



# ZURI PROGRAM

A MEMBER OF DESIGN HOTELS™

WELLBEING

ENTERTAINMENT

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY - LEISURE -	SUNDAY - PRICING -
<b>WELLBEING</b>	<b>GROUND INTO GRATITUDE YOGA</b> 8:00 / 45 min / Spice Garden <i>Complimentary</i> <i>Meet at Spice House</i>	<b>WAKE UP AND GLOW – FACE YOGA</b> 8:00 / 60 min / Yoga Deck  <b>ACRO YOGA FOR COUPLES</b> 9:00 / 60 min / Yoga Deck <i>Private class only</i>	<b>IGNITE YOUR INNER FIRE – PRANAYAMA PRACTICE</b> 8:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	<b>AFTER FLIGHT MUSCLE MELT</b> 8:00 / 60 min / Yoga Deck  <b>ACRO YOGA FOR COUPLES</b> 9:00 / 60 min / Yoga Deck <i>Private class only</i>	<b>IMMUNE BOOST WITH KRYA PRACTICES</b> 8:00 / 60 min / Yoga Deck  <b>ACRO YOGA FOR COUPLES</b> 9:00 / 60 min / Yoga Deck <i>Private class only</i>	<b>GENTLE YOGA FOR MIND, BODY &amp; SPIRIT</b> 9:00 / 60 min / Yoga Deck  <b>REIKI - ENERGY HEALING</b> 11:00 / 60 min / Spice Garden <i>Meet at Spice Garden</i>	<b>WELLBEING PRICING</b> Group class*    USD 30 Mix & Match    USD 150 incl. 6 activities per room Private class    USD 60  <i>*Classes highlighted as 'complimentary' are included for all ZURI guests. All classes are beginner-friendly.</i>
	<b>SOOTHE YOUR LOWER BACK WITH YOGA</b> 9:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	<b>WATER YOGA</b> 15:00 / 60 min / Maisha Pool <i>Meet at Maisha Pool</i>	<b>LOVE WARRIOR YOGA PRACTICE</b> 9:30 / 60 min / Yoga Deck  <b>GENTLE YOGA FOR BURNOUT</b> 15:00 / 60 min / Yoga Deck <i>Private class only</i>	<b>QIQONG FOR HAPPY HEART</b> 15:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	<b>MAKE YOUR OWN MANDALA - MEDITATION</b> 15:00 / 60 min / Beach <i>Complimentary</i> <i>Meet at Maisha</i>	<b>HOW TO BOOK</b> ALL CLASSES MUST BE BOOKED IN ADVANCE  <b>- IN PERSON</b> Reception desk / Yoga Deck  <b>- VIA WHATSAPP</b> Guest Services W/app +255 62 02 50 132 Holistic Manager W/app +255 62 02 55 098	
<b>ENTERTAINMENT</b>	<b>MAASAI SHOW</b> 18:30 – 18:50 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>SUNSET DJ SESSION</b> 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>LIVE MUSIC SESSION</b> 17:30 – 19:30 <i>incl. bonfire</i> Bahari Bar / Beach 20:00 – 22:00 Main staircase / Upendo	<b>FIRE DANCE SHOW</b> 18:30 – 18:50 Bahari Bar / Beach  <b>BAHARI BBQ DINNER WITH LIVE MUSIC</b> 19:30 – 22:00 Bahari Bar / Beach <i>USD 65 per person</i> <i>Book in advance</i>	<b>SUNSET DJ SESSION</b> 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>SUNSET DJ SESSION</b> 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>LIVE MUSIC SESSION</b> 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>
	<b>MOVIE NIGHT</b> From 21:00 Main staircase / Reception <i>Check the blackboard for today's movie</i>	<b>PRE-DINNER COCKTAIL</b> 19:15 – 20:00 Main staircase / Reception <i>Join us for a tasty drink and get to know the ZURI team</i>	<b>AFRICAN WORKSHOP</b> 16:00 – 17:00 / Beach area  <b>AFRICAN NIGHT MARKET</b> 19:00 – 22:00 Main staircase / Reception		<b>SILENT DISCO</b> From 21:00 Bahari Bar / Beach <i>Weekly pop-up silent event on the beach</i>	<b>MOVIE NIGHT</b> From 21:00 Main staircase / Reception <i>Check the blackboard for today's movie</i>	<b>BAHARI BBQ DINNER WITH LIVE MUSIC</b> 19:30 – 22:00 Bahari Bar / Beach <i>USD 65 per person</i> <i>Book in advance</i>

TO BOOK A WELLBEING CLASS OR DINING EXPERIENCE, PLEASE CONTACT THE HOLISTIC MANAGER OR GUEST SERVICES TEAM. THE PROGRAM IS SUBJECT TO CHANGE. ED2209a