

Zanzibar Meditation Retreat

June 3rd to June 8th 2019

Meditation, Transformation, Nature & Leisure

05 Nights / 6 Days



Invitation to a Refreshing and Reconnecting Meditation Retreat to Zanzibar.

PLAN in advance! Make the most of the June EID holidays

Powered by YogaTrippie.ae – A Yoga and wellness travel company






Suggested Flight Options (from DXB)

Best departing flights ⓘ

Total price includes taxes + fees for 1 adult. [Additional bag fees](#) and other fees may apply.

Sort by: ↑↓

	7:30 PM – 2:00 AM ⁺¹ Oman Air	7h 30m DXB-ZNZ	1 stop 1h 10m MCT	AED 1,434 round trip	▼
	1:55 AM – 9:10 AM Kenya Airways	8h 15m DXB-ZNZ	1 stop 1h 50m NBO	AED 1,564 round trip	▼
	11:35 AM – 4:25 PM flydubai · Emirates	5h 50m DXB-ZNZ	Nonstop	AED 2,035 round trip	▼

We would recommend **FLYDUBAI** (There are many other airlines too)

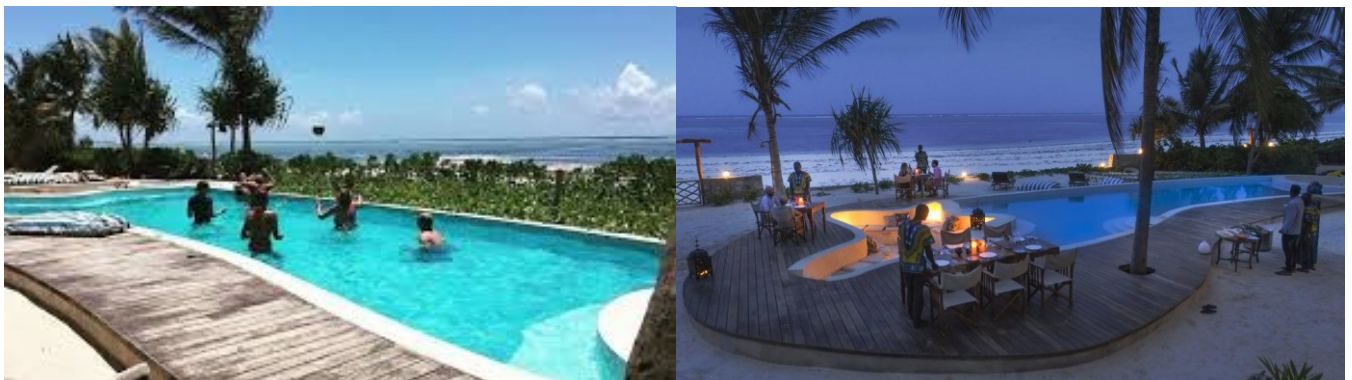
Prices are going up steadily. Book your FLIGHTS as early as you can!!!

Our Accommodation – ZanziBlue Resort

Boasting a private beach area and beautiful sea views, Zanziblu resort in Matemwe is perfect for our Meditation retreat. They have amazing rooms, very tasty food, an outdoor swimming pool facing the ocean and a small garden. We recommend the Swimming pool, the beach walks & good vibes.



Right on the amazing white sand beach and enjoying wide ocean views, these fully serviced villas blend Zanzibari style and modern comforts



The location is exclusive and tranquil with neighbors mainly private houses and boutique hotels. In the immediate vicinity there are ample choices for nautical sports including kite surfing, scuba diving and snorkeling on the island around Mnemba atoll

5 Day elemental Meditation Retreat

EARTH | WATER FIRE | AIR | ETHER.

Come gather with like-minded souls on a journey of transformation.



Over the 5 days, the meditation practices are a structured program designed to help you get the most out of your meditation retreat. **These 5 days will help you to deeply cleanse yourself, restore balance, and re-energize your entire body while on vacation.**

The 5 Elements of **Earth, Water, Fire, Air and Ether/Space** describe our primal energy blueprint. They are the power's that hold the fabric of our reality together, and so are at the root of many great folk medicines of the ancestral tribes of Earth. When the Elemental dynamic is continuously balanced, we live with greater personal freedom.

When we use the Wisdom of Nature's 5 Elements in daily practices, rituals and processes, we can learn how to deeply listen to ourselves, and so an evolution of the subtle-energy systems begins. We discover a familiar sense that can bring us into a richer experience of ourselves.

