



New additions to the stables at Dubai Polo & Equestrian Club...

New year, new you!

Hayya! helps you kickstart 2008

Sail away in luxury

Charter the new yacht from
Dubai Marina Yacht Club

Tee for two

Coaching for couples
at The Montgomerie, Dubai

Valentine with style

Romance is in the air!

Easter eggstravaganza!

Traditional treats in relaxing surroundings

DSF Special

Great rates for family & friends at Nuran

Hayya! hits the road

The Standard Chartered Dubai Marathon



Increased horsepower for Dubai Polo & Equestrian Club



The Dubai Polo & Equestrian Club has welcomed 21 new recruits to its stable. The club's general manager, Karim Klaa and equestrian manager Omar Bin Biat, travelled to the North West of Germany to hand pick some of the best riding horses the country had to offer. Able to accommodate riders of all levels, the new horses were thoroughly observed by the Dubai Polo & Equestrian Club team and they arrived safe and sound in November 2007.



“The horses were given full health checks by the club’s experienced team and were put through their paces by the riding academy instructors. They are now happily ensconced in some of the best equestrian facilities in the region, enjoying pampering and plenty of exercise from the club’s professional staff. The extensive grounds at the club feature sand and grass corrals, a sandplast arena, horse walkers and fully air conditioned stables.

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So why not try out one of the new horses and learn to ride? Or, for the more experienced rider, take a desert hack or enjoy a lesson to hone your skills? At the Dubai Polo & Equestrian Club there is something for everyone, from the willing beginner to the accomplished polo player, so why not come along and see for yourself?



Kickstart your healthy 2008 at Hayya!

Want to beat the New Year bloat? Then what better way to start than by taking advantage of the great Hayya! complimentary one day trial offer.



Hayya! is offering you the chance to check out the full range of facilities at your nearest Hayya! club. Should you decide to join the club during January 2008, Hayya! will offer you a complimentary one month membership, subject to signing up for 12 months. As well as access to four great health clubs, membership of Hayya! includes a number of benefits, including discounts at Lakes Club and Angsana Spa and on food and beverages at the Dubai Polo & Equestrian Club. It also offers preferred rates for group exercise classes and Hypoxi at the Town Centre Club, as well as preferred rates at Nuran Serviced Residences. These one day trials are available between Sunday and Thursday.

Hayya! is also offering a special corporate lifestyle membership for groups of ten or more. For more details contact your nearest Hayya! club.



Tee off at twilight

Making the most of balmy winter evenings, Arabian Ranches Golf Club is offering golfers the opportunity to play as many holes as possible from 1.30pm onwards. This offer is valid from Sunday to Wednesday (excluding public holidays) and rates start from AED240 for members and AED435 for visitors, including a golf cart and range balls.

Anchor up for Dubai Marina Yacht Club

As the days cool down, the heat is on at Dubai Marina, where the new Dubai Marina Yacht Club clubhouse is shaping up to be the hottest venue in town.

In addition, the club has an eclectic choice of dining venues, as well as a library and chartroom to make planning your voyage that little bit easier.

