

ZURI
ZANZIBAR
HOTEL & RESORT

WELLBEING BY ELEMENTS

DAY JOURNEYS TO YOGA, MEDITATION AND MUCH MORE

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



WELCOME TO

THE WELLBEING JOURNEY BY ELEMENTS

THE JOURNEY OFFERS YOU A WELLBEING UPGRADE THAT PUTS A HOLISTIC FRAME AROUND YOUR VACATION. BOOST YOUR IMMUNITY, REACH A BALANCE AND GAIN TOOLS FOR LIFELONG MENTAL AND PHYSICAL SELF-GUIDANCE.

THE THOUGHT-OUT STRUCTURE OF THE WELLBEING PLAN, PAIRED WITH INCREASED VITAMIN D INTAKE FROM THE SUNLIGHT AND ZURI ZANZIBAR'S NUTRIENT DENSE, WILL TRANSFORM YOU ON ALL LEVELS.

WELLBEING JOURNEY

THE WELLBEING JOURNEY BY ELEMENTS IS A DAY RETREAT AVAILABLE EXCLUSIVELY FOR THE ZURI ZANZIBAR GUESTS AND BASED AT THE CORE OF THE WISDOM OF FIVE ELEMENTS. FROM MONDAY TO FRIDAY, THE PROGRAM FOLLOWS A SIMPLE STRUCTURE:

- 60 min morning yoga group class
- 60 min afternoon yoga group class
- 2x 30 min private personalized sessions

MORE THAN JUST YOGA

- Pre arrival online questionnaire or/and personal meeting upon arrival
- 1x daily healthy smoothie after class
- Healthy eating recommendations within the resort's restaurants and bars
- 2x 60 min online coaching one-to-one sessions after finishing the journey*

*Applicable for guests who book a minimum of 3 days of the wellbeing plan.



SCHEDULE INSPIRATION: MONDAY/EARTH DAY

ACTIVITY	TYPE	TIME	DURATION	LOCATION
GROUND INTO GRATITUDE HATHA YOGA	GROUP CLASS*	08:00	60 min	YOGA DECK
BREATHING ALCHEMY & MEDITATION	PERSONALIZED PRIVATE CLASS	09:00	30 min	BEACH
SPICE GARDEN MINDFUL WALK & LIFE COACHING	PERSONALIZED PRIVATE CLASS	15:15	30 min	SPICE GARDEN
LOWER BACK BLISS WITH YIN YOGA	GROUP CLASS*	16:00	60 min	YOGA DECK

*The group class based on the element of the day is listed at the ZURI PROGRAM [here](#).

PERSONALIZE YOUR JOURNEY

Each day you are invited for two private 30 min sessions curated for your needs and interests.

BREATHING ALCHEMY MEDITATION
MINDFUL WALKING
QI-GONG PRACTICE
REIKI - ENERGY HEALING

CACAO CEREMONY
TIBETAN BOWLS HEALING
DANCE MEDICINE
ART THERAPY

LIFE COACHING
MINDFUL COOKING & EATING
AYURVEDA PRACTICE
NATUROPHATY

ELEMENTS

DRIVING FROM THE ENDLESS ABUNDANT ENERGY OF ZANZIBAR NATURE, THE WELLBEING JOURNEYS ARE BASED ON THE ELEMENTS WITH FIVE DIFFERENT MODULAR DAYS.

MONDAY	EARTH
TUESDAY	WATER
WEDNESDAY	FIRE
THURSDAY	AIR
FRIDAY	ETHER

LOCATION

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

YOGA DECK	ZURI BEACH
SPICE GARDEN	SPICE HOUSE

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



JOURNEY DURATION

The 5-day complex all elements package presents a lifetime inner journey to immunity and strength. You can decide whether you want to try its positive effects during a one-day experience, or a full package with a special benefit of two after-stay online one-to-one coaching sessions.

RETREAT FOR ALL

The program is fine-tuned for a unique experience whether you are an absolute beginner or a professional in yoga and related practices. Our experience lecturers are here to make sure that you feel comfortable and the sessions are undertaken at individual pace.

FULLY PRIVATE

There is a limited capacity for each group class, while the additional private sessions ensure ongoing and individual consultancy during the whole journey. Fully private and individual program can be arranged at extra cost.



PRICE & HOW TO BOOK

The daily price includes classes as listed above. The price is non-refundable and includes VAT.

ONE-DAY JOURNEY USD 75 DAY / PERSON

- Book through the ZURI ZANZIBAR reservation system on the website [here](#) when booking your stay. The selection is available at 'Step 2: Add-Ons' after selecting your dates of stay and accommodation type.
- Book directly with the Holistic Manager. We recommend to book in advance.

EMAIL

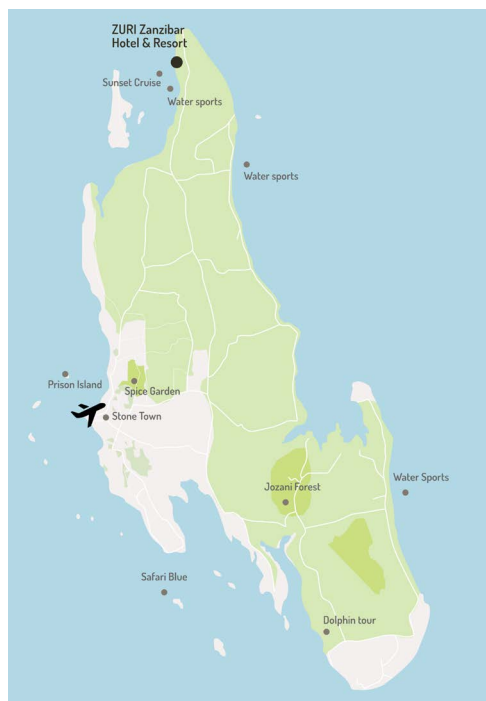
HOLISTIC_MANAGER@ZURIZANZIBAR.COM

WHATSAPP

+255 620 250 132

TERMS & CONDITIONS

- The price does not include accommodation which must be booked for the full duration of the wellbeing journey (1-day package, minimum 1-night stay, recommended are 2 nights).
- The wellbeing program is not accessible for non-staying guests.
- The prices do not include any MAUA Spa treatments, dining and water sports options outside those already included in the individual guest's current reservation.
- The program is subject to change.



ZURI ZANZIBAR

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Zanzibar
Tanzania

RESERVATIONS: +420 731 338 514
GUEST SERVICES +255 620 250 132

AIRPORT: Abeid Amani Kaume International Airport
DISTANCE: 50km from Stone Town to the Resort

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A MEMBER OF
DESIGN HOTELS™

