



EXPAND & EVOLVE

GROUND . CONNECT . FLOW

HE expands & evolves

CONSCIOUS MASCULINITY RETREAT

December 4th – 9th 2022



“He who knows others is wise ..
He who knows himself is awakened”

DECEMBER

4th – 9th 2022

UAE

HE expands & evolves

Conscious Masculinity Retreat

Workshops for like-minded men who are on their journeys to become the better versions of themselves, coming together to **expand** their capacity for compassion, connection, & creativity and to **evolve** their collective consciousness.

Ecstatic Music Concert

to celebrate the work done in the 5-days retreat, and to celebrate life with people out of the retreat, with highly vibrational-elevating music, arts & enriching-experiences.

After Retreat
MUSIC CONCERT

VISION

To create and cultivate a safe, sacred space for growth-minded, open-hearted men to come together to ground, to connect, to flow and to witness, support, and encourage one another.

We intend to guide the men to **expand** and **evolve** through a variety of existence-enriching exercises, vitality-elevating modalities, and soul-empowering workshops led by exceptionally experienced facilitators.



Retreat Ingredients - To allow men to expand & evolve:

A consciously curated itinerary consisting of workshops, group movements, ceremonies, and reflection time.

EXPAND



Expand & evolve through a consciously curated itinerary consisting of group movement, workshops, ceremonies, and reflection time.

CONNECT



Vulnerably share and attentively listen to one another's stories with open hearts and non-judgment.

DEVELOP



Develop deeper connections with one another via authentic relating techniques and sharing circles within a private and safe setting.

BE SEEN



Be fully acknowledged, accepted, and appreciated as their unique, authentic selves, allowing them to feel truly seen, respected, & loved.

REFLECT



Break down limiting-beliefs about themselves and the world, replacing them with empowering perspectives of possibility, growth & abundance.

BE PRESENT



Immerse themselves within the activities and one another's presence, rather than getting lost in or distracted by their electronic devices.

Retreat Ingredients - To allow men to expand & evolve:

A consciously curated itinerary consisting of workshops, group movements, ceremonies, and reflection time.

PRACTICE



Observe a collective 24-hour "phone-fast" to reduce dependency on their devices and practice living more powerfully fully in the present moment

ACHIEVE



Devote space & time for daily journaling/reflecting so they can chronicle their experiences, emotions, questions, breakthroughs, and growth.

OPTIMIZE



Maintain morning & evening routines to optimize their energy levels and enhance enjoyment of their collective experience.

DISCOVER



Discover the dynamics of both masculine and feminine energies and learn to harmonize them within their unique expression of the divine

RECEIVE



Receive on-going accountability & support post-retreat via monthly men's circle calls to help integrate their expansion & evolution into their daily life.

IMPLEMENT



Implement compassionate self-care practices to repair & strengthen their relationship with themselves, and—by extension—those around them.

ADDITIONAL DETAILS



How many attendees?

30 men



Location:

The Beach Hotel & Resort Umm Al Quwain (UAE).

This beautiful beachfront resort is located amidst tropical gardens and palm trees, with impressive views of the Gulf Sea.

(50 min drive from Dubai International Airport)





What activities will be included?

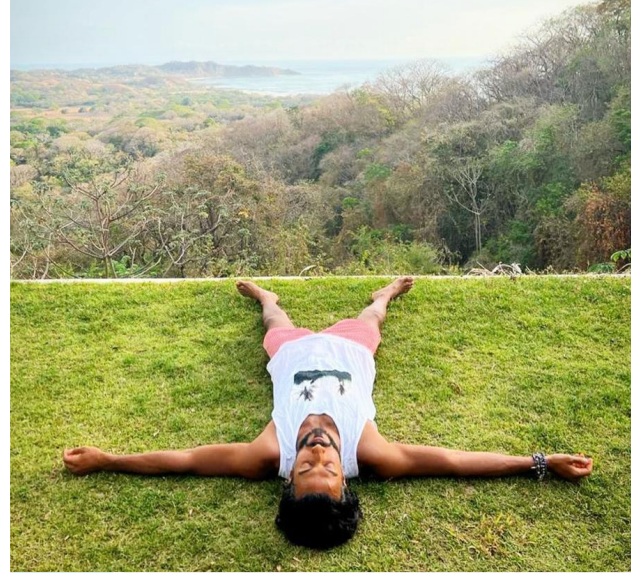
- Sunrise Yoga & Morning Meditation
- Group Movement, Breathwork, & Ice Baths.
- Variety of Workshops led by World Class Facilitators
- Daily Reflection/Journaling
- Evenings of Connection: Playfulness & Flow w/ Music & Dance.
- Full Moon Ceremony.
- Nutritious Meals - Breakfast, Lunch, & Dinner will be provided each day (Dietary Restrictions will be considered)



The Core of the Conscious Masculinity 5-Days Retreat:

The Facilitators for this retreat represent a rich diversity of backgrounds and expertise and were selected to provide valuably vibe-elevating, soul-inspiring, and existence-enriching experiences.

