



SPA & YOGA
upendo

YOGA RETREAT

REST. RESTORE. RECHARGE.

19-24TH APRIL 2022
5 NIGHTS, 6 DAYS

IN PARTNERSHIP WITH:





ZOE RAFFERTY



"My mission is to expand the consciousness by guiding people through a journey of their mind, body and soul. Tapping into the spirit of each individual and shredding the layers of the ego which hold us back from finding pure peace and contentment. My teachings have a playful, experimental approach whilst maintaining the true authentic teachings of yoga. My movement journey begins over 25 years ago, exploring different dance styles in particular contemporary. After being diagnosed with a chronic disease 7 years ago, I began to use yoga as a way to reconnect/regain trust within my own being. Yoga became my healing tool. I now share my findings with a particular interest in energy and how we can begin to use energy to not only heal but create our realities."

THE RETREAT



Join us on this wonderful journey back to complete equilibrium, specially designed to raise your vibration and enhance the vital life force that not only allows us to function but thrive. Reignite that fire inside yourself and feel once again the zest for life.

We have mindfully designed the perfect retreat for you. Using the power of movement, stillness, nature and high vibrational foods, whilst embracing the power of the natural elements this beautiful island has to offer. Explore the benefits of yin therapy, vinyasa flow, Qi gong, sup yoga, journaling and much more.





THE FOOD

We believe the quality of your food determines the state of the mind and body. With that in mind our in-house chef has carefully designed a selection of dishes to cleanse your system and awaken your taste buds. All dishes are vegetarian and given our location packed with all the wonderful spices the island has to offer. Expect fresh, pure colourful foods. With an ayurvedic option for each sitting. Fresh fruit and energy balls will be available throughout the day for those who need a little extra. Every sitting will be buffet style providing a variety of flavours to suit all. Please inform of any dietary requirements or allergy upon reservation.



THE VILLA AND SURROUNDINGS

Upendo Beach is located in Michamvi (South East Coast of Zanzibar) on one of the most beautiful, secluded and unique tidal beaches in Zanzibar. It is a unique, stylish boutique hotel that delicately combines exclusive private villas with a social restaurant, bar and pool area while advocating sustainability and conservation principles at its center. Villa Shiva is our fully serviced beachfront villa and it is ideal for exclusive use and retreats. Spacious, with many areas for all to relax and take in the everchanging tidal ocean views, either during some well-deserved private time or together during retreats, sundowners and delicious meals! ROOMS: fitted with mosquito nets, ceiling fans or A/C to ensure the rooms stay beautifully cool throughout the day. The villa is designed with natural ventilation and air flow.

- Beachfront
- Max 9 adults
- Four large ensuite bedrooms with king size beds
- One single bedroom with internal views and external private wet room (no AC)
- High open palm thatch roof
- Contemporary architectural design
- Ocean front infinity pool
- Private butler, housekeeping, turndown service, gardener & security
- Water dispenser, tea and coffee station, and fridge bar
- Poolside dining and lounge overlooking the beach
- Dedicated wi-fi & bluetooth speaker
- SUP boards
- Snorkeling equipment

upendo
beach



EXAMPLE OF YOUR DAY

6:30am Optional Tapping

7am Energising morning yoga flow

8:30am Breakfast

Treatment time/ free time

11:30am Workshop (optional) Prana philosophy

1:30pm Lunch

Treatment or excursion time/ free time

5pm Yin therapy/ sound healing

7pm Dinner

8:30pm Optional journaling /Satsang/ yoga nidra

9pm Early night



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	Sea View Suite double sharing	Sea View Suite single use	Garden View Suite double sharing	Garden View Suite single use	Single room
RATE P.P in USD	1815	2500	1740	2350	1580

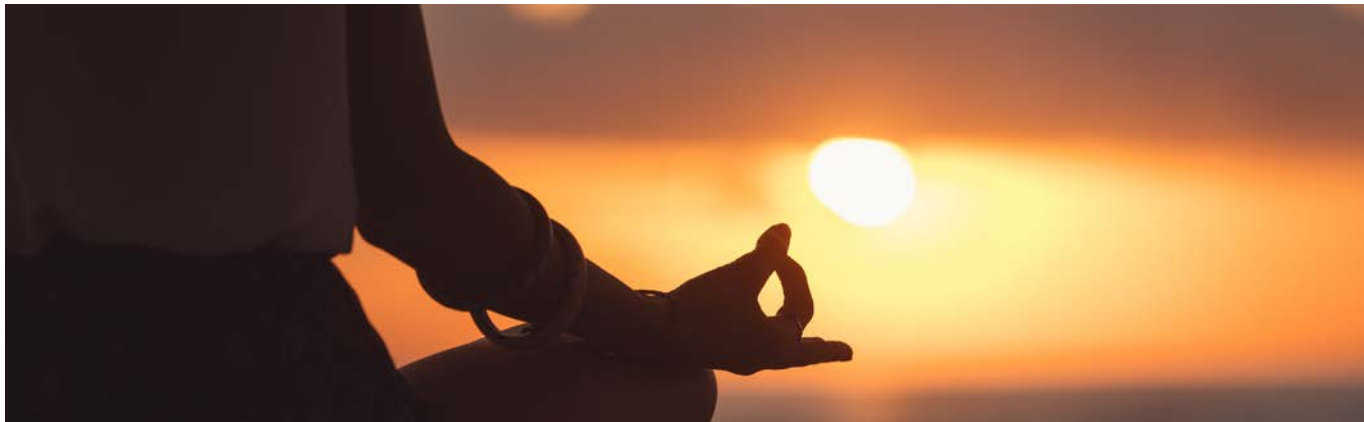
Min. number of participants required to confirm the retreat: 4

50% deposit to confirm the reservation (fully refundable in case min number is not reached)

Full payment required 30 days before retreat start

Cancellation 30 days before check in: 50% of the amount paid will be refunded

Cancellation 15 days before check in: no refund



TECHNIQUES & ACTIVITIES INCLUDED

- Sun gazing
- Tapping
- Qi gong
- Sup & Acro yoga
- Sunset yoga
- Vinyasa flow
- Yin therapy
- Yoga nidra
- Walking meditation
- Intention setting
- Mindful eating
- Fire ceremony
- High vibrational foods
- Earthing & Sound healing
- Breath and meditation workshop
- Understanding energy workshop
- Sup yoga
- Yin/ meridian therapy
- Throat chakra opening/ stress release

WHAT IS NOT INCLUDED

- Flights
- Airport transfers
- Travel insurance
- Extra drinks and food
- Gratuities

WHAT IS INCLUDED

- 5 nights stay in Villa Shiva overlooking The Rock restaurant
- Full Board meal plan: a la carte breakfast, 2 course lunch and 3 course dinner served family style in Villa Shiva
- All yoga classes and optional workshops
- 1x stress relief Massage treatment
- 1x tour (spice or Stone Town) and Sundowner at Upendo House



CONTACT US



+255 748 417 737

reservations@upendozanzibar.com

www.upendozanzibar.com

