



ZURI

ZANZIBAR
HOTEL & RESORT

ELEMENTS RETREAT

TO HEAL IS TO LISTEN
TO YOUR **BODY** AND **MIND**



WELCOME TO

THE ELEMENTS RETREAT

THE RETREAT OFFERS YOU A WELLBEING UPGRADE THAT PUTS A HOLISTIC FRAME AROUND YOUR VACATION WHICH IS AIMED AT BOOSTING IMMUNITY, REACHING A BALANCE, AND PROVIDING TOOLS FOR LIFELONG MENTAL AND PHYSICAL SELF-GUIDANCE.

LET YOUR BODY REJUVENATE AND TUNE-IN WITH THE RHYTHMS OF NATURE, LET YOUR MIND CLEAR AND BOOST YOUR RESILIENCE AND MOTIVATION, AND LET YOUR SOUL RELEASE THE EMOTIONS OF THE PAST AND BRING ABOUT YOUR INNER CHILD WHILST RENEWING YOUR CREATIVE JOY OF LIFE.

EXPERIENCE THE RETREAT

DRIVEN BY THE ENDLESS ENERGY OF ZANZIBAR'S INCREDIBLE NATURE, AND WITHIN THE DREAMSCAPE SETTING OF THE ZURI ECOSYSTEM, THIS RETREAT OFFERS A UNIQUE YET EFFECTIVE RANGE OF HOLISTIC AND LONGEVITY-ORIENTED PRACTICES AND ALTERNATIVE MEDICINES FROM ALL OVER THE WORLD.

The perfectly articulated structure of the retreat, paired with increased vitamin D intake from both the sunlight and Zuri's nutrient dense, low fat cuisine, will transform you on all levels.

Try starting your day with a pre-breakfast energy-boosting yoga class and join the art therapy session in the Spice Garden later in the day. Whatever you choose, you can be sure that the retreat will provide you with an unexpected and alternative experience to the perfect beach holiday.

The retreat is offered every week from Monday to Friday. Each week offers slightly different practices to ensure that regular participants enjoy an array of different experiences, irrespective of whether you want to book one day, one week or more.





THE ELEMENTS

EACH DAY'S PLAN IS BUILT TO CREATE A POWERFUL INNER CHANGE AND A HEALING EXPERIENCE THAT IS IN COMPLETE HARMONY WITH NATURE, AND WAY BEYOND THE EXPERIENCE OF A STANDARD VACATION.

The retreat is structured around different natural elements that outline the focus of each individual day.

EARTH	MONDAY
WATER	TUESDAY
FIRE	WEDNESDAY
AIR	THURSDAY
ETHER	FRIDAY

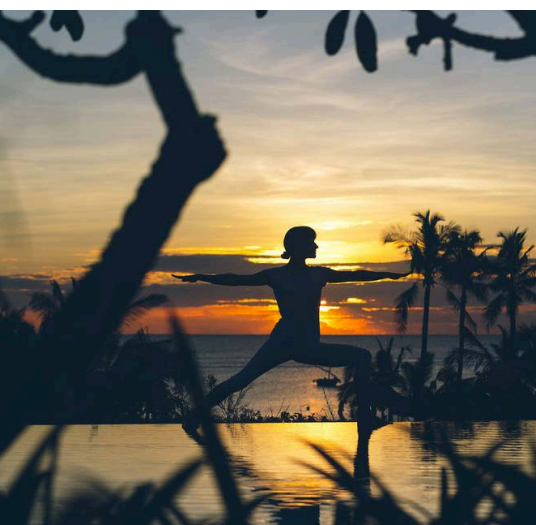
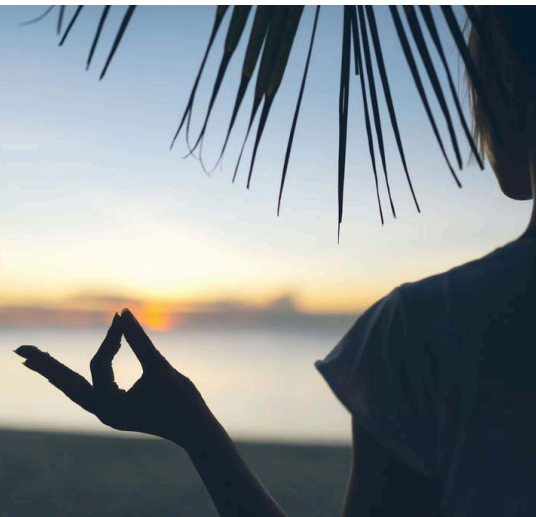
LOCATION

The retreat takes place within Zuri's own micro-universe, creating a holistic guided healing space with a multitude of different stimuli over the course of five days.

YOGA DECK
SPICE GARDEN

ZURI BEACH
MAUA SPA

Each corner, each activity, and each product at Zuri is the result of a thoughtful decision towards this holistic approach.



THE TEACHER

The role of the Holistic Manager requires the charisma of a shaman, the creativity of an artist, and the powerful strength of a healer, as well as mastery of a vast array of techniques and know-how of anatomy and nutrition, as well as the spiritual yoga path, neuro-linguistic programming, shamanic breathing techniques, healing plants, reiki and life coaching.

RETREAT FOR ALL

The programme is fine-tuned for a unique experience whether you are an absolute beginner or a professional in yoga and related practices. There is a limited capacity for each session that ensures ongoing and individual consultancy during the whole retreat.

