

AMWAJ  
*islander*

ISSUE 140  
JUNE 2022





## Letter from the Editor

Dear Islanders,

We are halfway through 2022 and looking forward to enjoying the summer!

The AIA AGM 2022 was initially scheduled to be held on Saturday, May 28th but has been postponed until Saturday, June 4th at 3pm, virtually. Owners still have a chance to register to vote and attend by settling all outstanding dues by Thursday, June 2nd. For more information on how to register to attend the meeting, please turn to page 4 for the QR code or use the link <https://gtmeet.bh/aia-agm-2022>

We also had an exciting talk with Tai Chi and Ki Trainer Teodor Ardeleanu who gave us insight on

the wonderful effects of the practise on life as well as mental health. Find out more on page 3.

We would like to remind our dear owners and residents that we will be posting up-to-date information on the AIA AGM 2022 on Instagram as they become available. To stay posted, please follow the AIA Instagram page - @amwajassociation and the Amwaj Islands page - @amwaj\_islands

Sincerely,

*The Amwaj Team*

WANT TO BE FEATURED IN  
OUR MEET YOUR  
**NEIGHBORS**  
SECTION?



EMAIL  
**NEWSLETTER@AMWAJ.BH**

Follow us on social media for  
up-to-date news, updates  
and special offers around the  
Islands.



@Amwaj Islands



@Amwaj\_Islands



@AmwajIslands



@Amwajassociation



## 60 Seconds With...

### Teodor Ardeleanu

**Tell us a little bit about Tai Chi.** Tai Chi is more than just a martial art; it is a way of life that takes a unique approach to problem-solving. When we achieve detachment, we realize Tai Chi fosters inner peace in a world dominated by the 'rapid pace', which allows us to become observers of our universe. Life's fundamental currencies are time and energy, not gold or money, slowing down is the only way to regain control over our decisions, otherwise we will become slaves to our habits.

**What is different about Ki Train?** The Ki Train Method consists of a variety of exercises ranging in difficulty from easy to challenging. Start small, focusing on one aspect of your life at a time, and gradually expand to other areas until you are living the life you deserve and desire. We can't accomplish anything if we're exhausted or can't maintain our focus. Ki Train is about reclaiming the energy to achieve one's dreams by choosing the path to health. We use our bodies to deal with mental and emotional issues, I encourage everyone to attend a one-hour session to find inner harmony through simple bodywork.

**How did your Tai Chi journey start?** I've spent my entire life practicing martial arts. My life took me to Bahrain for a reason, in 2008, I was living in a building across the street from a Tai Chi studio, where I decided to continue my Aikido practice. I was completely enthralled by the sense of inner peace and serenity that I was experiencing after only 30 minutes of Tai Chi practice, without even



realizing why. I made the decision to add Tai Chi into my daily routine. In 2016, I decided to commit my entire life to self-healing and wellbeing in order to assist others in improving their lives. I published two books available on Amazon and in Bahrain (available with home delivery). I published *The Ki Train Method* in February 2021, and *Tai Chi: The Path Towards Self-Healing* in February 2022.

**What are the benefits of Tai Chi and specifically Ki Train?** Inner peace, balanced health, increased mental focus and excellent levels of energy.

**Who can join your classes? What are the requirements?**  
**Where and when do you hold classes?** Anyone is welcome to join our regular early morning lessons. On Mondays and Wednesdays, you can find us at The Lagoon, from 6.30-7.30am for Tai Chi and Qi Gong. On Tuesdays, we practice Sunrise Qi Gong, where we begin 10 minutes before the official sunrise timing, barefoot in the sea for an hour. Even though it is very early for some, no one has yet expressed remorse for waking up early for this; as their entire day improves. The Ki Train Method is also used in our workshops and retreat programs. Private lessons are also available.

**How can people get in touch with you?** You can find out more about training on our website [www.kitrain.com](http://www.kitrain.com) or on Instagram @kitraining, I can also be contacted by email on [teo@kitrain.com](mailto:teo@kitrain.com) or phone 36242230.

**Anything else you would like add?** If you truly desire anything in your life, you must think, feel, and act in that way on a regular basis. The Ki Train Method aims to help people in reaching their life goals through repetition. Daily practice helps us reset our energy levels by temporarily removing the stress triggers. I strongly encourage everyone to give it a try.





