



ZURI PROGRAM



WELLBEING

ENTERTAINMENT

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY - LEISURE -	SUNDAY - PRICING -
WELLBEING	GROUND INTO GRATITUDE HATHA YOGA 8:00 / 60 min / Yoga Deck	WAKE UP AND GLOW HATHA YOGA 8:00 / 60 min / Yoga Deck	PRANAYAMA & HATHA YOGA TO BOOST METABOLISM 8:00 / 60 min / Yoga Deck	AFTER FLIGHT MUSCLE MELT YIN YOGA 8:00 / 60 min / Yoga Deck	IMMUNE BOOST HATHA YOGA 8:00 / 60 min / Yoga Deck	JOY LAUGHING HATHA YOGA 9:00 / 60 min / Yoga Deck	IMMUNE SYSTEM HATHA YOGA CLASS 9:00 / 60 min / Yoga Deck
	ACRO YOGA FOR COUPLES 09:00 / 60 min / Yoga Deck <i>Private class</i>	AFTER FLIGHT MUSCLE MELT YIN YOGA 9:00 / 60 min / Yoga Deck	IGNITE YOUR INNER FIRE VINYASA YOGA FLOW 9:30 / 60 min / Yoga Deck	ACRO YOGA FOR COUPLES 9:00 / 60 min / Yoga Deck <i>Private class</i>	ACRO YOGA FOR COUPLES 9:00 / 60 min / Yoga Deck <i>Private class</i>	REIKI - ENERGY HEALING 11:00 / 60 min / Spice Garden <i>Private class</i>	OCEAN FLOW SUP YOGA - BOOK 24 HRS AHEAD 15:00 / 60 min / Beach <i>Meet at Bahari beach/Wimbi</i>
	GROUNDING VINYASA FLOW CLASS 15:00 / 45 min / Yoga Deck <i>Complimentary class</i>	OCEAN FLOW SUP YOGA - BOOK 24 HRS AHEAD 15:00 / 60 min / Beach <i>Meet at Bahari beach/Wimbi</i>	GENTLE YIN YOGA FOR BURNOUT 15:00 / 60 min / Yoga Deck	HATHA YOGA AND HEART MEDITATION 15:00 / 60 min / Yoga Deck	KUNDALINI YOGA FOR HEALTHY THYROID 15:00 / 45 min / Yoga Deck <i>Complimentary class</i>	BOOK IN PERSON Reception desk/Yoga Deck BOOK VIA WHATSAPP Holistic Manager +255 62 02 55 098 Guest Services +255 62 02 50 132 Booking in advance advised. Check for availability.	WELLBEING PRICING Group class USD 25/pers Private class USD 50/pers <ul style="list-style-type: none"> • Classes are <i>group</i> unless specified differently • Classes are at <i>extra charge</i> unless specified differently • All suitable for <i>beginners</i> • Personalized <i>private classes</i> can be booked individually
	LOWER BACK BLISS WITH YIN YOGA 16:00 / 60 min / Yoga Deck	ACRO YOGA FOR COUPLES 16:00 / 60 min / Yoga Deck <i>Private class</i>	SURRENDER, LET GO - HATHA YOGA & MEDITATION 16:00 / 45 min / Yoga Deck <i>Complimentary class</i>	SELF LOVE YIN YOGA 16:00 / 60 min / Yoga Deck	GENTLE HATHA YOGA & TIBETAN BOWL HEALING 16:00 / 60 min / Yoga Deck		
ENTERTAINMENT	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	VILLAGE TOUR - BOOK 24HRS AHEAD 11:00 – 12:30/13:00 Reception <i>USD 15 per adult</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	MAASAI POOL CHALLENGE 16:00 – 17:00 Reception / Pool table <i>Challenge your billiards skills with local Maasai</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	AFRICAN WORKSHOP 16:00 – 17:00 / Beach area	FIRE DANCE SHOW 18:30 – 18:50 Bahari Bar / Beach	STARGAZING From 20:00 Bahari Bar / Beach <i>Watch the stars and enjoy signature drinks</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	BAHARI BBQ DINNER & LIVE MUSIC - BOOK AHEAD 19:30 – 22:00 Bahari Bar / Beach <i>USD 65 per person</i>
		STARGAZING From 20:00 Bahari Bar / Beach	AFRICAN NIGHT MARKET 19:00 – 22:00 Main staircase / Reception	BAHARI BBQ DINNER & LIVE MUSIC - BOOK AHEAD 19:30 – 22:00 Bahari Bar / Beach <i>USD 65 per person</i>	MOVIE NIGHT From 21:00 Main staircase / Reception		