



ZURI PROGRAM

A MEMBER OF DESIGN HOTELS™

WELLBEING

ENTERTAINMENT

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY - LEISURE -	SUNDAY - PRICING -
	GROUND INTO GRATITUDE YOGA 8:00 / 45 min / Spice Garden <i>Complimentary</i> <i>Meet at Spice House</i>	WAKE UP AND GLOW – FACE YOGA 8:00 / 60 min / Yoga Deck ACRO YOGA FOR COUPLES 9:00 / 60 min / Yoga Deck <i>Private class only</i>	IGNITE YOUR INNER FIRE – PRANAYAMA PRACTICE 8:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	AFTER FLIGHT MUSCLE MELT 8:00 / 60 min / Yoga Deck ACRO YOGA FOR COUPLES 9:00 / 60 min / Yoga Deck <i>Private class only</i>	IMMUNE BOOST WITH KRYA PRACTICES 8:00 / 60 min / Yoga Deck ACRO YOGA FOR COUPLES 9:00 / 60 min / Yoga Deck <i>Private class only</i>	GENTLE YOGA FOR MIND, BODY & SPIRIT 9:00 / 60 min / Yoga Deck REIKI - ENERGY HEALING 11:00 / 60 min / Spice Garden <i>Meet at Spice Garden</i>	WELLBEING PRICING 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>
	SOOTHE YOUR LOWER BACK WITH YOGA 9:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	WATER YOGA 15:00 / 60 min / Maisha Pool <i>Meet at Maisha Pool</i>	LOVE WARRIOR YOGA PRACTICE 9:30 / 60 min / Yoga Deck GENTLE YOGA FOR BURNOUT 15:00 / 60 min / Yoga Deck <i>Private class only</i>	QIQONG FOR HAPPY HEART 15:00 / 60 min / Spice Garden <i>Meet at Spice House</i>	MAKE YOUR OWN MANDALA - MEDITATION 15:00 / 60 min / Beach <i>Complimentary</i> <i>Meet at Maisha</i>	HOW TO BOOK ALL CLASSES MUST BE BOOKED IN ADVANCE - IN PERSON Reception desk / Yoga Deck - VIA WHATSAPP Guest Services W/app +255 62 02 50 132 Holistic Manager W/app +255 62 02 55 098	
	QIQONG PRACTICE 15:00 / 60 min / Beach <i>Meet at Maisha</i>	AFTER FLIGHT MUSCLE MELT 16:30 / 60 min / Yoga Deck	RELEASE, LET GO – FIRE MEDITATION 17:30 / 60 min / Beach <i>Complimentary</i> <i>Meet at Maisha</i>	SELF LOVE YOGA PRACTICE 16:30 / 60 min / Yoga Deck	GENTLE MEDITATION, MANTRA CHANTING & DANCING TO FREE VOICE 16:30 / 60 min / Spice Garden <i>Meet at Spice House</i>		
	ACRO YOGA FOR COUPLES 16:30 / 60 min / Yoga Deck <i>Private class only</i>						
	MAASAI SHOW 18:30 – 18:50 Bahari Bar / Beach <i>Book your Sundowners</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	LIVE MUSIC SESSION 17:30 – 19:30 <i>incl. bonfire</i> Bahari Bar / Beach 20:00 – 22:00 Main staircase / Upendo	FIRE DANCE SHOW 18:30 – 18:50 Bahari Bar / Beach BAHARI BBQ DINNER WITH LIVE MUSIC 19:30 – 22:00 Bahari Bar / Beach <i>USD 65 per person</i> <i>Book in advance</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	LIVE MUSIC SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>
	MOVIE NIGHT From 21:00 Main staircase / Reception <i>Check the blackboard for today's movie</i>	PRE-DINNER COCKTAIL 19:15 – 20:00 Main staircase / Reception STARGAZING From 20:00 Bahari Beach	AFRICAN WORKSHOP 16:00 – 17:00 / Beach area AFRICAN NIGHT MARKET 19:00 – 22:00 Main staircase / Reception		STARGAZING From 20:00 Bahari Beach	MOVIE NIGHT From 21:00 Main staircase / Reception <i>Check the blackboard for today's movie</i>	BAHARI BBQ DINNER WITH LIVE MUSIC 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. ED2210a