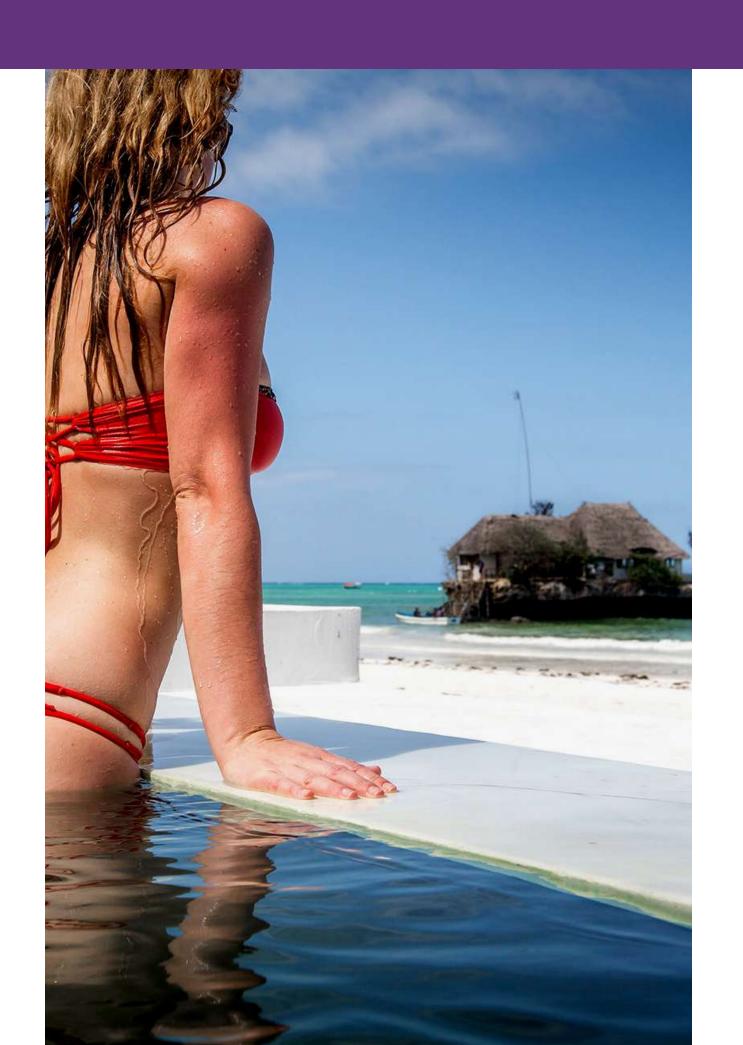


TIRED OF ORDINARY VACATIONS?

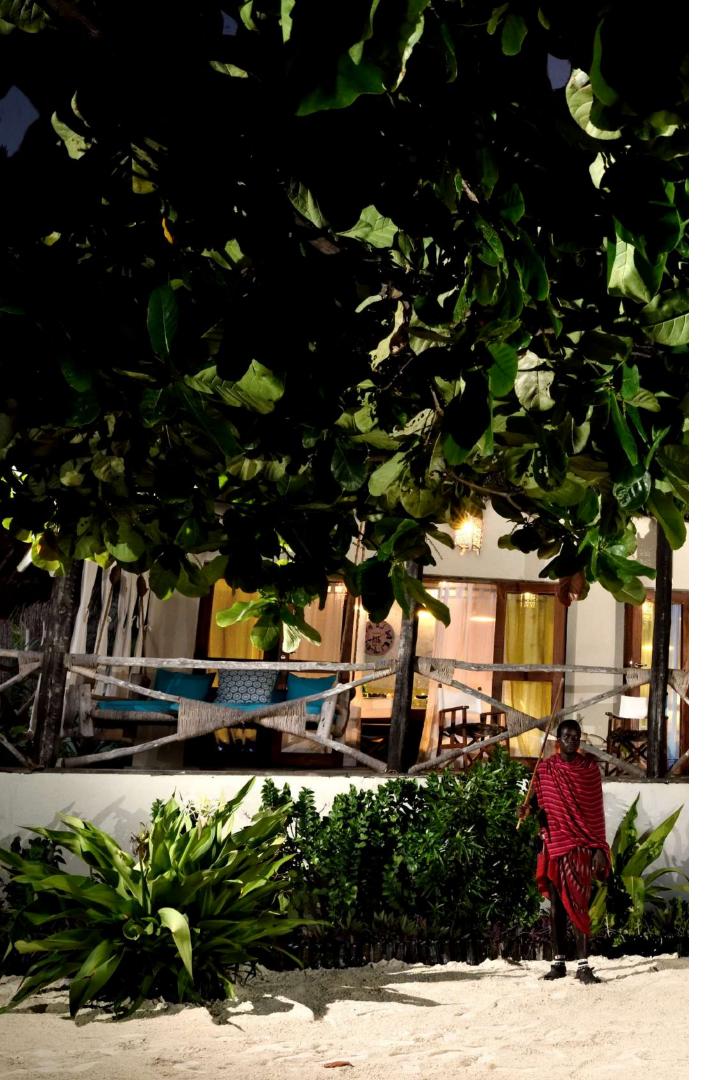
This retreat in Zanzibar is something what you are looking for!