The overall aim of this retreat is to guide the participating men to **expand** their capacity for compassion, connection, and creativity and to empower them to **evolve** into more vibrantly thriving, vital, expressive, and loving versions of themselves.



Together
We
Grow



Relationship Skills

Mens Work

FACILITATORS

Connection

Sacred Circle

Path of Remembrance



Ihsan "Eyes-In"



Mikael Finkel

Truth Integrity

Flow

Energy Mechanics

Gentleman Power

Wisdom Teachings
Holding Space

Emotional Awareness



May Britt



Rike John

Art of Surrender

Flow

Reprogramming

Consciousness

Grounding

Authentic Relating

Life Coaches



Ihsan "Eyes-In"

Ihsan, also known as Eyes In, has devoted his life to assist in the massive shift in consciousness. He calls his teachings Codes of Remembrance which help fellow seekers connect to their original soul blueprint. Currently his path is focused on working with men to guide them back to the wholeness of their being. Ihsan uses a wide range of healing modalities in his work (such as: breathwork, energy work, guided meditations, shadow work, higher self activations).



Mikael Finkel

Mikael Finkel creates transformational spaces of deep intimacy and honesty to support you in stepping into your self-love, freedom, and vibrant life. He combines simple and powerful practices of embodiment, Tantra, Conscious Touch, and Radical Honesty. He has a gentle, loving, and playful way to guide an intimate group process. His passion is to support people to embody their authentic self, to be courageous and to take full responsibility for their life.

Life Coaches



May Britt

May Britt is a multi-faceted therapist with 30 years of experience living and working within Africa, Middle East and Europe. She has been working in Personal Development and Naturopathy combining tools such as family constellation, kinesiology, Osho Therapy, Coaching, Meditation just to name a few. She has worked with hundreds of groups and thousands of individuals. Her approach is that of deep intuitive guidance creating a safe place to allow for healing and integration.



Rike John

Rike John Rike supports men and women to create the alive and joyful relationships of their dreams. As a Relationship Empowerment Coach, she works with the understanding that relationships are our greatest portal for personal evolution. With the tools of Nonviolent Communication, Authentic Relating, Internal Family Systems and Tantra, she helps people to use the triggers that relating brings as goldmines for learning and deeper connection to themselves and their partner.

BODY & HEALTH COACHES



Gregory Voronin



Ludovic



Avinash



Peji



Oisin

Body & Health Coaches



Gregory Voronin

Gregory has close to 25 years of experience in sports & fitness as he continues to train people, which is what he loves the most. He enjoys being around like-minded individuals who share the same values towards cultivating a fit lifestyle. His mission is to bring his practical experience and knowledge and share it with the community.



Ludovic Lemaire

Ludovic has been passionate about Breath from an early age. His 20+ years journey in order to qualify and compete in the famous Ironman Triathlon World Championship, have taught him what Perseverance, Determination, Consistency and Holistic health really mean. He is now among other activities, a passionate Certified Breathwork Facilitator, Kambo facilitator and a plant Medicine enthusiast.

Body & Health Coaches



Avinash

Avinash Kumar has been a yogasana practitioner for past 15 years and have explored different art forms for the self development purpose. His love for movement began in search of understanding 'what this human body is actually designed for'. His style of teaching includes a good mixture of Hatha and Gentle flow with the emphasis on building a solid foundations of strength and mobility required for you to achieve complex peripheral yoga poses to Handstand etc. He have earned his 10 years of teaching experience while working in countries like Vietnam, Hong Kong, India and currently Dubai.



Oisin

Oisin has been fascinated with body moves and physical movement education from his early age. His curiosity to explore Yoga started with his worldwide travels as a backpacker who taught himself from a book. When Oisin moved to Dubai in 2016, he witnessed the openness and friendliness of all the fitness communities. It was from there that he deepened his passion for yoga, which has led him down the path of where he is today.

