

# Discounts and Partner Businesses



BIWC partners with local businesses, offering exposure within our community in exchange for **discounts for our members**.

Over the years, the club has created valuable connections with Kyrgyzstan-based businesses such as restaurants, cafes, hotels, beauty salons, art galleries and fashion shops - **over 40 different businesses across Bishkek and Kyrgyzstan**.

## Restaurants and Bars (1)

- Ant's 10%
- Archa Novotel 15%
- Biscuit 10%
- Boris (1) 10%
- Culture Coffee 15%
- Etiler 10%
- Live Bar & Karaoke 10%
- Hyatt Bar@191 20%
- Hyatt Crostini 20%
- Hyatt Opera Lounge 20%
- Hyatt The Breeze 20%
- Navigator 20%
- Oops Cafe 10%

Check out our  
Instagram Story  
Highlight for all  
Discount List  
Updates

## Restaurants and Bars (2)

- Park Hotel Cigar Bar 20%
- Park Hotel L'Art 20%
- Park Hotel Terrace 20%
- Red Cow 10%
- Savanna 10%
- Sheraton IWA 15%
- Sheraton Link Bar 15%
- Simit House 20%
- Skyberry 10%
- Social Cofee 10%
- Supara Ethno 15%
- Supara Chunkurchak 15%
- Ugolok 20%
- Vinoteka 15%

## Pools & Spas

- Hyatt Outdoor Pool 15%
- Novotel Inbalance Spa & Indoor Pool 15%
- Sheraton Fitness & Spa 15%
- Sheraton Outdoor Pool 15%

# Our Partners – Your Discounts



## Hotels

- **Ashu Guesthouse** 10%
- **Novotel**, Single Room + Breakfast and tax 100\$
- **Novotel**, Double Room + Breakfast and tax 120\$
- **Park Hotel (Special Deal)**
- **Supara Chunkurchak** 15%
- **Sheraton**, Single Room + Breakfast 130\$
- **Sheraton**, Double Room + Breakfast 145\$

## Hotels

### **PARK HOTEL - Special Deal**

Special rates including buffet style Breakfast, in-door Pool access, Sauna & Hammam.

- Single Room 90\$
- Twin Room 110\$
- Deluxe Room 142.5\$
- Business Suite 187\$
- Suite n°2 187\$
- Suite n°1 217\$
- Ambassador Suite 287\$
- Executive Suite 375\$

## Shops in TSUM-2

- Luxor 30%
- Asher 50% +5%
- Mono Store 20%
- Sketchers 10-20%
- Kiti-Kate 5%
- Vicco 5%
- Soft Home 20%
- Trey 15-20%
- Promond 10%
- Kewme 20%
- Yo-yo 10% (clothes/toys)
- Calle&Pigiamt 5%
- Marella 20%
- Nursace 20%
- Sadjia Women 20%

Check out our  
Instagram Story  
Highlight for all  
Discount List  
Updates

## Shopping

- Art Gallery M 10%
- Averra 15%
- Exclusive Jewelry 60%
- IQ Bookstore 10%
- Madame Madeleine 5%
- OIMOkG Silver 10-15%
- OVOP 5%
- SiRo 10%
- Stretch 15%
- Tumar 15%
- Vsecret\_kg 5%

## Our partners – your discounts

### Services

- *Sheraton Laundry Facility 15%*
- *Media Lab Production 15%*
- *World Class Gym - Special Offer*
  - Club Card - 9 months Special - 67000 som*
  - Club Card "Business 6 months" - 100000 som*
  - Club Card - 12months + 1month free - 87000 som*
  - Club Card Marathon - 15 months + 2 months free - 100000 som*
- *UFC Gym - Special Offer*
  - Club Card for 3 months - 14000 som*
  - Club Card for 6 months - 23000 som*
  - Club Card for 12 months - 39000 som*

*Contact World Class Gym for more info about what is included in the Club Cards packages.*

## Coaching & Hypnotherapy

### Shireen Hirani

#### MD, MSc, CPMC, Hypnotherapist

- Conscious Living Coaching and Hypnotherapy
- Trained by Dr Shefali Tsabury and Dr Paul McKenna
- Schedule via **WhatsApp +996 770 822 117**
- Sessions can be online or in person (clients's choice)
- People consider hypnotherapy and coaching for several reasons, for example:



- **Addiction (smoking, soda...)**
- **Weight and Sleep Issues**
- **Anxious and Nervous Symptoms**
- **Grief and Sadness**
- **Pain**
- **Fears and Phobias**
- **Boost Confidence and Self Esteem**
- **Relationship Issues**
- **Anger Management**
- **Peak Performance (stage performers, athletes)**
- **and more...**

**10 % OFF FOR  
BIWC  
MEMBERS AND  
FAMILIES**

**+**

**FIRST SESSION  
COMPLIMENTARY**



## Our partners - your discounts

### Ayurveda Nutrition & Lifestyle

#### Sabira Baratbaeva Certified Ayurveda Coach

- Certification by the Ayurvedic Academy in the Netherlands with Dr Vijith Sasidhar.
- HBO diploma on Fundamentals of Western Medicine, the Netherlands.
- Graduate of the Ayurvedic Nutrition and Culinary Training (ANACT) by renowned Ayurvedic chef and nutritionist Divya Alter, USA.
- Schedule via **WhatsApp +996 500 161 025**
- Email: **info@ayurvedasabira.com**
- Learn more: **www.ayurvedasabira.com**

**15 % OFF FOR  
BIWC  
MEMBERS AND  
FAMILIES**



**FREE 30 MINUTES CALL**



I am here to guide and help you to maintain your health and regain your joy of life through food and healthy lifestyle taught by Ayurveda thousands years ago.

See me if you have the following issues:

- Gut issues : bloating, gases, indigestion, excessive hunger, acid reflux
- Hormonal imbalances, including PMS, menopause, tender breast, thyroid issues
- Sleep issues
- Morning fatigue and lack of energy
- Pregnancy and postpartum health
- Trying to figure out which diet is right for you.

#### **BIWC MEMBERS AND THEIR FAMILY MEMBERS:**

- **15% DISCOUNT FOR ALL TYPE OF CONSULTATIONS  
(90 MIN, 60 MIN & 45 MIN)**
- **FREE 30 MIN CALL TO LEARN ABOUT AYURVEDA  
AND/OR YOUR COACH**

### Brain Coaching

#### Sarah Anderson @sally.mentor

- FOUNDER OF @NEUROGENIUS.ACCADEMY11
- CO-FOUNDER OF @DOCFOR EVERYONE
- WINNER OF LOCAL AND INTERNATIONAL AWARDS IN THE FIELD OF NEUROSCIENCE
- THE ONLY BRAIN COACH IN RUSSIA, CENTRAL ASIA, ARABIA, TURKEY AND ISRAEL!

Learn to be limitless!

Brain coach is the coach of coaches.  
It's a specific mentorship of multiple coaching styles that would help you in every aspects of your life, with only one specialist!

Achieve your goals in a shorter time, realize your dreams, correct your paradigmes and remove your limits!



A testament to her relentless pursuit of knowledge, Sarah holds two distinguished medical degrees, earned through six years of dedicated study each, from the prestigious institutions of Russia and London. She stands as a beacon of expertise, holding mastery in both Ophthalmology and Neurosurgery, a distinction she achieved through her endeavors around the world in 36 countries and Kyrgyzstan.

In the professional realm, Sarah's track record gleams with affiliations with international powerhouses – from corporations to universities schools to organizations, her impact resonates globally. Her vibrant spirit finds solace in the embrace of various sports, from the serene practice of yoga to the thrill of horseback riding, from the rhythmic flow of dance to the rush of extreme edge rope jumps.

**-20% DISCOUNT FOR BIWC ON CONSULTATIONS,  
COURSES & PRIVATE SPEAKERSHIP PROGRAMS**

# Our Partners – Your Discounts



PLEASE  
NOTE:

1. In order to provide a discount, a valid BIWC membership card should be shown at the time of service BEFORE YOU ORDER THE BILL. After the bill has been printed, discounts cannot be applied. Proof of identification might be required.
2. Discounts may not be used in conjunction with any other discount or promotion.
3. There is usually no further discount on already discounted prices such as happy hour, special food or beverage discount or promotions.
4. For Hotels, all benefits are subject to availability; please confirm in advance if the discount is applicable or not. BIWC does not guarantee the discount and will not reimburse any price differences that may arise.
5. Discounts cannot be used on special days of the year such as New Year, Valentine's day and similar days and events. Please confirm in advance if the discount is applicable.

We have an  
interactive Map  
where you can  
look up our  
Partner  
Businesses