Don't miss the chance to join this unique and exclusive retreat. Stay in a wonderful beachfront luxury hotel with healthy breakfasts, lunches and snacks included. Educate yourself on a detox nutrition, food combinations and try juice fasting to reduce stress and fatigue. Our guided meditations and Yoga practice help to develop a more aware and mindful way of life.





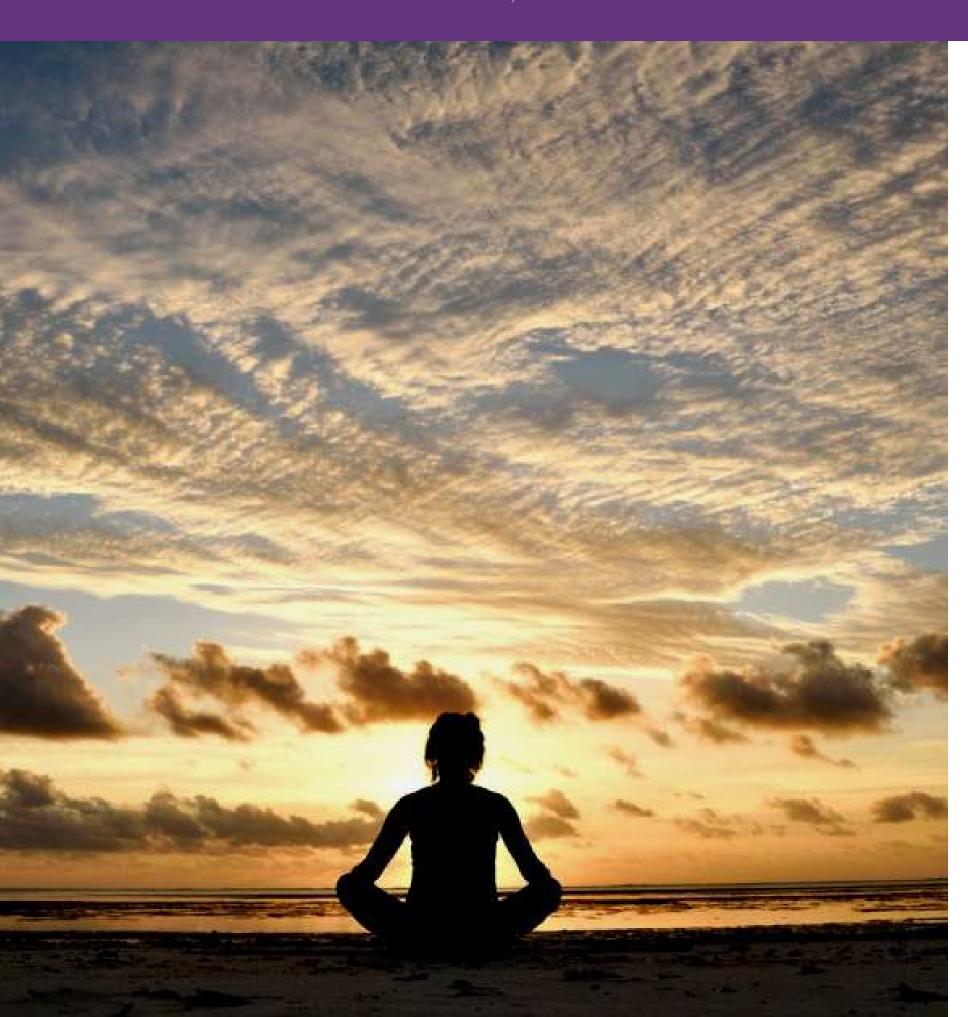




Location