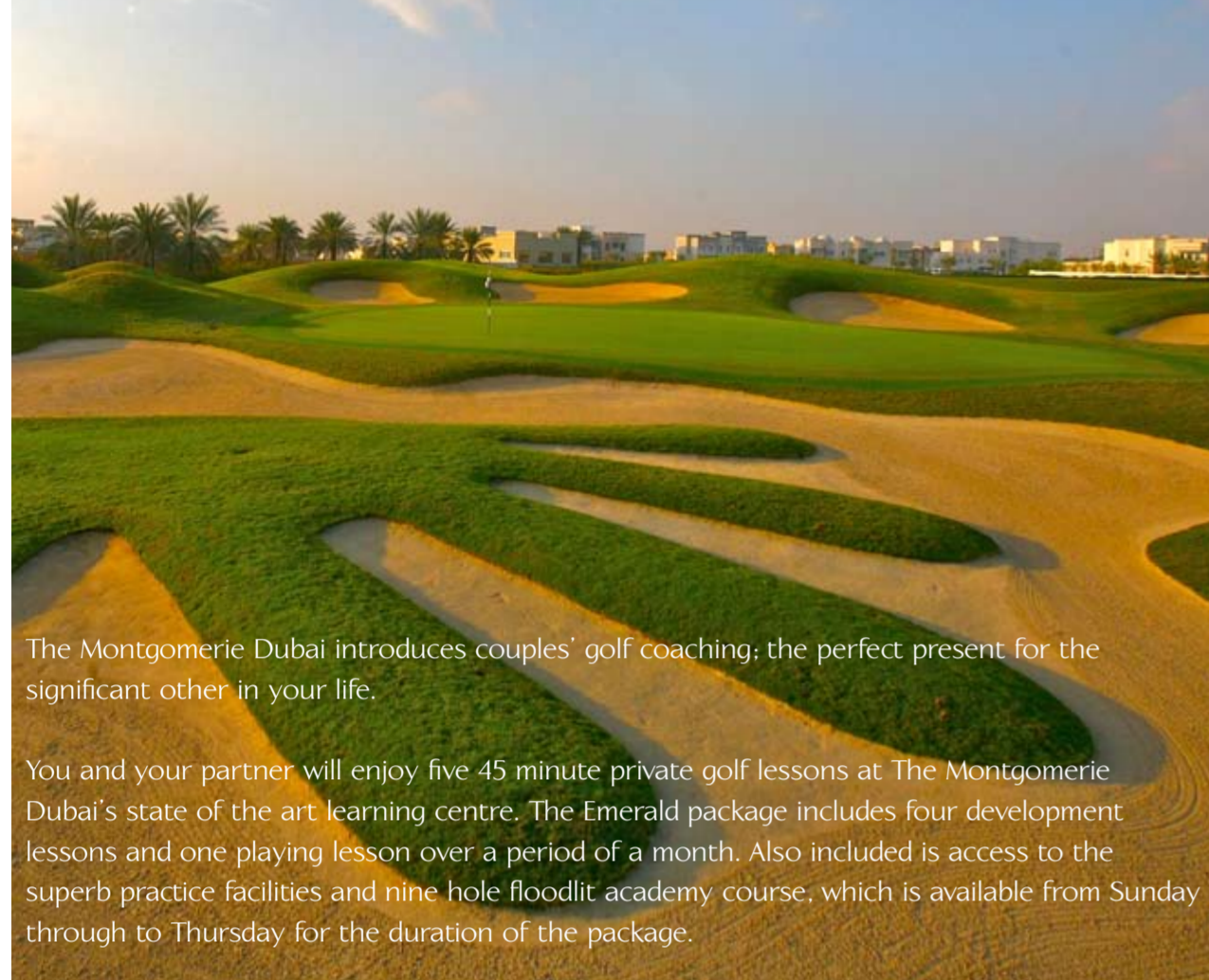
The clubhouse is on target to launch in the second quarter of 2008, much to the delight of its growing membership. It offers a truly unique environment for the yachting enthusiast and will be the place to meet family, friends and business associates.

More news on the club will follow in the forthcoming issues of Balance.

Winner of Best Industry Initiative in the Middle East: Marina Berthing at the Arabian Gulf Yachting Awards 2007.



