



YOGA ASHRAM
real yoga made easy



SUGARCANE
ELEPHANTS
Based In Tanzania and Malawi

FIND THE STILLNESS WITHIN ***(STHIRAM SUKHAM ASANA)***

Dates of the Retreat : ***March 2nd to 5th, 2023***
Duration : ***4 days & 3 nights***
Location : ***Zanzibar Queen Hotel, Zanzibar***

Day to day schedule for the retreat

March 2nd

7.00 am	Arrival @ Zanzibar Airport
8.30 am	Departure from Airport
10.00 am	Arrival @ the hotel for check in
10.30 am	Breakfast
10.30 to 1.30pm	Free time to relax, explore the pool, beach, spa
1.30 pm	Lunch
2.00 – 4.00 pm	Explore the property, pool, beach, spa
4.00 – 4:30 pm	Opening Circle
4:30 – 5:30pm	Yoga Stretching
5:30 – 6pm	Meditation
7.30 pm	Dinner
8.30 – 9:30	Satsang

March 3rd

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sunrise Yoga
7.30am	Breakfast
8.00 am	Departure for swimming with Dolphins and snorkelling
1.30pm	Lunch @ hotel
2.00 – 4.00 pm	Free Time to explore the property, spa, beach, pool
4.00 – 5.00 pm	Restorative Yoga
5:00 – 6:00 pm	Breathing Exercise, Meditation & Knowledge Session
7.30 pm	Dinner
8:30 – 9:00pm	Satsang



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March 4th

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sivananda (Arm and Core Strengthening)
8.30 am	Breakfast
9.00 am	Zanzibar's Nature & Culture tour (Mangrove + Jozani Forest + Stone town)
1.00 pm	Lunch @ Stone Town
3.00 pm	Meditation at the mangroves.
5.00pm	Return to hotel
6.30 – 7.30pm	Spine Stretch / Aqua Yoga
8.00 pm	Dinner
8:45pm – 9:15pm	Satsang

March 5th

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Morning Hatha
9.00am	Breakfast
10.00 am	Departure for visit to Turtle farm
1.00 pm	Lunch
3.00 – 4:30pm	Breathing & Meditation
4:30 – 5:00pm	Closing Ceremony
6.30pm	Checkout from Hotel
7.00 pm	Departure for airport

***** *End Of Retreat* *****



Further Information for the retreat

Airline: Fly Dubai

Recommended Flight Details:

2nd March 2022

Dubai to Zanzibar -Flight FZ1259

2.30am – 07.00am

5th March 2022

Zanzibar to Dubai – Flight FZ1688

21.30 pm – 04.00am

Package Cost:

Option 1: Standard Room (all inclusive)

Single Occupancy : AED 5510/-

Double Occupancy : AED 5100/- (sharing basis)

Option 2: Ocean View Rooms (all inclusive)

Single Occupancy : AED 5700/-

Double Occupancy : AED 5200/- (sharing basis)

Inclusions in package:

- Accommodation for 4 days on single or sharing basis as requested by you
- Breakfast, Lunch & Dinner from breakfast on day of landing to lunch on day of departure
- Yoga Sessions: Meditation, Yoga Stretching, Restorative Yoga, Sunrise Yoga, Breathing Exercises, Meditation, Sivananda Yoga & Aqua Yoga
- Yogic Detox: Jal Neti
- Unlimited Beverages
- Use of the Yoga Shala
- One day Cultural & Nature Tour of Zanzibar
- One day swimming with the Dolphins and Snorkeling trip
- Meditation @ the mangroves
- One day trip to the Turtle farm.
- Visit to Jozani Forest
- Lunch @ Stone Town
- Airport Transfers (Zanzibar airport – Hotel – Zanzibar Airport)
- Guide fees @ Town Square
- Entry Tickets for National Forest, Mangroves and Stone Town



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Exclusions in Package

- Cost of PCR Test
- Zanzibar Entry Visa Cost
- 5% vat

Please note that we have limited spots available for this retreat, so please do make your reservation at the earliest.

When making your reservation please share

- 1. A copy of your passport*
- 2. Copy of Vaccination card*
- 3. Phone number to add to whatsapp group*
- 4. Allergies or Dietary requirements if any*

To confirm your spot please make the payment to the below bank details and send an email to angela@yogashram.com so the payment can be tracked against your reservation.

Name: Yoga Ashram DMCC
Account No.: 1014807205201
IBAN No: AE730260001014807205201
Bank Name: Emirates NBD BANK
Swift Code: EBILAEAD