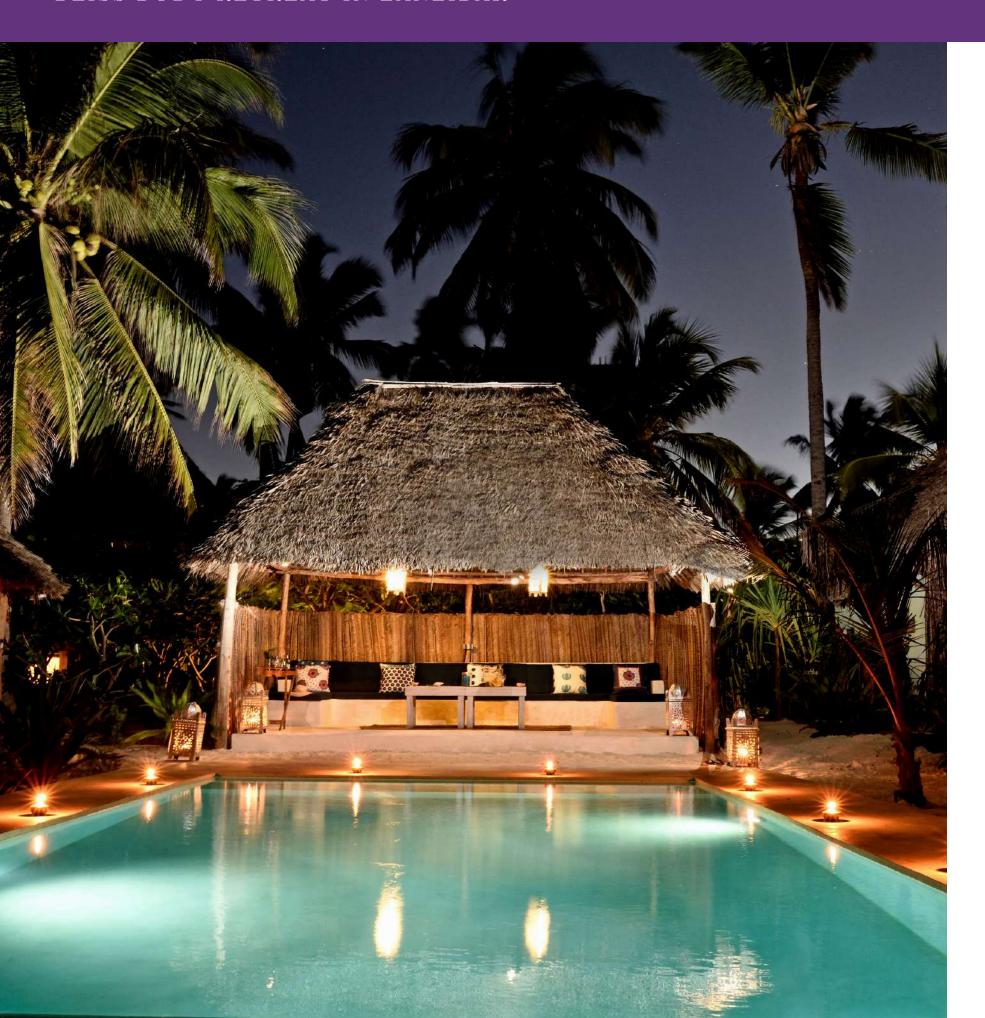
Zanzibar

Known as the Spice Island, the beautiful island of Zanzibar on Africa's east coast is bursting with culture and history, seemingly at odds with its idyllic geography of white-sand beaches with palms swaying lazily in the sea breeze. Together this makes Zanzibar a fabulous place to explore as well as a dream to relax, unwind! Sign up for our exclusive retreat in Zanzibar.



