



ZURI PROGRAM



WELLBEING

WELLBEING

DAY ACTIVITIES

EVENING ENTERTAINMENT

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY	SUNDAY
GRATITUDE HATHA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	WAKE UP & GLOW HATHA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	PRANAYAMA & HATHA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	AFTER FLIGHT YIN YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	IMMUNE BOOST HATHA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	ZERO STRESS HATHA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	ENERGY CHAKRA YOGA 09:00 – 10:00 / included Yoga Room BOOK AHEAD	
LOWER BACK BLISS WITH YIN YOGA 15:00 – 16:00 / included Yoga Room BOOK AHEAD	AFTER FLIGHT YIN YOGA 15:00 – 16:00 / included Yoga Room BOOK AHEAD	GENTLE YIN YOGA FOR BURNOUT 15:00 – 16:00 / included Yoga Room BOOK AHEAD	SELF LOVE YIN YOGA 15:00 – 16:00 / included Yoga Room BOOK AHEAD	KUNDALINI YOGA FOR THYROID 15:00 – 16:00 / included Yoga Room BOOK AHEAD	JOY LAUGHING HATHA YOGA 15:00 – 16:00 / included Yoga Room BOOK AHEAD		
ZURI SPICE TOUR 11:00 – 12:00 / included Reception BOOK AHEAD Daily upon request <i>Find out more about the various spices grown on the island in our Spice Garden</i>		BEACH ACTIVITIES 17:00 – 18:00 / included Beach Daily upon request	VILLAGE TOUR 09:00 – 10:30 / USD 15 pers. Reception BOOK AHEAD Daily upon request <i>Learn about the local community. Tour donation goes directly to the village</i>	ZURI SPICE TOUR 11:00 – 12:00 / included Reception BOOK AHEAD Daily upon request <i>Find out more about the various spices grown on the island in our Spice Garden</i>		BEACH ACTIVITIES 17:00 – 18:00 / included Beach Daily upon request	
MAASAI SHOW* 18:30 – 18:45 Bahari Bar / Beach GAMES NIGHT & MAASAI POOL CHALLENGE From 20:30 Peponi / Reception <i>Time to face the Maasai in Bao board game or popular pool. The choice is yours</i>	SUNSET DJ SESSION* 17:30 – 19:30 Bahari Bar / Beach <i>Book Sundowners for Two, drink & snacks USD 35</i> MOVIE NIGHT From 20:30 Peponi / Reception <i>African selection</i>	SUNSET SESSION WITH LIVE MUSIC* 17:30 – 19:00 Bahari Bar / Beach 19:30 – 22:00 Main staircase / Upendo	AFRICAN NIGHT MARKET 19:00 – 22:00 Main staircase / Reception <i>Buy your souvenirs and support the local vendors</i>	MOVIE NIGHT From 20:30 Main staircase / Reception <i>Movies for the little ones. Check the blackboard for today's selection.</i>	SUNSET DJ SESSION 17:30 – 19:30 Bahari Bar / Beach <i>Book Sundowners for Two, drink & snacks USD 35</i>	SUNSET SESSION WITH SAXOPHONE* 17:30 – 19:00 Bahari Bar / Beach 19:30 – 22:00 Main staircase / Upendo	

*Beach program is subject to change due to weather conditions. Selected day activities must be **booked in advance**.

BOOK VIA WHATSAPP: Guest Services +255 62 02 50 132. The program is subject to change. ED2305a