ZURI IS A LABORATORY OF PASSIONATE
ARTISTS AND UNIQUE PERSONALITIES



THE RETREAT SCHEDULE

MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -
GROUNDING HATHA YOGA Yoga Deck 8:30 (75 min)	BEACH FREELETICS RUN & OCEAN MEDITATION Yoga Deck 8:30 (45 + 15 min)	ROCKET YOGA POWER FLOW & BREATH OF FIRE MEDITATION Yoga Deck 8:30 (75 min)	BALANCE FLOW YOGA & PRANAYAMA BREATHING MEDITATION Yoga Deck 8:30 (60 min)	CIRCLE OF LIFE YOGA & VISUALIZATION MEDITATION Yoga Deck 8:30 (75 min)
<i>SPA TIP</i> Try the relaxing ‘SPIRIT OF THE EARTH’ treatment in the spa	<i>WATER SPORTS TIP</i> Try the complimentary transparent kayak & SUP	<i>SPA TIP</i> Try the hot stone massage ‘JOURNEY TO REALIGNMENT’	<i>REFRESHING TIP</i> Use ‘Evening Breeze’ air conditioning built-in your bed for a healthier sleep	<i>SPA TIP</i> Try the stress releasing ‘HAND AND FOOTPRINT CEREMONY’
BAREFOOT REIKI MEDITATION IN THE SPICE GARDEN Reception 14:30 (45 min)	NUTRITIONAL COA- CHING AFRICAN SUPER- FOOD FOR IMMUNITY Reception 14:30 (90 min)	ART THERAPY COACHING: FIRE STARTER DESIRE MAP Reception 15:00 (90 min)	ART JOURNALING LIFE COACHING IN THE SPICE GARDEN Reception 15:00 (120 min)	ART THERAPY COACHING & GROUP PHOTO Reception 15:00 (90 min)
<i>SPICE GARDEN TIP</i> Try the complimentary spice tour with local gardeners	<i>SPA TIP</i> Try the soothing ‘MAUA OCEAN IMMERSION’ treatment	<i>SUNBATHING TIP</i> Stay safe and explore our selection of eco-friendly sunscreen products at Wimbi Gift Shop	<i>SPA TIP</i> Try the unique aromatherapy ‘PURE RADIANCE’	<i>READING TIP</i> Grab a book at our library for some universal inspiration
HIIT INTENSE LOWER BODY WORKOUT Yoga Deck 17:00 (60 min)	VINYASA HIPS YOGA FLOW & TANTRA MEDITATION Yoga Deck 17:00 (75 min)	ECSTATIC DANCE FOR EMOTIONAL RELEASE Yoga Deck 17:00 (45 min)	HIIT INTENSE CARDIO WORKOUT & STRETCHING Yoga Deck 17:00 (60 min)	HIIT WARRIOR FULL BODY WORKOUT Yoga Deck 17:00 (60 min)

NOTES

- Coloured activities, also indicated as 'TIP, are recommended and are not included in the retreat price
- Programme is subject to change
- Private coaching can be added at extra charge



RETREAT INCLUSIONS

- Daily immunity boosting breakfast offer at Upendo healthy corner
- Daily brief meditation
- Daily theory coaching in the Spice Garden, art therapy or nutrition & superfoods coaching
- Daily cardio-intense workout to bring your metabolism to its optimal functioning state for skin detox, toning and optimal health
- One detox and immunity-focused morning class per retreat
- Free unlimited Zuri Water
- Benefits for creativity and emotional wellbeing



PRICE & HOW TO BOOK

THE 5-DAY COMPLEX PACKAGE PRESENTS A LIFETIME INNER JOURNEY TO IMMUNITY AND STRENGTH. GUESTS CAN DECIDE WHETHER THEY WANT TO COMPLETE THE FULL JOURNEY, OR TRY ITS POSITIVE EFFECTS DURING A ONE-DAY EXPERIENCE, OR EVEN CHOOSE JUST A SINGLE CLASS.

FULL RETREAT (5 DAYS)	USD 299 PER PERSON
ONE-DAY PASS	USD 80 PER PERSON
SINGLE PASS (ONE CLASS)	USD 70 PER PERSON

PLEASE CONTACT THE HOLISTIC MANAGER FOR BOOKINGS OR ANY QUESTIONS.

EMAIL	HOLISTIC_MANAGER@ZURIZANZIBAR.COM
WHATSAPP	+255 620 255 098

TERMS & CONDITIONS

The retreat prices are non refundable and do not include any MAUA Spa treatments, dining and water sports activities and options outside those already included in the individual guest’s current reservation.

Single and one-day passes are subject to availability and priority is given to full retreat guests. Advance bookings are recommended.

A special set of gifts is provided in the full retreat price.



RESORT

Zuri Zanzibar
Kendwa Beach
Zanzibar, Tanzania
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INQUIRIES

Email: info@zurizanzibar.com
Website: www.zurizanzibar.com

RESERVATIONS

Phone: +420 226 202 981
WhatsApp calls: +420 731 338 514
Skype calls: "ZURI ZANZIBAR RESERVATIONS"
Email: reservations@zurizanzibar.com

HOW TO GET THERE

By private car 1,5 hours drive
By helicopter 20 mins flight

