



Natalia Hassanie AKA Mrs. Posativity Founder – Posativity Sports Services Yoga & Mindfulness Curriculum programs

Mother to three girls - Emma Joy, 12, Jasmine, 11 and Jana Sofia, 6 – Natalia has lived in Dubai since 2001. Originally from Lebanon but born & raised in Argentina, she met her husband back in Lebanon in 1998. They got married in 1999 & moved together to Riyadh, KSA where they spent 2 years.

Since moving here, she's enjoyed being a mom and dedicating herself completely to her daughters. In 2012, she started pursuing her "to become" passion traveling to Singapore for her first Kids Yoga Teacher Training;

In 2013, Posativity was born through developing yoga & mindfulness curriculums to help children overcome their emotional challenges, discover their inner strength, and develop positive thinking from an early age. As a certified Yoga teacher, Natalia is able to tailor Positivity's programs to perfectly complement school curriculums, yet it is her life experiences that are truly making a difference to children in Dubai schools.

In 2014, Natalia was diagnosed with breast cancer and has used yoga and meditation to overcome her latest battle. She resorted to alternative treatments all the way in Tijuana, Mexico where she underwent her mastectomy. Back in Dubai in January 2015, she was cancer free but had to still undergo Chemotherapy & Radiotherapy to fight the 60% chances of reoccurrence.

In July 2015, she finished all her treatments and is more determined than ever to share her energy and strength with other "heroes" going through the cancer challenge.

At the same time, her passion remains to reach out to youth and children allowing them to explore the benefits of leading a Happy, Healthy & Positive life from an early age.

Posativity is a wellbeing provided that is spreading its programs within schools, private organizations, support groups and had also started their collaboration with KHDA (Knowledge & Human Development Authority – Dubai Government) through delivering Wellbeing programs at their workshops.

RYT 200 hours Pranavayu Yoga Teacher Training

RYT 100 Hrs Hatha Yoga Training

Rainbow Kids Yoga for Kids and Families Teacher Training

Teen Yoga UK Teacher Training

Mindful Schools – Mindfulness Fundamentals Training

Mindful Schools – Mindfulness Curriculum Training



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Nadine Ch. Bekhaazi Positive Lifestyle Specialist

- Nadine is an ABH certified trainer of Hypnotherapy , Master Practitioner of NLP, Master Practitioner of Timeline Therapy (TM), Teacher of Theta healing, NLP practitioner for kids, teachers and families, Certified Trainer in Points-of-You (TM) and certified Stage Hypnotist .Nadine’s career started as a professional singer. She earned her BA in Theatre & Arts.
- She worked in the field of production for more than 15 years during which she was teaching acting for kids and produced more than 250 Musical theatre Plays that were showcased during the DSF , DSS , and at DUCTAC theatre. She founded Super Dooper, kids edutainment center, a premium stage for Arts.
- She has a passion for learning and bringing innovative ideas and tools to help people live a positive, healthy, and happy life.
- She adds entertainment to every project she’s working on. In education she offers edutainment personal development programs and in trainings she offers entrainments where she adds her artistic and stage performance skills to leave her audience on a high note. Her motivational and inspirational talks and shows are full of positive insights ,fun and entertainment.



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