or 16000111.**

19

MOTHER'S DAY BRUNCH AT ROSSO RESTAURANT & TERRACE. Treat your mum to a delicious Italian-themed buffet brunch at The ART Hotel & Resort, coupled with sweet tunes by The Angels Duo and special giveaways in collaboration with L'occitane, 12.30-4pm. BD26 net per person, BD36 net inclusive of alcoholic beverages. **For bookings, contact fb.art@theart.bh or 16000111.**

17-19

ST PATRICK'S DAY AT BENNIGANS. Join us at Bennigan's, Gulf Suites Hotel and enjoy our special A La Carte Menu this St. Patrick's Day. Come and indulge yourself with these appetizing dishes, refreshing drinks, games and live music. **Reserve your tables now, call 17813750.**

Fridays

BUDGET FRIENDLY BRUNCH AT YA HALA ROOFTOP LOUNGE. Enjoy a buffet brunch featuring a variety of international dishes, carvery counter and live counters with live entertainment and kids' corner, 12.30-3.30pm. BD 11 net with unlimited soft beverages, BD 18 net with unlimited selected beverages. **Book your table now, call +973 13600111 or email: fnb@ramada-manama-amwaj.com**

KÄV Club Lounge

KÄV is the newest experience now open in Amwaj Islands; a Lebanese club lounge that offers a unique space coupled with premium experience in a classy and fun ambiance.

The KÄV interior was inspired by a cave wine cellar and offers an extensive food and beverage menu that includes bespoke cocktails, specifically their speciality Beirut cocktail (it has a surprising delicious strawberry whisky base). The food menu is international and includes freshly made sushi.

In addition to the delicious food and beverages on offer, KÄV has outstanding weekly performances, from Sunday to Saturday ranging

from fusion nights to pure Lebanese. Previously, KÄV has exclusively hosted many well-known artists and bands such as Mohamed Noor (Egypt), Harget Kart (Jordan), Walid Al Massih (Lebanon), Katry (Belarus) and Tamar (UK). The house special show is always organized by partner company, Ashy Bannani W.L.L.

Located in The ART Hotel & Resort, KÄV opened its doors on 11.11.2021 at 11:11 pm to be commemorated by a memorable date. Owner and entrepreneur, Mohamed Saab, believes Amwaj to be the perfect location for a Mediterranean club lounge. He realized there was a need in the market for somewhere that provides the KÄV vibes, away from the traffic jams and limited parking spaces known to other areas of Bahrain on the weekends. Born in Switzerland, the Lebanese entrepreneur combined his education in financial and economic analysis with his love for life and partying, into the



creation of what we know as KÄV.

To find out more, follow KÄV on Instagram @kav.bahrain for up-to-date exciting offers and events every week. For table reservations, call 38282282.



COVID-19 (Coronavirus) Safety Precautions

For the safety of you and your loved ones, please try to practice self-quarantine whenever possible. Should you have any questions, or if you suspect you have symptoms of Coronavirus, please call 444.

The Kingdom of Bahrain have launched the 'Be Aware' app, which aims to

support efforts to contain the Coronavirus (COVID-19) by advancing contact tracing efforts, and raising awareness of active cases within the Kingdom, and maintain accurate figures provided by the Ministry of Health. Please download the app, free of charge, for both iOS and Android from apps.bahrain.bh

AMWAJ NOTICE BOARD

The Amwaj Security and Maintenance team 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 Pest Control on 1781 1233. 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.

SAFETY & SECURITY



Security Solutions W.L.L. company are responsible for all safety and security around the islands. Security Solutions have developed a respectable reputation in the field of security, and the management looks forward to the improvement of security of the common areas around the islands.

**Telephone / Whatsapp:
77996666**



IMPORTANT HOMEOWNERS ANNOUNCEMENT

We are currently in the process of updating our homeowners database. Please send us your email and mobile number where you are most easily reachable so we can ensure you receive all information and updates.

Email us on homeowners@amwaj.bh



KEY

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


Amwaj Islands
 Central Owners Association


 AMWAJ ISLANDS

Directory



Amwaj Islands' Security

Working Hours: 24 hrs
Tel/Whatsapp: 77 99 6666

Amwaj Islands Main Office

Working hours: 8am – 5pm,
Sunday - Thursday
Location: Meritas House
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

Gulf Suites Hotel

T 16 030 001

Ramada Hotel and Suites by Wyndham Amwaj Islands

T 13 600 111

The Dragon Beach Hotel & Resort

T 16 031 111

The Grove Hotel

T 16 030 303

The Grove Resort

T 16 000 022

The Sea Loft Boutique Chalets

T 16 033 833

Amwaj Outlets

Alforsa Real Estate, Reef Tower, Amwaj Waves

T 38 821 400

Al Osra Supermarket

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

Balance Fitness & Dance Studio

M 34 688 880

Bavaria Motors

T 16 010 737

Bennigan's

T 16 030 104 / 05

Black & White Laundry

T 17 532 268
M 36 308 889

Carlton Real Estate, Zawia 3

T 16 006 000

Life Element Inc. Psychology Clinic

T 16 030 527

Guinness Smokehouse and Lounge

M 33 180 001

Jet Pet Global

Pet Relocation & Transport
M 37 106 986

Lantern's Restaurant

T 77 770 055

La Blanche Salon, Amwaj Waves

T 16 006 060

Maya Beach Resort & Fitness, Meena 7

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

My Cuddle Buddy

Pet sitting & Dog Walking
M 36 464 586

Park & Shop Supermarket, Zawia 2

T 77 115 121

Pet Arabia

T 16 010 501

ScubaLife

T 17 003 636
M 66 753 636

Sea Star Marine

T 16 034 487
M 37775711

Smart Boating Center

T 17 003 838

Solymer Beach

T 17 221 166
M 35 094 777

Speed Rent a Car

T 16 010 131

Universal Music

T 16 010 491

Yara Beauty Lounge, Zawia 1

T 16 010 999

24-Hours Supermarket, NOC

T 16 034 498

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 Pet Services to Amwaj

Dr Mohammed Hussain

T 17 292 125

Fur and Feathers Pet Sitting, Transfer and Relocation

M 36 464 586
E contact@jetpetglobal.com

House Veterinary Center

T 17 200 075
M 33 994 709
(Emergency) 33 094 999

Pet Land

T 13 107 474
M 33 311 122

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

Customised Services

M 38 816 065
stefan@customisedservicespc.com

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 39 767 977

IT Home Services

TechnoServ

M 39 609 876

Cargo Services

Baz Cargo Services

T 17 771 132

Gulf Agency Co. Bahrain W.L.L. (GAC)

T 17 339 777

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 Muharraq

T 77 911 116

The Avenues Bahrain

T 17 151 060