Meditation – Even for Beginners

The guided meditation sessions with Anjaan are even for beginners. You needn't have any experience in meditation to enjoy the retreat and the practices.

We will explore a range of meditative practices through the span retreat including

- Vedic meditation like *Pranayama, Japa, Tapa, Dharana and Sankalpa*.
- Tantric practices like *Kundalini, Traraka, Shambavi and Dhyana*.
- Japanese practices of *Zazen* (seated zen) and *Kinhin* (walking meditation)
- Body scanning, affirmations, visualization, mindfulness and others

Personal Therapy and Healing

You have the option to book personal therapy sessions with Anjaan. His therapeutic massage and energy healing include breathwork sessions, bodywork sessions or energy work sessions. He combines his training and knowledge from Yoga, Reiki, Pranic Healing, Kundalini Shakti Hands, Tantric Massage, YogaTherapy Massage, Ayurvedic massage and Yoga Mukti to help in healing. As a healer, Anjaan is known to help his clients with profound transformation – mentally, physically and spiritually.

Daily Schedule - How Each Day Unfolds

Each day we will focus on one element to bring greater awareness to how the elements affect our state of being and how we are not separate from them!

Morning Meditation

- Each day will begin with an early Elemental Meditation Class that takes you into different themes of Natural wisdom and energetic development.
- They are often revelatory experiences as our Elemental balance is being reshuffled through particular focused visualization, mudras, mantras, pranayama and movement.
- We will combine ancient Vedic and tantric knowledge for these classes.
- After a healthy breakfast, we have an option to have an interactive and dynamic Q&A on a host of subjects, and wisdom sharing sessions.
- The sessions aim to reveal how we can use Nature's wisdom to help reveal your own.

Afternoon

- An invigorating morning can find you in the pool, or on the beach and then a vitalizing lunch from the Zanzibari Kitchen.
- The afternoon is then free for you to take long walks or swim or even take a nap. Mandalas own pool is a super chilled place for down time too with your favorite book or music.
- We might also have the day trip happening on one day.

Sunset Meditation & Evening

- When the warmth of the day is fading, a sunset gathering will offer somatic practices, creative writing, bodywork sessions and other meditation.
- We will also plan a sunset trip together to some nice sunset spots on the Island
- You will be free to participate in any open forums, or free to just observe as the days whim takes you.

We will share a Detailed program closer to the retreat dates

DAY TRIP to Marine Turtles Conservation Pond

Along with the Daily meditation classes with Anjaan, we will experience a trip to the Turtle conservation centre. A natural sanctuary for turtles, it's a really unique experience and so much fun getting close to these magnificent creatures. The staff are passionate about the turtles and what they do, which is great.

After our turtle interaction we can go and enjoy, sunset and dinner at Kendwa Beach



WHATS INCLUDED IN YOUR PACKAGE COST

6 days of deep connection to your authentic self, each other and nature

Here are Inclusions for 5 Nights 6 Days Meditation Retreat to Zanzibar

Airport Transfers and Orientation

- Pick up and drop to & from the airport in shared transport
- Group Welcome, Orientation discussion, ice breaker talk and tips for your retreat

Resort and Accommodation

- 5 nights shared accommodation in bedrooms in beautiful Zanzibari Villas
- Option to Upgrade to Single person accommodation (private bedroom)
- Each room is unique and room allocation is done according to discretion of the resort.
- ROOM Sharing for singles will be allocated keeping in mind same gender and like mindedness.
- Free wireless internet (*But maybe you can unplug? And detox from the internet?*)
- Snorkel around the coral reef in front of the villa
- Rustic, natural, colorful, peaceful vibe and serenity is included in your package!

ALL Meals

Zanzibblue serves an eclectic Zanzibari cuisine with a focus on organic, healthy and fresh food.