Try couples' coaching at The Montgomerie, Dubai

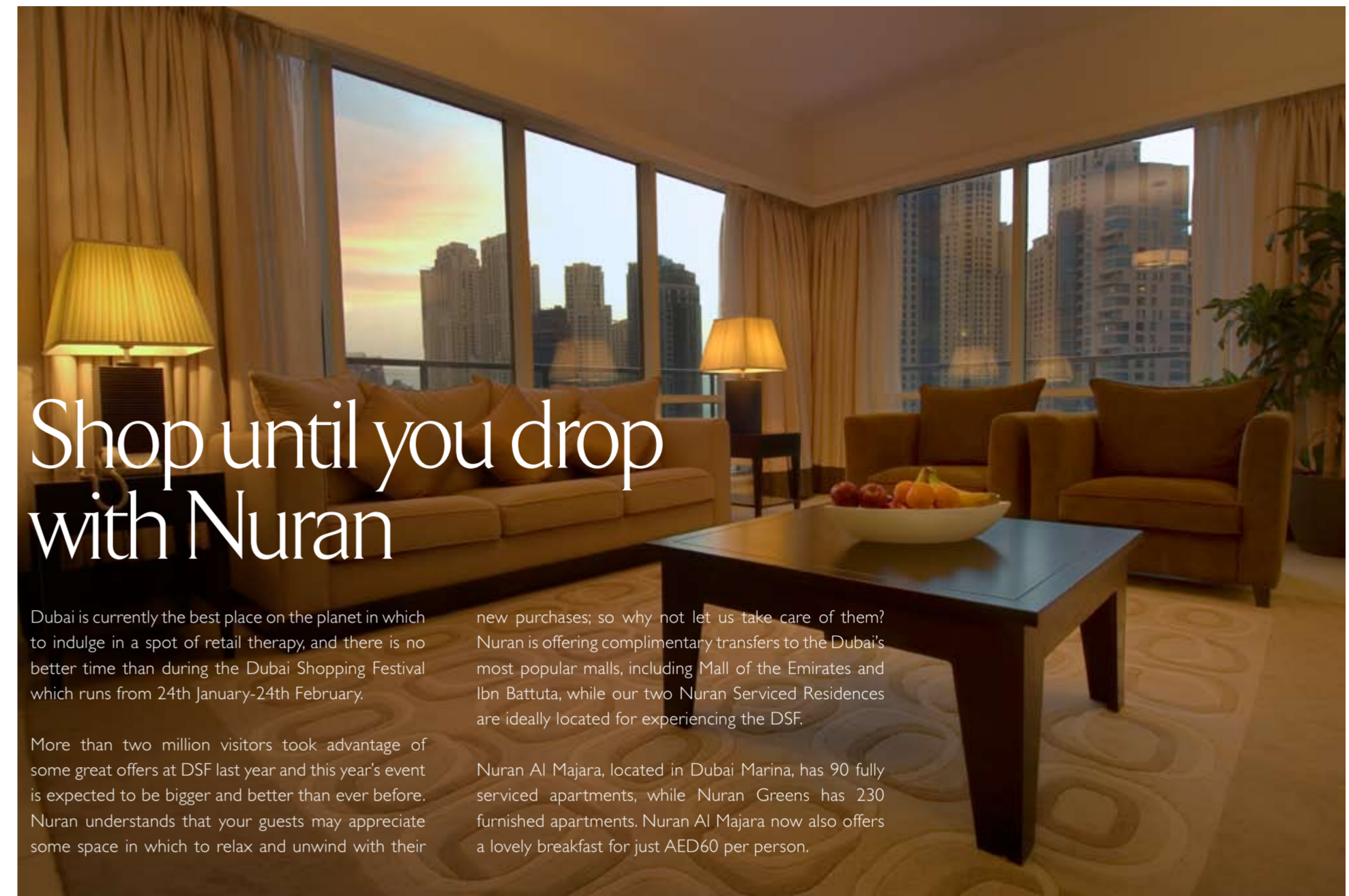


The Montgomerie Dubai introduces couples' golf coaching; the perfect present for the significant other in your life.

You and your partner will enjoy five 45 minute private golf lessons at The Montgomerie Dubai's state of the art learning centre. The Emerald package includes four development lessons and one playing lesson over a period of a month. Also included is access to the superb practice facilities and nine hole floodlit academy course, which is available from Sunday through to Thursday for the duration of the package.

