



WELLBEING PROGRAM / YOGA DECK

 A MEMBER OF DESIGN HOTELS™

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY	SUNDAY
7:30	BEACH RUN 30 min / Complimentary Meet at Bahari Bar		BEACH RUN 30 min / Complimentary Meet at Bahari Bar				
8:00	GRATITUDE HATHA YOGA 60 min / USD 25 pers.	WAKE UP & GLOW HATHA YOGA 60 min / USD 25 pers.	PRANAYAMA & HATHA YOGA 60 min / USD 25 pers.	AFTER FLIGHT YIN YOGA 60 min / USD 25 pers.	IMMUNE BOOST HATHA YOGA 60 min / USD 25 pers.	ZERO STRESS HATHA YOGA 60 min / USD 25 pers.	ENERGY CHAKRA YOGA 60 min / USD 25 pers.
9:00	DEEP STRETCH & TONE YOGI-LATES 60 min / USD 25 pers.	AFTER FLIGHT YIN YOGA 60 min / USD 25 pers.	INNER FIRE VINYASA YOGA FLOW 60 min / USD 25 pers.	FUN & RELAXING COUPLE PRIVATE YOGA 60 min / USD 50 pers.	FULL BODY STRETCH YOGI-LATES 60 min / USD 25 pers.	JOY LAUGHING HATHA YOGA 60 min / USD 25 pers.	IMMUNE SYSTEM HATHA YOGA CLASS 60 min / USD 25 pers.
15:00	GROUNDING VINYASA FLOW CLASS 45 min / Complimentary	OCEAN FLOW PRIVATE SUP YOGA <i>Book ahead</i> 60 min / USD 50 pers.	GENTLE YIN YOGA FOR BURNOUT 60 min / USD 25 pers.	HATHA YOGA AND HEART MEDITATION 60 min / USD 25 pers.	KUNDALINI YOGA FOR THYROID 45 min / Complimentary	REIKI – ENERGY HEALING / PRIVATE 60 min / USD 50 pers.	OCEAN FLOW PRIVATE SUP YOGA <i>Book ahead</i> 60 min / USD 50 pers.
16:00	LOWER BACK BLISS WITH YIN YOGA 60 min / USD 25 pers.	FUN & RELAX PRIVATE COUPLE YOGA 60 min / USD 50 pers.	LET GO – HATHA YOGA & MEDITATION 45 min / Complimentary	SELF LOVE YIN YOGA 60 min / USD 25 pers.	HATHA YOGA & TIBETAN BOWL HEALING 60 min / USD 25 pers.		

Take your yoga practice to the next level and join the **ZURI DAY RETREAT**. Any day, with any level of practice. **Book your Wellbeing Journey by Elements now | USD 75 pers.**

www.zurizanzibar.com/wellbeing

Prices per person. Meet up point at Yoga Deck unless stated otherwise. All suitable for beginners. The program is subject to change.

BOOK IN PERSON: Reception desk **BOOK VIA WHATSAPP:** +255 62 02 55 098

KIDS PROGRAM

10:30 – 12:00 Meet Reception	SAND ART	AFRO DANCE	BRACELET CRAFTS	TREASURE HUNT	KIDS YOGA	PALM LEAVES CRAFTS
15:30 – 17:00 Meet Beach	BEACH GAMES football, volleyball, beach tennis, sandcastle building...					

Activities are available free of charge for all little guests from 4 to 16 years old. Children need to be picked up by parents at THE meeting point. The program is subject to change.

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