IMAGINE YOURSELF SALUTING THE FIRST RAYS OF SUNLIGHT ON THE BEACH

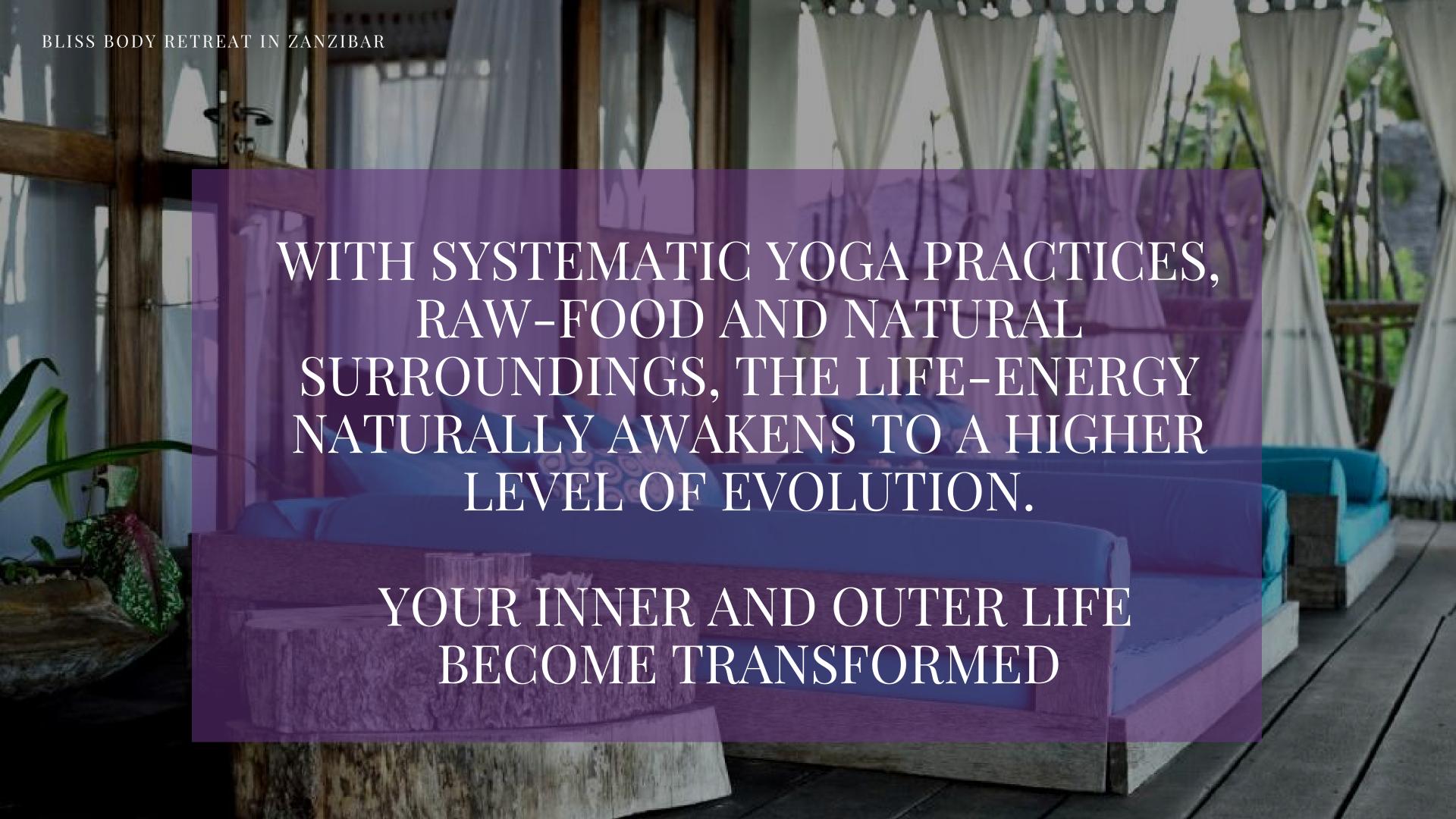
The days will flow like a vinyasa practice, everytime new opportunity for mindfulness, exploration, dedication, loosening up, and noticing what's within you. The schedule encourages good habits, with meditation, twice-daily yoga (a Sunsrise flow class in the morning; restorative in the afternoon), raw-food meals and inspiration talks.

