

NOVEMBER 20TH - 29TH 2024

# ZANZIBAR

MEN'S TRANSFORMATION SANCTUARY

# FIND YOUR TRIBE



LIVE LIFE  
RETREATS



# PACKAGE INCLUDES

- 9 Nights (10 days) Accommodation
- All Inclusive (breakfast, lunch, dinner, snacks, water, sodas, mocktails, fresh juices), (alcohol not included)
- Return Airport Transfers
- WhatsApp Motivational, Progress & Care Chat
- Welcome Bag with t-Shirt, Towel & Gym bottle
- Unlimited Drinking Water
- 1 x Health Juices Per Day
- Breathwork Sessions
- Cold Water therapy
- Daily Yoga Classes & Animal Movement
- Cycling, Paddle Boarding & Kayak
- Beach HIIT Workouts
- Resort Circuit Training
- Safari Blue Ocean Excursion, Snorkelling & Beach BBQ
- 60 minute full Body Massage
- Let it All Go Fire pit Ceremony Ritual
- Cacao Ceremony ( Phycobilin optional )
- Nutritional education
- 1-2-1 Personal Training Sessions
- CBT Therapy Session (optional)
- men's discussion circle
- Movie Nights
- Live Music (local live band)
- Welcome BBQ & Closing BBQ & DJ Party
- Mangroves Sunset Paddle Boarding & Blue Lagoon Snorkelling
- Star Gazing & Local open fire dinner Experience
- Local community School Visit with gifts



# WEDNESDAY 20TH NOVEMBER

Depart from your destination and arrive at Abeid Amani Karume International Airport, where you will be greeted by a member of the Live Life Retreats Team, destination Zen Boutique Resort

This is where your 10 day retreat begins. Expect a very warm welcome from the team on arrival and a fresh face towel, juice and homemade cookie.

Once we have checked you in to your room and given you the tour of Zen its time to relax,chill poolside until the rest of your crew arrive.

When the whole tribe is here we will have an official meet and greet, get to know your new found friends and fellow retreaters.

Today is all about getting settled in, and at dinner time we will talk about the week ahead, then getting a good nights sleep

Early start

- **Airport Transfer to Zen Boutique Resort**
- **Hotel Check In & Welcome Pack**
- **Resort Tour & Escorted to your room for the next 10 days**
- **Relax & Wait for the rest of your Tribe to arrive**
- **Lunch and group briefing of the week ahead**
- **Evening Fire pit Ritual, letting go, looking forward**
- **BBQ & Goal setting,**



# THURSDAY 21ST NOVEMBER

- **5am - 7am:** Lets do this. Early morning run to the white sandy beach and turquoise indian ocean. Beach HIIT work our baby. 45 mins of HIIT circuits while the sun rises, and then a dip in the ocean to cool off.
- **7:30am - 8:30am:** Breakfast
- **9am - 10am:** Yoga in the shala & Secret Garden, (beginners & advance)
- **11am - 2pm:** Nutrition Educate & Lunch time. We will look through the different foods, good and bad, learning about whats good to eat and the right times to eat certain foods, etc etc.
- **3pm - 4pm:** Animal Movements & callethnics
- **5pm - 7pm:** Dinner. meal time and a good chat about the first day.
- **7pm till,** down time chill, watch a film play some games, or get an early night.



# FRIDAY 22ND NOVEMBER

- 5am - 7:30am: Rise & Shine, Morning stretch then its on the bikes and a 40km round trip cycle to the stunning Mtende secret beach to watch the sunrise then cycle back for breakfast
- 8am - 9am: Breakfast at Zen Boutique Resort.
- 10am - 1pm: Breathwork with Greg. dive deep into the world of breath work, learning new breathing techniques and coaching.
- 1pm - 2pm: Cold Water Therapy, ice bath baby. Lets take the plunge and get the best dopamine hit.
- 2pm: lunchtime
- 4pm - 6pm: The Zen Resort Circuit workout. multiple workout stations set up using the whole resort, this one is a full body ultimate HIIT session.
- 7pm: Time for dinner and relax youve earned it