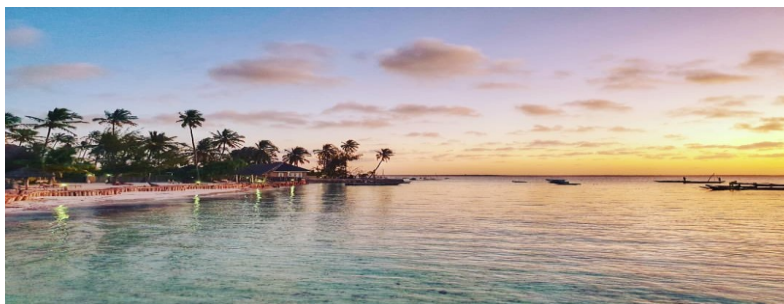
- 3 tasty fresh meals daily included in your package.
- 2-3 of our meals will be outside the resort at nearby locations / other resorts.
- Closing dinner on the beach

Meditation, mindfulness sessions and Knowledge Sharing

- Daily 2 **guided** meditation sessions / classes with Anjaan
- Knowledge sharing sessions and discussions
- One on One guidance for meditative practices
- 1 Group – Elemental Healing session (option to have a private session too)
- Special 120minute Guided Kundalini meditation during one evening.
- Opportunity to ask Anjaan questions & spend quality time with to absorb Yogic way of life

Day Trips and Sight-Seeing

- Trip to the Turtle Conservation center
- Group Visit to The Beach for sunbathing or meditation.



The Follow items are **not included** in the package cost

- Airfare, Visa Costs, Travel insurance, Medical expenses, and other immigration expenses
- Extra food consumed at the resort or outside are at your own cost
- Laundry, Alcohol, shopping, souvenirs and other items of personal use
- Bicycle rental, car rental for activities outside the group itinerary.
- Any additional activities or optional trips chosen.

ROOM OPTION #1

King Room with Sea View

These are the PiliPili studios - all facing the ocean.

All studios have large terraces to enjoy the sea view, a book, or a drink.

The villa has its own private jet pools, as well as they share a large common pool.

These King rooms also have a fully functional kitchenette.

The resort gives a true home feel, in an authentic Zanzibari environment while providing all the comforts of a fully serviced villa, including amenities such as hot water, AC, Free WiFi, universal plugs, water and backup power generator.



ENERGY EXCHANGE For KING ROOMS

Cost for 5 night 6 days **shared** accommodation and all Above inclusions (taxes included)
2 People in one room (1 Double Bed)

- Super Early Offer – ONLY for the first 4 Bookings – **USD 1100\$**
- Early offer - Valid only till May 1st 2018 – **USD 1300\$**
- Regular Price - Valid till May 20th 2018 – **USD 1450\$**

(Please enquire for option to UPGRADE to a Private – Non Shared KING Room)

**50% Payment upon booking the seat (non-refundable)
Remaining 50% Payment by May 20th 2019**

ROOM OPTION #2

Queen Room with Sea View

All rooms have air conditioning, Free WiFi, universal plugs, water and backup power generator.

All villas have their own private jet pools, as well as they share a large common pool.

All rooms and terraces enjoy ocean view.

The resort gives a true home feel, in an authentic Zanzibari environment while providing all comforts of a fully serviced villa, including amenities such as AC, hot water, unlimited internet, power backup, etc.



ENERGY EXCHANGE For QUEEN ROOMS

Cost for 5 night 6 days **shared** accommodation and all Above inclusions (taxes included)

2 People in one room (1 Double Bed)

- Super Early Offer – ONLY for the first 4 Bookings – **USD 1000\$**
- Early offer - **Valid only till May 1st 2018 – USD 1250\$**
- Regular Price - Valid till May 20th 2018 – **USD 1400\$**

(Please enquire for option to UPGRADE to a Private – NonShared Queen Room)

50% Payment upon booking the seat (non-refundable)

Remaining 50% Payment by May 20th 2019

ROOM OPTION #3

Traditional Zanzibar Attic with Sea View

The attic is a large space equal to the size of 2 rooms. But it is semi-open... Kind of "safari" on the beach. There is 1 fully equipped bathroom for the attic.

