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BLISS BODY RETREAT

Zanzibar Body Bliss – Exclusive Raw Food and Yoga Escape

UPENDO ZANZIBAR

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.





Fresh Indian Ocean breeze, white sand and aquamarine waters are just simple ingredients for a tasty breakfast.

Highlights:

- 7 days of relaxation, re-charging and de-stress
- Luxury accommodation
- High-quality cold-pressed juice daily
- Raw food organic meals daily
- Profound meditations, breathing, and yoga practice
- Amazing views and sunsets
- Detox eating education, seminars, lectures
- Magical atmosphere of Zanzibar
- Coaching and guidance during the retreat
- Complimentary Reiki healing session





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 Sunrise 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 Tibetan 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.

WITH SYSTEMATIC YOGA PRACTICES,
RAW-FOOD AND NATURAL
SURROUNDINGS, THE LIFE-ENERGY
NATURALLY AWAKENS TO A HIGHER
LEVEL OF EVOLUTION.

YOUR INNER AND OUTER LIFE
BECOME TRANSFORMED



FIRE CEREMONY & WATER PURIFICATION

Fire purification ritual during sunset:

Realising doubts, fears, old stories and disappointments. Getting empowered, gaining self-worth, 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

A bedroom interior featuring a white bedside table with a lamp, a red vase, and a blue vase. A bed with a pink blanket is visible in the foreground. The background shows a white wall with a framed picture.

Accommodation

Our partner Upendo Zanzibar offers our guests unique, stylish and rustic luxury rooms. This isn't just any place to lay your head, villas are a sanctuary to soothe your soul. Guests can relax on the sun loungers by the beach or the swimming pool, enjoying the sea view panorama.



WHEN:

Full Moon Journey **November 3-9**
New Moon Manifestation **November 17-23**
Full Moon Journey **December 2-8**



LOCATION:

Upendo Zanzibar,
Tanzania



PRICE:

Private accommodation - 2549 USD
Shared room - 1949 USD

THANK YOU
AND
SEE YOU
IN
ZANZIBAR