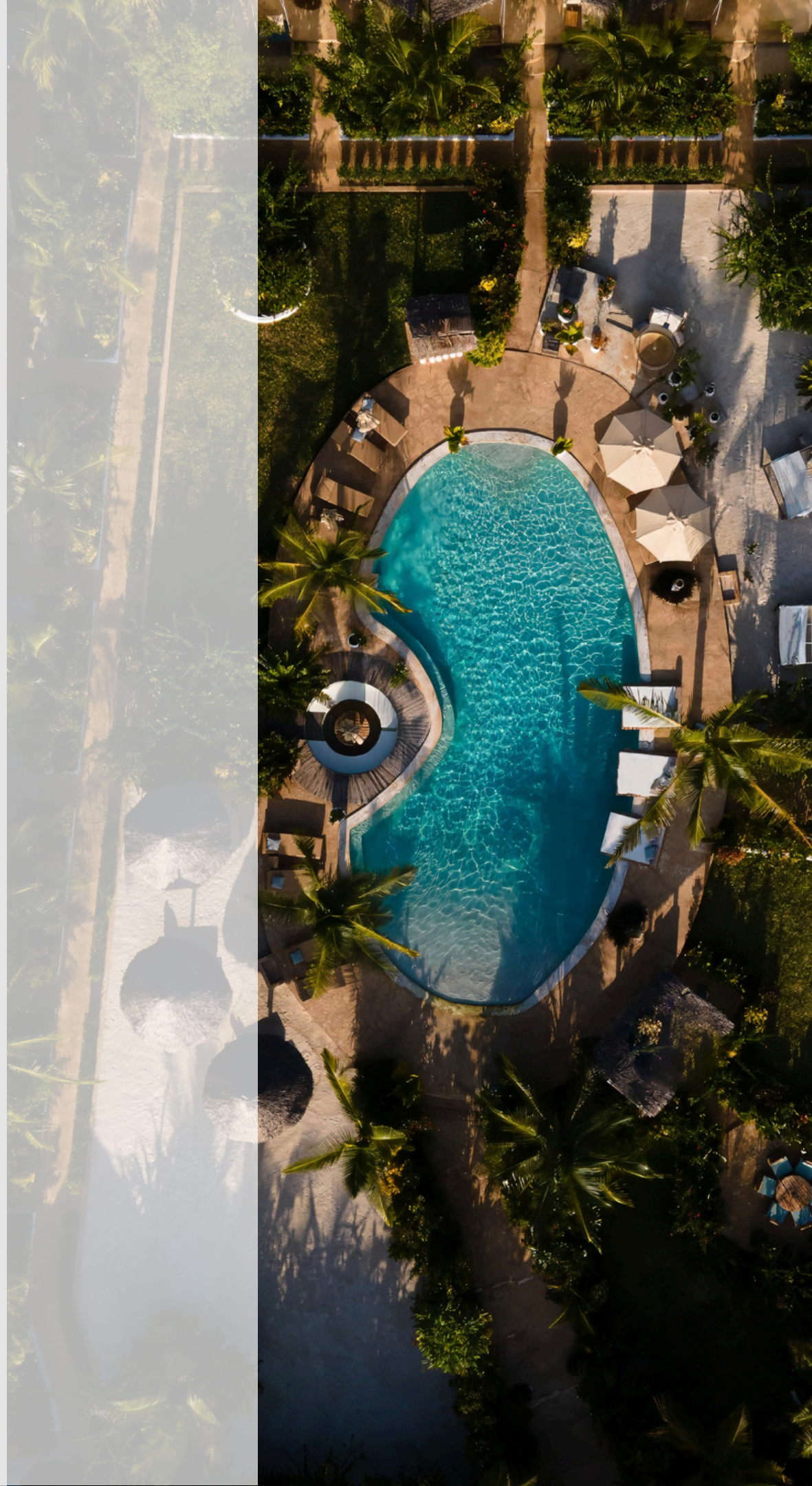


# SATURDAY 23RD NOVEMBER

- 7am-7:30am: Breakfast at Zen Boutique Resort
- 8am - 7pm: Safari Blue Full Day Sailing Excursion