*Please note – the attic has **no Air-Conditioning** but will have plenty of fresh breeze
You get enough aircon in Dubai, Why not some fresh air?*



ENERGY EXCHANGE For ATTIC ROOMS

Cost for 5 night 6 days **shared** accommodation and all Above inclusions (taxes included)
4 People in one Massive attic (1 x Double bed, 2 x Single beds)

- Early offer - Valid only till May 1st 2018 – **USD 850\$**
- Regular Price - Valid till May 20th 2018 – **USD 1100\$**

(there is no single accommodation upgrade option in the ATTIC)
50% Payment upon booking the seat (non-refundable)
Remaining 50% Payment by May 20th 2019

OPTIONAL TOURS & ACTIVITIES

(separate booking required / not Included in package cost)

Here are some optional trips we can do as a group. I might surely go scuba diving and other activities on the island. You are welcome to join me

- Day Trip to Stone Town and see the local culture and sights
- **Dolphin watching** in Kimikazi and swimming boat trip to the south of the island.
- **Snorkelling and Scuba** - Tanzania is known for breathtaking safaris, but there are no lions or giraffes in Zanzibar - the wildlife is all underwater. Dive into the Indian Ocean life!
- **Marine conservation Park** - Day trip to Mnemba Island – Snorkelling or Scuba Diving
- **Nature trip.** The Zanzibar red colobus and Sykes monkeys, bush babies, more than 50 species of butterfly and 40 species of birds are ready to be discovered in the natural
- **Quad Bike** village tour
- **Trip to spice farm.** Feel and taste cloves, nutmeg, cinnamon, pepper, vanilla, and other essential ingredients of Zanzibari life while visiting a spice farm to learn more about the plants.
- Half day tour to Prison Island (Home of Huge Tortoises)
- Sunset at Michamvi Beach

Note :- We can decide as a group what activities we would like to do and make bookings to get group discounts once we are on the island! It totally depends on you and there is no compulsion to book/join any of the above activities. Maybe you just want to lie down on the beach sand or laze by the pool. Perhaps you want to spend more hours meditating and your rejuvenation time is totally yours!

ZANZIBAR VISA INFORMATION

For most nationalities, obtaining a tourist visa to Tanzania is pretty simple. It can be purchased at the border. [Zanzibar](#) is an island part of the United Republic of Tanzania. The same tourist visa for Tanzania you can use it in Zanzibar without any problem.

Alternatively, you can send your passport in advance to your local Tanzanian embassy to apply for the visa ahead of time. However, given that visas are readily available at the border, it is easier than sending away your passport. Therefore, unless your country is one that is ineligible for a visa at the border (*including Morocco, Sri Lanka, and Lebanon*), I would recommend obtaining a visa on arrival.

Read More here <https://www.tanzaniaconsul.com/visa.html>

Visa payment currency

If applying at the border, be aware that Tanzania (like many African countries) can be very picky about accepting currency, so make sure you have crisp, clean, new notes (no tears or stains) to give at the border. Notes printed prior to 2006 will not be accepted at the border, or really anywhere in Tanzania.

6 months validity on your passport

In addition, when applying for a visa, you must have at least 6 months validity on your passport. If your passport is nearly expired, you must get it extended before trying to enter Tanzania, or you will be refused entry.

I'm Anjaan –Your Retreat Leader

Hi, I visited Zanzibar last year and fell in love with the island. It is perfect for spending a few days in deep contemplation and meditation. Besides being naturally beautiful, the island has a charmed vibe around it and facilitates deep energetic transformation. Thus, I wanted to share the magic with you. I have led yoga retreats and trips across many regions, including India, Bali, Nepal and Srilanka, and am thrilled to share an experience with you.

ABOUT ANJAAN



Born into a vedic family, Anjaan has been living the yogic ways from the age of 5. He was brought up around palmistry, astrology, mantras, pranayama, ayurveda, and other esoteric practices. From 2006, when he had a Kundalini Awakening, Anjaan has consciously immersed in the traditional spiritual sciences and has ardently studied tantric, vedic and ancient traditions.

Anjaan is a certified Yoga Massage therapist and a Reiki 3rd Degree healer. He is also a martial arts coach (10th Dan Black Belt), ordained Zen facilitator, He has also been trained in multiple healing modalities including, pranic healing, myofascial release and **Kundalini** tantra massage and Kundalini Shakti Hands.

As a Meditation guide, he loves to see people discover new things about themselves through simple deep introspection and awareness.

He advocates living a life of equanimity for optimum health and wellbeing.



About #MillionMeditators

The #MillionMeditators Project is a global goal to reach out to the unified consciousness field of humanity and help raise the vibrations of humankind. It aims to create ripples of meditative power throughout the planet.

For any clarifications, booking extra days, options or customization please contact Anjaan on + 971555554631 or Anjaan@YogaTrippie.ae

"I look forward to travelling and Meditating with you" - Anjaan

Check www.yogatrippie.ae for more destinations & to create memorable wellness vacations.