THE ZANZIBAR COLLECTION
YOGA RETREAT AT
BREEZES BEACH CLUB & SPA

REJUVENATE YOUR SOUL
Famous for its attention to detail and warm hospitality, Breezes Beach Club & Spa is a lovely resort on the magical Island of Zanzibar. With beautiful decor and a wide variety of facilities, it is the ideal getaway retreat.

LOCATION

Breezes Beach Club & Spa lies on the tranquil south eastern coast of the island of Zanzibar, approximately 60 minutes drive from the airport or Stone Town. It is situated along a pristine stretch of beach, just north of Bwejuu voted by Conde Nast Traveller as one of the top 30 island beaches in the world.
THE YOGA RETREAT

An opportunity to learn and practice Hatha Yoga during your stay with us in Breezes. Our yoga teacher from India, with twelve years’ experience and specialized in Hatha Yoga, will be your guide with two one hour sessions per day in the tranquil Frangipani Spa and with some sessions on the beach overlooking the Indian Ocean.

The Hatha Yoga Course

Day 1 - Pranayama
• Morning (60 mins): Start with Loosening Exercises and Pranayama (Breathing Exercises) & meditation.
• Evening (60 mins): Relaxing Aromasoul Massage

Day 2 - Pose
• Morning (60 mins): Hatha Yoga Practice (Standing Pose, Sitting Pose, Prone Pose & Supine Pose).
• Evening (60 mins): Pranayama (Breathing Exercises) & Hatha Yoga Practices.

Day 3 – Stretch
• Morning (60 mins): Hatha Yoga Practice, Yoga for Eyes, Back Bend Stretching.
• Evening (60 mins): Hatha Yoga Practices with four stages of yoga.

Day 4 – Nidra
• Morning (60 mins): Hatha Yoga practices
• Evening (60 mins): Hatha Yoga Practice, Yoga Nidra (Deep relaxation).
• Swahili Cooking Lesson

Day 5 – Relax
• Morning (60 mins): Hatha Yoga practices with Pranayama & Meditation
• Evening (60 mins): Yoga Nidra (Deep Relaxation).

Day 6 – Yoga shala meditation
• Morning (60 mins): Hatha yoga practices & meditation
• Evening (60 mins): Deep stretch and relaxation
Included during your stay:
- Breakfast, Dinner and Afternoon Tea (note our Chef can prepare a special detox healthy menu if pre-booked)
- All drinks
- A complimentary relaxing aromasoul 60 minute massage
- Use of the Swimming Pool
- A Swahili Cooking Lesson emphasizing healthy traditional medicinal herbs and Spices
- Transfers to and from the airport

Enhance your stay:
The Frangipani Spa Experience
- Frangipani Signature Massage (75 minutes) € 60
- Balinese Massage (60minutes or 90 minutes) € 50 /€ 66
- Thai Massage (60minutes or 90 minutes) € 50 /€ 66
- Purifying & Regenerating Treatment (50 minutes) € 38
- Frangipani Body Scrub (60 minutes) € 52

- Stone Town Discovery Tour & Spice Tour € 67
- Snorkeling Safari € 27
- Scuba Diving Open Water Course (3 days) € 585
- Discover ScubaCourse 1 day € 160
- Single Discovery Dive € 72

Prices are subject to change.
Subject to availability, terms & conditions apply

Booking Details: info@thezanzibarcollection.com
www.thezanzibarcollection.com