



## YOGA RETREAT AT JUA ZANZIBAR WITH KIA

Dates: December 1 – 9, 2025

### Travel Program

November 30 / December 1

- Arrival in Kilimanjaro Airport (Tanzania)
  - Meeting with the guides and transfer to Arusha.
- Overnight at Amani Safari Lodge – bed & breakfast

December 1 – Safari in Tarangire National Park

- Start of the safari with private English-speaking guide
- with private 4x4 vehicles
- Overnight at Tarangire Safari Lodge – full board
- Welcome circle and gentle yoga and sound meditation session

Tarangire National Park, located in northern Tanzania, is renowned for its large herds of elephants and iconic baobab trees. The park is crossed by the Tarangire River, a vital water source that attracts a wide variety of wildlife, especially during the dry season. Visitors can spot lions, leopards, giraffes, zebras, and over 500 bird species, making it a paradise for nature lovers and photographers. Less crowded than other parks in the region, Tarangire offers a more intimate and off-the-beaten-path safari experience.

Possibility to have a yoga session around the swimming pool or in the garden.



## **December 2 – Safari and Transfer to Zanzibar**

- Morning game drive in Tarangire
- Lunch in Arusha
- Domestic flight to Zanzibar (20kg baggage allowance per person)
- Private transfer from airport to Jua Zanzibar.

Time for relax and all inclusive formula

- Sunset Yoga, Meditation and Sound Healing at Jua before Dinner

## **December 3**

Relaxation Day at Jua

Time for yoga, rest, and recharging by the sea. All inclusive formula

## **December 4**

- Morning yoga and meditation
- journaling session
- all inclusive formula
- option for henna & massage
- bukhoor (zanzibari incense making) workshop
- evening somatic exploration session

## **December 5 – The Rock Experience & Snorkeling**

- Morning transfer at 7:30 am for a yoga session facing the ocean at the iconic The Rock Restaurant
- Breakfast with ocean view
- Snorkeling boat trip
- back to Jua, time for sessions, relax and all inclusive formula

## **December 6 – Exploring the Island's Heart**

- Morning Yoga & Meditation Session
- Visit to Jozani Forest and Spice Farm (entry fees included)
- Rest of time to be dedicated for sessions, relax and all inclusive formula
- Evening Soundbath and Healing Circle



### **December 7 – Stone Town Tour**

- Morning Yoga at Jua
- Stone Town Tour and Lunch in town (lunch non included as many options are available in town)
- Return to Jua and afternoon sunset cruise and dinner

### **December 8 – Mtende Beach Escape**

- Round-trip transfer to Mtende Beach, timing based on the tide
- Yoga session at Mtende Beach
- Entrance fees included
- Swahili cooking class in Jua with our chefs.
- Swahili dinner with masai dance under the stars.

### **December 9 – departure**

- Last morning yoga, meditation and closing circle
- Departure transfer to airport  
Breakfast. Transfer to the airport and departure (check-out at 11 am)

### **Included in the Package**

- All private transfers as listed
- 1 night at Amani Safari Lodge in BB in Arusha
- 1 night at Tarangire Safari Lodge in FB
- 2-day safari with private English-speaking guide, 2 private 4x4 vehicles, and full board
- Domestic flight Arusha – Zanzibar (20kg per person)
- 6 nights at Jua Zanzibar in all-inclusive formula
- meals mentioned into the program
- All activities and excursions as listed
- Park and site entrance fees (Jozani, Spice Farm, Mtende Beach)
- Boat excursions and snorkeling equipment
- Local assistance
- yoga material
- Zanzibar tourist tax



**Not included but mandatory:**

- intercontinental flights
- massage and treatments at the spa
- every personal extras
- Tanzania tourist visa to be completed online
- Mandatory travel insurance: \$44 per person (to be completed online)

**PRICE PER PERSON (this quotation is valid only upon reaching 10 paying guests)**

ACCOMODATION IN JUA RETREAT	4.950 USD
ACCOMODATION IN CASA JUA	4.350 USD

If someone needs a single room, add USD 500 USD in total.

Note: only 2 single rooms available in Casa Jua (in this case you will sleep upstairs in one of our rooms)

**POLICE FOR CANCELLATION:**

For Jua I need to release all 4 rooms on 1<sup>st</sup> October.

After this date 100% penalty

**PAYMENTS:**

30% at the moment of the booking

rest month by month or guests prefer BUT full amount must be paid 60 days before the arrival



## About your teacher



Kia Islam is a yoga and meditation instructor, international retreat leader, multidisciplinary artist, co-founder of Good Juju, and a Nike Well Collective Trainer. Raised between the East Coast and the Middle East, Kia's work is shaped by devotional practice, cultural storytelling, and the mind-body connection.

A graduate of The New School (Photography and Culture & Media), Kia discovered Hatha Yoga through her teacher Sri Dharma Mittra, sparking a lifelong path of study in the healing arts. She holds a 200-Hour RYT and holds additional certifications in Reiki (Usui Lineage), Meridian Yoga Therapy, Somatic Intuitive Leadership, Thai Yoga Bodywork, Jivamukti's Spiritual Warrior Program, and both 200-Hour Meditation and YTT from Three Jewels.

Kia's classes emphasize breath, intuitive movement, grounding into the soma, and the nourishing power of music. With deep gratitude to her teachers, Kia honors ancestral wisdom, creative expression, and unseen realms in service of collective healing.