تنويه لجميع الملاك في جزر امواج  
Attention Amwaj Islands Property Owners

نحيطكم علماً بأنه تم تأجيل اجتماع الجمعية العمومية لإتحاد  
ملاك جزر أمواج المركزي الى ٤ يونيو ٢٠٢٢ الساعة ٣  
مساءً

Please note that the AGM has been postponed.  
The new AGM is scheduled on June 4<sup>th</sup>, 2022 at

تنويه لجميع الملاك في جزر امواج  
Attention Amwaj Islands Property Owners

سجل حضورك لاجتماع اتحاد ملاك جزر أمواج المركزي عن طريق  
ال QR كود ادناه أو الضغط على الرابط

Register to the AGM by clicking the link or scanning the QR code below



<https://gtmeet.bh/aia-agm-2022>

للاستفسار For enquiries

+973 1655 6600 amwajislands@cbre.com

مملكة البحرين  
مؤسسة التنظيم العقاري  
Real Estate Regulatory Authority



# June 2022

## 10-12

**FILIPINO FEST AT CITRUS ALL DAY DINING.** On the occasion of the 124th Philippines Independence Day, we are glad to announce that we will be hosting a 3-day celebration where guests can experience Pinoy culture with delicious food and lively atmosphere. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Thursdays

**UNLIMITED BBQ NIGHTS AT YA HALA ROOFTOP LOUNGE.** Savor all things barbequed and grilled to perfection including a wide variety of meat, seafood, chicken and vegetables, in addition to side dishes and desserts while enjoying relaxing sea views every Thursday, 7.30pm-11pm. BD 14 net per person including unlimited BBQ & soft drinks. BD25 net per person including unlimited BBQ & selected beverages. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Fridays

**BUDGET-FRIENDLY BRUNCH AT CITRUS ALL DAY DINING.** Enjoy a buffet brunch featuring a variety of international dishes, carvery counter and live counters. With live entertainment and kids' corner, 12.30pm-3.30pm. BD 11 net with unlimited soft beverages. BD18 net with unlimited selected beverages. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Sundays to Wednesdays

**MOMS' BREAKFAST AT CITRUS ALL DAY DINING.** Moms can now enjoy a delicious buffet breakfast and start the day right, BD 5 net per person, 7-11am. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Tuesdays

**LADIES NIGHT AT YA HALA ROOFTOP LOUNGE.** Our lady guests get to enjoy a special promotion of BD2 only including one cup of tea or fresh juice frappe and a special treat on the house, 5:00pm-11:00pm. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Everyday

**1+1 HAPPY HOUR AT YA HALA ROOFTOP LOUNGE.** Watch the sunset and unwind with a cold beverage after a long day, 5-7pm. **Book your table now, call us on: +973 66390498 or email: [fnb@ramada-manama-amwaj.com](mailto:fnb@ramada-manama-amwaj.com)**

## Everyday

**DAY PASS TICKETS AT THE GROVE RESORT.** Enjoy a full day at The Grove Resort with your family and loved ones filled with beach side, 8am-6pm. Breakfast is included BD15 for adults and BD10 for kids (7-11am). You also receive 20% discount in Toledo Café & Restaurant, Delmar cafe / La Vista Restaurant (for non-smokers) and La Playa Pool Bar for fresh juices, hot and cold beverages (non-alcoholic). For reservations or more information, contact 32125555/32135555/16000022.





## Coronavirus (COVID-19) Safety Precautions and Updates

As per the instructions of The National Medical Taskforce, the Kingdom's COVID-19 Alert Level Traffic Light System will be suspended until further notice.

Mask-wearing is now optional in both indoor and outdoor areas in accordance to precautionary guidelines.

Wearing masks is important and encouraged when in the company of high-risk individuals, such as the elderly and those with chronic conditions.

For up-to-date information on COVID-19 safety precautions and guidelines, please visit [www.healthalert.gov.bh](http://www.healthalert.gov.bh) or Instagram on @mohbahrain

## 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](mailto: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](mailto:info@amwaj.bh)  
W [www.amwaj.bh](http://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](mailto: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](mailto: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