Body & Health Coaches



Peji

Peji has a background in martial arts and functional fitness. A heavy focus on high-intensity activities together with lifestyle stress factors soon took a toll on his body. He discovered the power of breathwork on the nervous system which led him to train in the Wim Hof Method. He has since spread the power of Breathwork and Cold Water Thermogenesis (Ice baths) to over 500 people in Dubai as part of Energy Camp - an elite lifestyle and fitness community in Dubai.

MUSICIANS & TALENTS



Janax Pacha



Sarah the Oracle



Fadi Rifaai



Mo Sharkawi



Louay Alawam



Aldrich Alvrdo



Bea Kadri



Sandu

Musicians & Talents



Janax Pacha

Janax Pacha ‘Land of Heaven’, Gabriel Epstein, born in Argentina, is a multi-instrumentalist music producer focused on the fusion of electronic music with ethnic and tribal instruments. His travels through different cultures and his connection with shamanism is fully present and is the essence of his music. Janax Pacha is a concept. Taking you from “Mother Earth” - PACHAMAMA -to “the Land of Heaven” - JANAX PACHA - through vibration and sound creating a ritual of dance and movement to elevate the energy.



Sarah the Oracle

Sarah lives in service to the One heart. Her facilitation stems from Love, for Love, in Love, with Love. She reminds us that we are the essence of Love itself, and that the True Self resides in the Heart. Her approach to uncovering the unconditional Love that resides within, is supported by the nourishing and healing power of Mother Nature. As a certified folk herbalist, she brings forth the timeless wisdom of the Mother to converse with, and guide, the timeless nature of the Self.

Musicians & Talents



Mo Sharkawi

Mo Sharkawi has started his musical journey over two decades ago delving into multiple instruments and genres until his true passion was revealed to him when he stumbled upon the tunes of a Handpan in the streets of Prague. Through his music he aims to raise people's vibrational frequencies and connect them to their hearts and true purpose.



Bea Kadri

A singer & songwriter: a rising Pop R&B soulstress. Growing up listening to 90s Pop, R&B, and Hip-Hop, these genres laid the groundwork for Bea's own personal story-telling. Her sound focuses on a chill and sultry vibe. In 2018, Bea released her debut single "Cloud 9" which is about finding her heaven within finally pursuing her dreams as well as shedding others' opinions of her.



Louay Alawam

Louay is a talented Oud musician. He comes together with the intention to fill the space of silence within with a vibration of joy, wonder and contemplation.

Musicians & Talents



Sandu

Sandu performs Indian Tabla and percussion accompaniments with different genres of Music for more than 28 years. Garnered a lot of recognitions in regional as well as national level arts festivals. Sandu performs with renowned classical artists in India and overseas. His collaboration is not only limited to classical artists, but also with various light and contemporary artists and TV shows, Radio programs, Theatre music, Original Background Score, Films Music, Arabic Sufi Music, and other Stage Shows.



Fadi Rifaai

A Dubai based singer/ songwriter; infusing classical Arabic music with international instruments in meditative flow. In addition to his original released songs, Fadi is the lead vocalist of the western fusion cover band OKTAV and the Sufi/ Indian meditative band SOULPRINT. He was vocally trained by musical professor John Perkins, and has written hit songs like Assala Nassris "Sandou' Sghir"



Aldrich Alvrdo

Aldrich is very passionate in Dancing. As a Choreographer, he managed to win lots of award in Philipenes with his dance crew. Aldrich enjoys smooth dance moves and has started guiding 1 to 1 classes under YouSkilled Team.

GUESTS SPEAKERS



Moataz Mashal



Billy White

Motivation

Fulfilment

NLP

Human Design

Alignment

Flow

Manifestation

Life tools

Success Factors



Guests Speakers



Moataz Mashal

Moataz Meshaal is a business and life skills development strategist and owner of a series of self-development programs and events that are held in many Arab countries and train thousands of people. Moataz is an entrepreneur and co-founder of several start-ups in the field of technology, software and media, father of three wonderful children, sports are his lifestyle and football has the largest share, loves electronic games, is active on social networking sites in an effort to provide purposeful, motivational and practical content. His curiosity and love for creativity and everything new, his love for challenge and change, made him distinguished on his way to achieving his supreme goal of leaving his mark in every young man and woman who could reach them during the course of his life.



Billy White

Billy is a certified Human Design Analyst and has a life filled with varied experiences. From a physics degree, to decades long practices of meditation, yoga, and tantra, to a successful career as a sales director in the technology industry, to being a father to two grown boys, Billy has assimilated his understanding of life, and now enjoys sharing his knowledge with others, in a deep, intimate way. He has been studying Human Design for 16 years, and moved to Ibiza, Spain 10 years ago from San Francisco, California.