## Safari Blue Inclusions:

- Full-day boat trip on the stunning turquoise indian ocean. On a traditional hand built sailing dhow. around the beautiful conservation area of menai bay.
- Home to an impressive array of coral, tropical fish, dolphins and if your lucky you may spot some whales. idyllic sandbanks, mangrove forests and a sea turtle breeding area.
- Enjoy guided snorkelling, relaxing time on astunning sandbank and mangrove swimming.
- Lunch served on a desert island restaurant and includes a delicious Zanzibar seafood BBQ, tropical fruit tasting, stocked bar with cocktails, coffee and cold drinks.
- Sail back while watching the sun go down
- 7:30pm - 9pm Healthy dinner back at Zen Boutique Resort
- 9pm onwards: Live Local Band Entertainment



# SUNDAY 24TH NOVEMBER

- **5am - 7am: Sunrise Paddle Boarding & Kayaking.** Lets welcome a new day on the stunning Indian ocean and watch that golden sun rise up.
- **7:30am: Breakfast**
- **9:30am - 11am: Zen Full On Circuit Training,** we use the whole resort space with different stations set up around the resort, this one is a killer.
- **12pm - 1pm: Stretch and flex class,** stretching before workouts is so important to refrain from injuries, here we learn different techniques and ways of warming up and down for workouts.
- **1pm: Lunch time**
- **3pm - 4pm: Team A v Team B: battle of the retreat.** go head to head first team to finish wins. share the work load out and smash through the Zen team challenge
- **4pm - 7pm: Chill and Relax** poolside and catch the amazing sunset from the rooftop lounge.
- **7pm onwards: Dinner & Down Time**



# MONDAY 25TH NOVEMBER

Have a lay in, you deserve it

- **5:30am -7am: For the hardcore retreaters who just love the fitness, 5k sunrise beach run with a few circuit stations thrown in and dip in the ocean.**
- **7:30am: Breakfast**
- **9am - 12pm: Blue lagoon snorkelling & star fish garden with fresh fruit platter.**
- **1pm - 3pm: Lunch time & Chill.**
- **3pm - 4pm: HIIT session**
- **4:30pm - 7pm: Breath work & Cold Water Therapy.**
- **7:30pm: dinner**





# TUESDAY 26TH NOVEMBER

Today is your day off to do what ever you like.

Its your day to either explore the beautiful island of Zanzibar or take a day safari on the main land tanzania. Or just relax all day at Zen Boutique Resort.

## Extra Optional Day Excursions

- Mnemba Island Day Tour
- Mainland day safari at Makumi National Park
- Spice Farm and Jozani Forest to see the Colobus Monkeys
- Stone Town and Prison Island tour
- Jambiani Gypsea Sailing traditional dhow excursion
- Nakupenda sand bank island
- Quad Bike tour
- Chartered sea fishing trip
- Learn to Kite surf
- Community Village Tour



## WEDNESDAY 27TH NOVEMBER

- 6am - 7am: Back to the beach for a sunrise HIIT work out
- 7:30am: Breakfast
- 9am - 10am: Yoga with charles
- 10am - 11am: Animal Movement & Vinyas Yoga
- 11am - 12pm: box fit
- 1pm - 4pm: lunch & lounge, have some lunch and just relax
- 4:30pm - 7pm: Mangroves Sunset Paddle Boarding, paddle board amongst the mangroves in chakawa bay Michamvi
- 7:30pm: Dinner



# THURSDAY 28TH NOVEMBER

- 6am - 7:30am: One last Zen Resort full on HIIT workout
- 8am - 9:30am: Breakfast
- 10am - 1pm: Breath work & ice baths
- 1:30pm - 2:30pm: Lunch
- 3pm - 4pm: Endurance work our session
- 5pm - 7pm: Sunset Yoga and discussion on the Tower
- 7:30pm till Late: The Closing Party  
Ultimate BBQ & DJ's

Disco, Funk, Classic House & Jackin House  
Beats from your host and one and only DJ  
Ty.B



**FRIDAY 29TH NOVEMBER**

## **The Final Farewell**

**5:30am - 7am: We walk to the ocean and take it all in, watch the sun rise for the last time on this epic retreat. reflecting on the past few days and looking forward to whats ahead.**

**This is not goodbye, but see ya later. Throughout the day we will say our farewells, and depart with new found friends, fitter, more clear on your goals and aspirations.**

**WE ARE LIVE LIFE RETREATS & YOU ARE NOW APART OF OUR FAMILY**

