



IMMERSIVE YOGA WELLNESS RETREAT

BY CRISTINA DIONÍSIO

27 MAY TO 31 MAY

Heighten your mental and physical health with an immersive wellness retreat at Anantara Bazaruto Island Resort.

27 MAY 2021

14:00 Boat Departure from Vilanculos
15:00 Arrival at Anantara Bazaruto Island Resort & spa
16:30 Welcome Circle
17:00 – 18:00 Evening Yoga Practice
19:00 Dinner
20:30 – 21:00 Full Moon Meditation

28 MAY 2021

Silence till the breakfast
7:30 - 9:00 Vinyasa Flow to energize the body
9:00 - 9:30 Meditation
9:30 Breakfast All Together
Free Time

11:00 Workshop: Yoga Asanas and
Pranayama Lab - 30 to 60 min
11:30 – 12:00 One-on-one conversations
16:30 - 18:00 Yoga Slow Flow for Rooting Down
19:00 Dinner
20:30 - 21:00 Meditation

29 MAY 2021

Silence time till breakfast
7:30 - 9:00 Ashtanga Inspired Flow
9:00 - 9:30 Meditation
9:30 Breakfast All Together
Free Time

29 MAY 2021

10:30 - 11:00 Workshop: The power of positive thinking
Free Time

16:30 - 18:00 Yoga Slow Flow for Anxiety & Stress
19:00 Dinner
20:30 - 21:00 Meditation

30 MAY 2021

Silence time till breakfast
7:30 - 9:00 Ashtanga Inspired Flow
9:00 - 9:30 Meditation
9:30 Breakfast All Together
Free Time

10:30 Workshop: How to use Yoga in our daily
lives- 30 to 60 min
Free Time

16:15 – 17:10 Sunset Dow Cruise for Pure Joy and Relaxation
19:00 Dinner
20:00 – 21:00 Pranayama & Meditation

31 MAY 2021

Silence time till breakfast
7:30 - 8:30 Vinyasa Flow
8:30 - 9:00 Meditation and Closing Circle
9:00 Breakfast All Together

The 60-minutes spa treatment can be booked at the participant's discretion during their free time. Participants would be required to bring a Personal Journal, as well as yoga or comfortable clothes. Flip-flops are recommended. Towel and Yoga mats will be available at the Yoga deck

Anantara Bazaruto Island Resort
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