

THE BRAVE TABLE LIVE BRINGS SOULFUL BIOHACKING TO THE SKIES AT AURA SKYPOOL THIS FRIDAY

DUBAI, UNITED ARAB EMIRATES, June 10, 2025 /EINPresswire.com/ -- This Friday, June 13, women across the city are invited to rise above the noise, literally and figuratively - for a transformational morning at the AURA Skypool Lounge, where wellness meets science, soul, and skyline views.

The Brave Table LIVE: Morning Wellness Jam, hosted by international emotional health advocate, TEDx speaker, 5x award-winning author Dr. Neeta Bhushan, promises a nurturing and powerful two-hour experience grounded in nervous system healing, female-focused biohacking, and meaningful connection.



Held indoors at the stunning AURA Skypool Lounge on the 50th floor of The Palm Tower, the event is an exclusive opportunity to reset and reconnect in a calming, luxurious setting above the city.

Guests will enjoy a wellness breakfast curated by AURA, a hot drink on arrival, and a taste of Health Nag's signature matcha, the Dubai-born brand known for gut-friendly blends that support energy and focus. Alongside the grounding rituals and skyline views, attendees will receive a signed copy of Dr. Neeta's bestselling book, *That Sucked, Now What?*

The morning also features a special Q&A with integrative health coach Joy Sommers, who will dive into the latest insights on gut health and hormone balance, followed by a fireside

chat with Health Nag co-founders Natasha and Brad, exploring daily rituals to support women's wellness.

"This is more than a wellness event, it's a moment to come back to yourself," says Dr. Neeta Bhushan. "Women are constantly pouring from empty cups. This morning is about giving them the tools, the space and the sisterhood to refuel - physically, emotionally and energetically."

Whether you are feeling burnt out, curious about biohacking or simply craving a moment of stillness with likeminded women, the Brave Table LIVE is your invitation to pause, reflect, and rise.

Event Details:

Location: AURA Skypool Lounge (Indoor), The Palm Tower, 50th Floor, Palm Jumeirah

Date: Friday 13 June, 2025

Time: 9:30 AM - 11:30 AM

Tickets are AED 175 and can be booked at <https://lu.ma/e0y9u90u>. For more details, visit www.neetabhushan.com or follow @thebravetable on Instagram.

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PR Contact:

Gemma L'Appanna

Founder and CEO, L'Atelier Consulting

Email: gemma@latelierco.com

Phone: +971 555163914

About Dr. Neeta Bhushan

Dr. Neeta Bhushan is a TEDx speaker, 5x award-winning author, emotional health advocate, and host of the top-rated podcast The Brave Table. A former cosmetic dentist turned serial entrepreneur, she is the co-founder of the Highest Self Institute and founder of Chai Tonics, a luxury Ayurvedic wellness brand supporting women's nervous system health. With a unique blend of psychology, leadership, and ancient wisdom, Neeta empowers women to heal from burnout, build resilience, and lead with emotional clarity. Her best-selling book That Sucked. Now What? has inspired thousands to rise from life's setbacks and rewrite their stories with power and grace.

Gemma L'Appanna

L'Atelier Public Relations

+ +971 55 516 3914

[email us here](#)

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