Ladies' get in the swing at Arabian Ranches

Calling all budding Annika Sorenstams; Arabian Ranches Golf Club introduces its eight-week introductory course for ladies. The programme will cover all aspects of the game over an eight week period, with hour-long weekly sessions, depending on your preferred days and timing. The course costs just AED765 per person and includes free use of the driving range at any time over the eight weeks.



Shop until you drop with Nuran

Dubai is currently the best place on the planet in which to indulge in a spot of retail therapy, and there is no better time than during the Dubai Shopping Festival which runs from 24th January-24th February.

More than two million visitors took advantage of some great offers at DSF last year and this year's event is expected to be bigger and better than ever before. Nuran understands that your guests may appreciate some space in which to relax and unwind with their

new purchases; so why not let us take care of them? Nuran is offering complimentary transfers to the Dubai's most popular malls, including Mall of the Emirates and Ibn Battuta, while our two Nuran Serviced Residences are ideally located for experiencing the DSF.

Nuran Al Majara, located in Dubai Marina, has 90 fully serviced apartments, while Nuran Greens has 230 furnished apartments. Nuran Al Majara now also offers a lovely breakfast for just AED60 per person.

Ashtanga Yoga comes to Hayya!

For those wanting to relax and tone up this New Year, Ashtanga Yoga, brought to you by Zen Yoga, is the perfect choice.

Renowned yoga expert Michael Gannon is bringing his ten years' worth of yoga teaching experience to Hayya! Meadows Village from 11th-12th January.

Ashtanga Yoga uses asana practices to prepare and transport you into a meditative state, known as Dhyana. Then the class will move forward into energetic awareness and a 30 minute chakra meditation, setting the tone for a clean and relaxing weekend.

Michael will also guide the primary series of Ashtanga Vinyasa Yoga, using the traditional Sanskrit count of each vinyasa. He will also be offering hands-on guidance to achieving the sometimes tricky Padmasana. All levels are welcome on the course, which costs just AED225 per session or AED750 for all four sessions. For more information contact Zen Yoga on 04 367 0435, info@yoga.ae, or visit the website at www.yoga.ae



Sail away in luxury on MV Carver

The new Dubai Marina Yacht Club is saying 'Ahoy there!' to 2008 with its new charter yacht, the MV Carver.

Capable of accommodating up to 12 guests, the 50-foot flybridge yacht allows for comfortable inside and outside seating, making it the perfect environment for parties or business meetings. Why not take it for a day trip around The World, or enjoy a day of dining and swimming? The experienced and friendly captain and crew are geared up to provide the perfect Dubai experience.



Enjoy front row seats at Dubai Polo and Equestrian Club

What could be better than watching the thrilling sport of polo as the sun goes down over one of Dubai's finest landscapes? The Dubai Polo & Equestrian Club is inviting you to do just that, with chukkas being played at the club on Mondays, Wednesdays, Fridays and Saturday from 3.30pm.

Entrance is open to the public and anyone is welcome to come along and watch some of the world's finest players and ponies in action. Enjoy a picnic by the field or book a table at the Palermo Restaurant or terrace and make the most of the sumptuous food on offer.

Nineteen @ The Montgomerie Dubai



Voted Dubai's Best New Restaurant at the 2007 Time Out Dubai Restaurant Awards and the 2007 What's On Awards, Nineteen is the very best place to celebrate your performance on the golf course, or simply taste some gourmet food.

It offers contemporary European cuisine, punctuated with Asian influences, in a chic and ambient setting. Innovative, yet familiar, delights are prepared in the show kitchen which serves as the centrepiece for the restaurant. There is also a terrace which offers al fresco dining and breathtaking views of the 18th hole.



Win a VIP Cruise



The Dubai Marina Yacht Club is offering YOU the opportunity to be one of the first on board the new luxury MV Carver yacht, simply by entering our competition.

