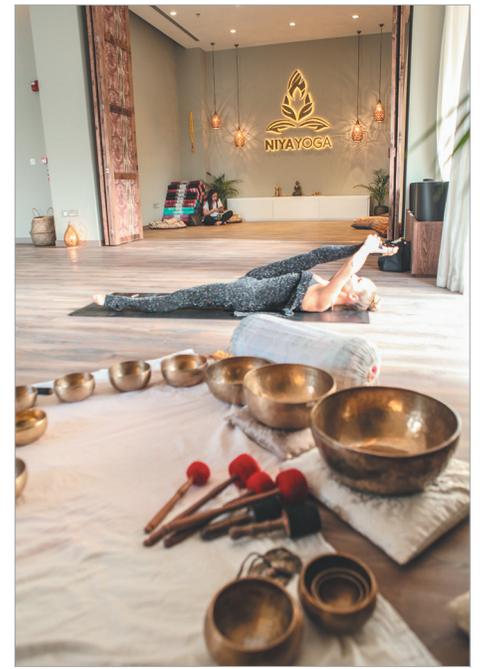




# Niya Yoga opens at The Pearl-Qatar



Group yoga sessions were held along with meditation sessions at the launch.



**DIPTI NAIR**  
DOHA

**Q**ATAR'S first fully dedicated yoga studio owned by a Qatari has opened in Qanat Quartier at The Pearl-Qatar. Niya Yoga is a one-of-a-kind yoga studio launched by wellness entrepreneur and yoga teacher Jawahar al Fardan.

At the launch, group yoga sessions were held along with meditation sessions and a chance for guests to speak to the teachers about the different programmes at the studio. Niya Yoga has many facilities, including two large studio rooms for group classes, a private room for a one-to-one class and holistic therapies, changing and shower facilities and a relaxing area where you can play board games or read a book or even catch up with friends. The space has been decorated using natural elements wherever possible and has a lot of greenery that is in harmony with the large full-length glass windows overlooking the ocean.

Studio Manager Charlie Rivaaz, who is also one of the teachers at Niya Yoga, said, "We have opened our doors to the public and what we really want is to create a community atmosphere. At the opening today, we had a live meditation session and even some drumming. Basically, we are just creating an atmosphere and giving people a taste of what we really love here at Niya."

Niya Yoga Founder Jawahar al Fardan said that the studio had a soft opening a week before the official launch.

"In the one week since it opened, we have had over 200 drop-ins and around 30 memberships," said Jawahar. "We have surprisingly had a lot of Qataris

dropping in, which is just amazing. The mix of people showing an interest in yoga is an exact 50-50 mix between Qataris and expats, so it's really incredible to bring the community together like this."

Doris Delessard is a wellness instructor at Niya Yoga who specialises in meditation lessons using Tibetan Singing Bowls.

"This is the only real yoga studio in Qatar. The intention behind this is to provide quality to client in terms of services, design, style and even the quality of teachers. What I am going to do at the studio is primarily group meditations and sound healing using Tibetan Singing Bowls. We will also have

other meditation sessions, where we will be exploring new techniques every week. While one day it will be dancing blindfolded, another day it would be a silent session, where it will be pure silence and I won't even explain what people have to do. We will also have pre-natal class for pregnant women with gentle movements and meditation that aims at creating a bond between mother and baby," said Delessard.

Niya Yoga offers classes from 6:30 am to 8pm and with the wide variety of classes available, no matter what your occupation or your level of fitness is, there will be a class and time suitable for you.