ORGANIZERS
E&E TEAM



Mo Murad



Fatima Asad



Nikola Jurisic



Eddy Sarkis



Bryant Huether



Maria Colleen



Organizers E&E Team



Mo Murad

Founder/Lead Guide

The founding of 'Expand and Evolve' (aka E&E) stemmed from Mo's passion for personal growth (10+ years journey), his transformative travels within 60+ countries, and his first-hand experience at a diversity of enriching events (workshops, retreats, conferences, coaching & mentorship). Throughout the last 15 years, Mo has been (and continues to be) a serial entrepreneur managing family offices in MENA as well as a social entrepreneur (founder of Hemmat Shabab) with a vision to build a better future for humanity.



Fatima Asad

Partner/Enabler

Fatima has amassed two decades of Asset Management experience while simultaneously walking the self-realization path during that span. She has been involved in hosting numerous wellness retreats and holistic healing events, and is co-founder of Niyana—a platform that connects healers and guides to users. These experiences make Fatima a valuable asset in building the foundation and fulfilling the mission of Expand & Evolve.



Nikola Jurisic

Advisory/Visionary

Nikola is a cultural transfiguration catalyst and leading global expert in building values driven systems at scale. He brings a career of experience working on culture with hundreds of organizations and systems around the world, blending more structured organization level approaches (LSE, Economist, McKinsey) with more individual and intuitive work (Ontological coach, Facilitator of Transformation and Spiritual Healer with 30+ tools). Nikola is a believer in 'Expand & Evolve' vision and continues to provide his valuable insights as he sits in the advisory board.

Organizers E&E Team



Eddy Sarkis

Finance/Manifestor

Eddy has spent 10+ years as a finance corporate controller. He is a life wonderer who found self-realization while summiting the highest mountain in Europe “Elbrus”, and has been on a path of self love and desire to gain deeper knowledge on neuroscience, taoism and philosophy to become love and to spread love. He’s excited to be part of the Expand & Evolve family and to support in fulfilling its mission.



Bryant Huether

Programmes/Thrive Guide

Bryant is a self-acceptance advocate, avid world traveller, and nature photographer. He has a passion for bringing people together, and desires to guide individuals to discover the elements, energies, and environments that best enable, empower and equip them to vibrantly thrive during their existence on Earth. He is excited to take part in co-creating Expand & Evolve’s events and other forthcoming value offerings.



Maria Colleen

Admin/Coordinator

Colleen has 10+ experience in accounting, administration, & executive assistance. She’s played a vital role in coordination of E&E stakeholders, especially this retreats communication, travels and logistics.

HE expands and evolves

VALUE OFFERING

The 5 Day Conscious Masculinity Men's Retreat Includes:

A) Programme:

A consciously curated itinerary consisting of workshops, group movements, ceremonies, and reflection time facilitated by World Class Facilitators.

B) Suites:

The Beach Hotel & Resort Umm Al Quwain (UAE). This beautiful beachfront resort is located amidst tropical gardens and palm trees, with impressive views of the Gulf Sea.

C) Full Board Food including:

Daily Breakfast, Lunch, Dinner, Coffee Breaks
(Dietary Restrictions will be considered)

The energy exchange and personal investment for this transformative opportunity is **2500 USD** per person.

We will be limiting this experience to **30 men** to ensure the sacredness, quality, and intimacy of this gathering of brothers.

To Secure Your Spot:



Send an email to info@expandandevolve.co and request to reserve your spot.



After your email has been received, you'll be provided a link to submit payment via PayPal. Pay 50% deposit (1,325 USD) to confirm your booking.



Pay the remaining 50% (1,325 USD) no later than November 5th, 2022.

📧 For inquires, please send email to info@expandandevolve.co



SPECIAL THANKS

Retreat Venue

The Beach Hotel & Resort
Umm Al Quwain

Lamasat Grahpic Desingers

Tawfik & Zaher Alaghbri

Website Development

MCS Marketing, Aayush

Social Media

Gabby Khaled

IT Support

Alhassan Alsaqqaf

E&E Team & Facilitators are looking forward to welcoming You at the 5-days 'Conscious Masculinity Retreat' from December 4th - 9th, for a vibe-elevating, a soul-inspiring, and an existence-enriching unique experience happening for the first-time in the United Arab Emirates.



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www.expandandevolve.co