An amazing prize of a fully inclusive one hour luxury charter on the yacht for you and 11 friends is up for grabs. Worth AED4,000, this is an opportunity not to be missed!

To enter, simply email yachtclub@emaar.ae with the subject title: 'I want to be a winner!' and include your full name, mobile number and email address.

The lucky winner will be contacted by 29th February and announced in the next issue of Balance.

Shape up with Hayya!

Nutrition hints and tips

- Eat breakfast – up to 33% of adults miss breakfast, yet studies have shown that a balanced meal in the morning improves concentration and performance and also prevents you from grazing on sugary snacks later in the day. A fruit smoothie or a bowl of whole grain cereal and milk are excellent choices.

- Eat every few hours – three meals a day plus snacks is ideal, even if you want to lose weight. Eating regularly means you have to stay in control of your calorie intake so planning healthy snacks in advance is crucial.

- Plan your food – take 30 minutes of planning time a week to predict when you will need a quick fix dinner and when you will have time to cook. Don't leave things to chance and you will be less likely to order a takeaway.

- Make a shopping list – this not only saves time but also means you are far less likely to cram unhealthy things into your trolley.

- Don't shop when you're hungry – we all know this one, but we still do it. Hungry shoppers tend to pick up what they want instead of what they need, so snack on a handful of unsalted nuts before you touch the trolley.

Valentine's Day



Arabian Ranches Golf Club plays Cupid this February 14th, offering an exquisite evening on the panoramic terrace of the Baker-Finch room, followed by a four course dinner, including a bottle of house beverage. The evening begins at 7.30pm and costs just AED595 per couple.



The Montgomerie Dubai is celebrating Valentine's Day with a specially-crafted menu by the club's French Executive Chef Nicholas Valero. Available in the award-winning Nineteen restaurant, it comprises a five course meal with added Valentine's touches.



Dubai Polo & Equestrian Club is also offering an evening of romance at Palermo restaurant. Couples can choose to dine inside the cosy candlelit restaurant or outside on the magnificent terrace overlooking the grandeur of the polo fields. Reservations are available from 6.00pm onwards and costs just AED595 per couple for a four course set menu.

Easter Weekend

Gear up for an Easter eggstravaganza!

For an exciting Easter for all the family, enjoy a delightful buffet brunch at a choice of four venues, each packed with live cooking stations, entertainment and a relaxing atmosphere.

These are events not to be missed, available on Friday 21st March and Saturday 22nd March at the following venues:

- The Ranches Restaurant at Arabian Ranches Golf Club
- Palermo Restaurant at Dubai Polo and Equestrian Club
- The Lakes Restaurant at Hayya! Lakes club
- The Academy at The Montgomerie Dubai



SPECIAL OFFER

Hayya! is offering every Balance reader a complimentary Body Analysis to help you identify your health status and assist you in setting attainable health goals. To take advantage of this offer, please fill out your details and present this coupon at reception.

Complimentary Body Analysis

First name:	Surname:
Mobile:	Date of birth:
Address:	Email:
Main fitness interest:	

By Luke Cantelo, Senior Academy Instructor, The Academy by Troon Golf

Golf a passion for a lifetime

"After growing up in a sport-crazy culture and trying my hand at almost everything involving a ball and some sort of bat, a lot of my students who are new to the game ask me the question, "why golf?"

For me, and many others, this is the easiest question I have ever been asked and, as I continue my career in the game, I am constantly finding new enjoyment from it. The first reason is the sheer satisfaction that any golfer experiences when they hit a great shot. Seeing the ball fizz through the air, high, straight and far towards the flag, is a feeling quite difficult to sum up. After you hit a shot like this, you want (and sometimes expect) it all the time, hence "the golf bug" and it caught me quick!