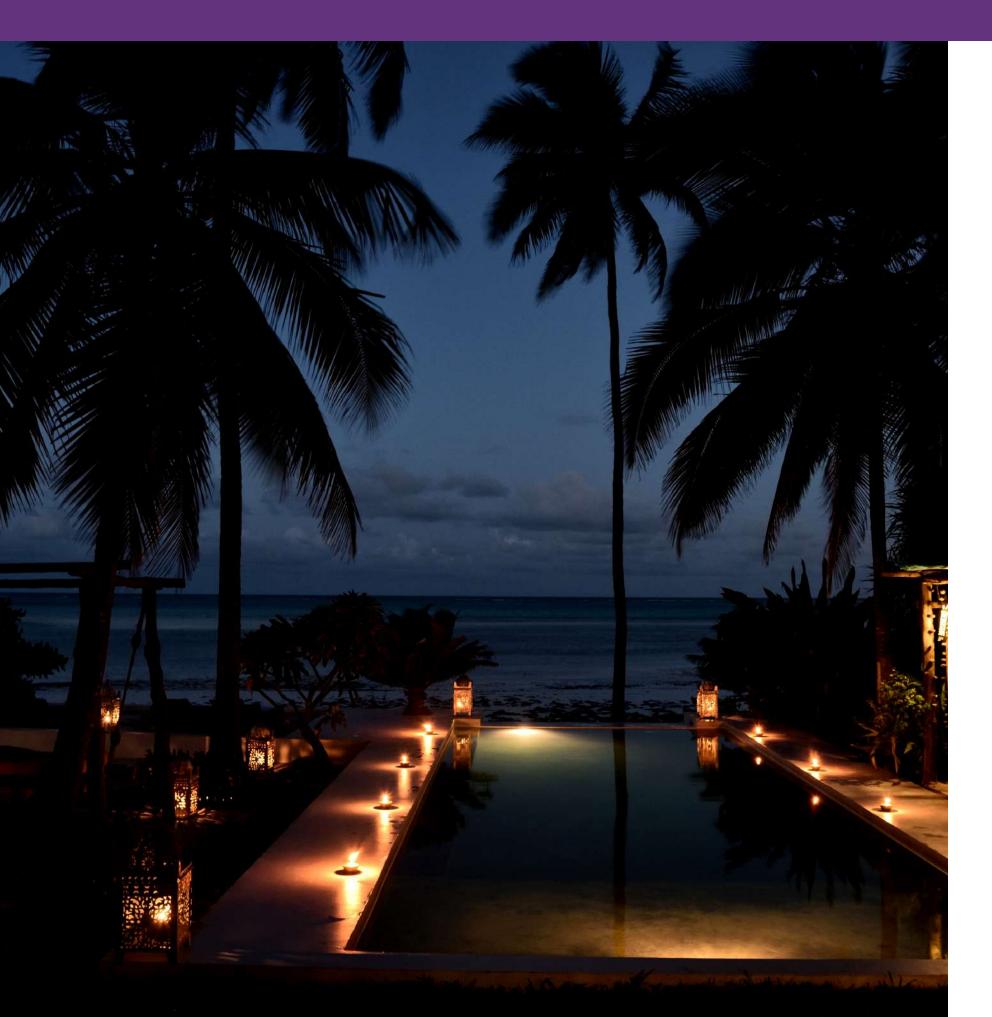


YOGA AND MEDITATION

We will start our day at 6.30 with a Yoga session with a sea view. In the evening, we will have more restorative practice, ending up with Tibetian Bowl Meditation Session.

During 7 days you will practice Asanas (postures) and Pranayamas (breathe work) to strength your body and mind. You will leave Zanzibar with the confidence, good body memory and the inspiration to continue the practice back home.





FIRE CEREMONY & WATER PURIFICATION

Fire purification ritual during sunset:

Realising doubts, fears, old stories and disappointments. Getting empowered, gaining selfworth, strength and confidence.

Water Healing Ceremony during sunrise:

Learning to let go, relax and feel supported.

Cleansing energy bodies from impurities and shining inside out



