



# ZURI PROGRAM



WELLBEING

ENTERTAINMENT

	MONDAY - EARTH -	TUESDAY - WATER -	WEDNESDAY - FIRE -	THURSDAY - AIR -	FRIDAY - ETHER -	SATURDAY	SUNDAY
WELLBEING	<b>GROUND INTO GRATITUDE HATHA YOGA</b> 8:00 / 60 min / USD 25 pers. Yoga Deck	<b>WAKE UP AND GLOW HATHA YOGA</b> 8:00 / 60 min / USD 25 pers. Yoga Deck	<b>PRANAYAMA &amp; HATHA YOGA TO BOOST METABOLISM</b> 8:00 / 60 min / USD 25 pers. Yoga Deck	<b>AFTER FLIGHT MUSCLE MELT YIN YOGA</b> 8:00 / 60 min / USD 25 pers. Yoga Deck	<b>IMMUNE BOOST HATHA YOGA</b> 8:00 / 60 min / USD 25 pers. Yoga Deck	<b>JOY LAUGHING HATHA YOGA</b> 9:00 / 60 min / USD 25 pers. Yoga Deck	<b>IMMUNE BOOST HATHA YOGA</b> 9:00 / 60 min / USD 25 pers. Yoga Deck
	<b>ACRO YOGA FOR COUPLES</b> 09:00 / 60 min / USD 50 pers. Yoga Deck	<b>AFTER FLIGHT MUSCLE MELT YIN YOGA</b> 9:00 / 60 min / USD 25 pers. Yoga Deck	<b>IGNITE YOUR INNER FIRE VINYASA YOGA FLOW</b> 9:30 / 60 min / USD 25 pers. Yoga Deck	<b>ACRO YOGA FOR COUPLES</b> 9:00 / 60 min / USD 50 pers. Yoga Deck	<b>ACRO YOGA FOR COUPLES</b> 9:00 / 60 min / USD 50 pers. Yoga Deck	<b>REIKI - ENERGY HEALING</b> 11:00 / 60 min / USD 50 pers. Yoga Deck	<b>OCEAN FLOW SUP YOGA - BOOK 24 HRS AHEAD</b> 15:00 / 60 min / USD 50 pers. Meet at Beach/Wimbi
	<b>GROUNDING VINYASA FLOW CLASS</b> 15:00 / 45 min / Complimentary Yoga Deck	<b>OCEAN FLOW SUP YOGA - BOOK 24 HRS AHEAD</b> 15:00 / 60 min / USD 50 pers. Meet at Beach/Wimbi	<b>GENTLE YIN YOGA FOR BURNOUT</b> 15:00 / 60 min / USD 25 pers. Yoga Deck	<b>HATHA YOGA AND HEART MEDITATION</b> 15:00 / 60 min / USD 25 pers. Yoga Deck	<b>KUNDALINI YOGA FOR HEALTHY THYROID</b> 15:00 / 45 min / Complimentary Yoga Deck		 Scan for online ZURI & KIDS PROGRAM
<b>LOWER BACK BLISS WITH YIN YOGA</b> 16:00 / 60 min / USD 25 pers. Yoga Deck	<b>ACRO YOGA FOR COUPLES</b> 16:00 / 60 min / USD 50 pers. Yoga Deck	<b>SURRENDER, LET GO - HATHA YOGA &amp; MEDITATION</b> 16:00 / 45 min / Complimentary Yoga Deck	<b>SELF LOVE YIN YOGA</b> 16:00 / 60 min / USD 25 pers. Yoga Deck	<b>GENTLE HATHA YOGA &amp; TIBETAN BOWL HEALING</b> 16:00 / 60 min / USD 25 pers. Yoga Deck			
<b>MAASAI SHOW</b> 18:30 - 18:50 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>SUNSET DJ SESSION</b> 17:30 - 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>LIVE MUSIC SESSION</b> 17:30 - 19:30 Bahari Bar / Beach 20:00 - 22:00 Main staircase / Upendo	<b>VILLAGE TOUR - BOOK 24HRS AHEAD</b> 09:00 - 10:30 / USD 15 pers. Reception	<b>SUNSET DJ SESSION</b> 17:30 - 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>SUNSET DJ SESSION</b> 17:30 - 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	<b>LIVE MUSIC SESSION</b> 17:30 - 19:30 Bahari Bar / Beach <i>Book your Sundowners</i>	
<b>PRE-DINNER COCKTAIL</b> 19:15 - 20:00 Main staircase / Reception <i>Get to know the ZURI team by a delicious drink</i>	<b>MOVIE NIGHT</b> From 20:30 Main staircase / Reception <i>Check the blackboard for today's movie</i>	<b>AFRICAN WORKSHOP</b> 16:00 - 17:00 / Beach area  <b>AFRICAN NIGHT MARKET &amp; MAASAI POOL CHALLENGE</b> 19:00 - 22:00 Main staircase / Reception	<b>FIRE DANCE SHOW</b> 18:30 - 18:50 Bahari Bar / Beach  <b>BAHARI BBQ DINNER &amp; LIVE MUSIC - BOOK AHEAD</b> 19:30 - 22:00 / USD 65 pers. Bahari Bar / Beach	<b>MOVIE NIGHT</b> From 20:30 Main staircase / Reception <i>Check the blackboard for today's movie</i>	<b>BAHARI BBQ DINNER &amp; LIVE MUSIC - BOOK AHEAD</b> 19:30 - 22:00 / USD 65 pers. Bahari Bar / Beach		

**BOOK YOUR WELLBEING CLASS VIA WHATSAPP:** Holistic Manager +255 62 02 55 098 | Guest Services +255 62 02 50 132. The program is subject to change. ED2301