When you crave shots like this more often, you will soon understand that this skill requires practice, dedication, and focus. Consequently, the golf course and practice areas became my second home. What I loved about golf was that I didn't need anyone to play or with, it was just me, my clubs, my ball and the course, come rain, hail or shine.

Having said that, some of the people who I met at my club when I started have become true life-long friends. Many rounds played with them have helped me reach my potential in the game.

Secondly, there is spirit of golf that intrigued me so much; the values and morals that shape the game. Golf has taught me a lot about life. It teaches you to behave properly and respect others and the course. Quite simply - you can't play good golf when you're angry!

Finally, a golf course is a great office. I've stood on the edges of cliffs overlooking the sea, in beautiful forests with rolling hills and with kangaroos, peacocks, swans, deer and all sorts of wildlife on the edges of the fairway. So after telling my students all of this, and believing that the best is yet to come, I ask them: "why not golf?"

BBQ NIGHTS

Arabian Ranches Golf Club

Wednesdays

A la carte BBQ on the stunning terrace with panoramic views over the golf course.

QUIZ NIGHTS

Arabian Ranches Golf Club

Tuesdays

Quiz night is free entry for all. Buffet available on the night for only AED60 per person. Bookings are essential.

FRIDAY BRUNCH

Dubai Polo & Equestrian Club

At the Palermo Restaurant with stunning views over the polo fields.

AED 130 per person including soft drinks or AED 179 with house beverages.

HAYYA! WEEKEND BBQ'S

The Lakes Club

Fridays and Saturdays 12:00pm-3:30pm

Enjoy refreshing BBQ lunches by the pool featuring freshly grilled meat and fish specialities. Just AED75 for adults and AED35 for kids.

BELGIAN MUSSEL WEEK

Dubai Polo & Equestrian Club

12-18 January 2008

AED 250 per person, for four course set menu and house beverage. Palermo Restaurant: 6:00pm-11:00pm.

CHARCUTERIE WEEK

Dubai Polo & Equestrian Club

13th to 19th January 2008

Enjoy the chefs' platter featuring cold meats at the Ippos Lounge. A la carte: 4:00pm-10:00pm.

STANDARD CHARTERED DUBAI MARATHON

January 18th

Practice training with Hayya's daily runs and join us to cheer on the Hayya! team in the 10k race. The run starts at Zabeel Park at 10:30am. For more information, go to www.dubaimarathon.org

SALSA NIGHTS

Dubai Polo & Equestrian Club

23rd January, 20th February & 19th March 2008

Feel the latin rhythm with an à la carte tapas menu and an interactive class on the Ippos terrace. 6:00pm-11:00pm.

CHEESE TASTING

Dubai Polo & Equestrian Club

February 20th

A five course set menu featuring a fine array of cheeses from around the world, each complemented by the perfect beverage. Palermo Restaurant from 6:00pm-11:00pm.

FOIE GRAS EVENING

Dubai Polo & Equestrian Club

March 26th

Feast on a variety of Foie Gras during a special pâté promotion. AED 300 per person, for four course set menu and house beverage. Palermo Restaurant. 6:00pm-11:00pm.

CONTACT US:



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RECENT APPOINTMENTS

Arabian Ranches Golf Club:	Rajeev Chelattu	Head Chef
Arabian Ranches Golf Club:	Malcolm Young	PGA Golf Professional
Dubai Marine Yacht Club:	Paul Sorrell	Harbour Master
Dubai Marine Yacht Club:	Mairead Browne	Sales & Marketing Manager
Dubai Marine Yacht Club:	Toby Haws Marina	Administration Manager
Dubai Polo & Equestrian Club:	Niels van Baasbank	Polo Manager
Hayya:	Athula Arachchige	Head Chef
Nuran:	Rosa Diaz	Director of Sales & Marketing
The Montgomerie, Dubai:	John Gunn	Food & Beverage Manager
The Montgomerie, Dubai:	Nicholas Valero	Promoted to Head Chef