



YOGA RETREAT

JUA - ZANZIBAR

December 3 - 9 2025



A wellness journey through Tanzania

welcome karibu

Join us for the ultimate end of year reset:
an intimate 8-day journey through
Tanzania and the gem of the Indian
Ocean - Zanzibar. Rooted in connection,
culture, adventure and deep rest; this
retreat offers a daily rhythm of yoga,
meditation, and meaningful exploration.
A once in a life time experience, designed
to balance restoration and adventure in
one of the most breathtaking corners of
the world.

DECEMBER 3-9
2025



what to expect



A WEEK IN LUXURY JUA
RETREAT ZANZIBAR

DAILY YOGA & MEDITATION

CULTURALLY
IMMERSIVE TOURS &
WORKSHOPS



Tanzania: The Heart of East Africa

Tanzania, known for its abundant nature and the highest peak in the continent, Mount Kilimanjaro; is a vibrant cultural tapestry with over 120 ethnic groups. 30% of Tanzania's land has been dedicated to conservation, national parks and reserves. Official languages are Swahili and English, reflecting a diverse and welcoming spirit.

Zanzibar, the gem of the Indian Ocean, is renowned for its white sandy beaches, crystal-clear warm waters, spice farms, and vibrant history. Zanzibar's capital, Stone Town, is a UNESCO World Heritage Site, known for its centuries-old architecture and cultural fusion. From stunning sunsets to aromatic cuisine, Zanzibar offers a sensory journey that makes it one of Africa's top travel destinations.

QUESTIONS?

@JUAZANZIBAR

BOOKING@JUAZANZIBAR.COM





Arrival in Zanzibar

DAY ONE

After the group completes their international journeys to the island, a private group transfer bus brings us to our serene home for the week: Jua. Nestled in natural beauty, Jua offers the perfect setting to unwind and settle into the rhythm of retreat. After settling into your rooms, we'll gather for our welcome circle and wrap up the day with a gentle sunset yoga and sound meditation session before a nourishing dinner.

DAY TWO

A full day of rest and restoration at Jua. We'll begin with a grounding yoga and meditation session, followed by breakfast and then ease into island time—free time to explore the grounds, connect with the group, receive a massage, or simply recharge by the sea. In the afternoon we'll share our first cultural workshop, learning to make bukhoor - a fragrant Zanzibari incense for your enjoyment.



Island Exploration

DAY THREE

We set out early for an oceanfront yoga session at the iconic Rock Restaurant, followed by a seaside breakfast with panoramic views. In the afternoon, we set out on a snorkeling boat trip to explore vibrant coral reefs and swim alongside the colorful marine life. We'll return to Jua for a nourishing evening of somatic exploration to close the day.



DAY FOUR

We greet the day with our morning yoga and meditation session before venturing out to explore the lush Jozani Forest—home to Zanzibar's rare and playful Red Colobus Monkeys. From there, we'll visit one of the island's famed spice farms to learn how Zanzibar earned its nickname as the "Spice Island." After a full day of exploration, we'll return to Jua for a nourishing dinner and a soothing evening sound bath.



Exploring the Heart of Zanzibar

DAY FIVE

The day begins with a playful partner yoga session, followed by a lovely breakfast. From there, we head out to explore Stone Town—a UNESCO World Heritage Site and a vibrant shift in pace. This is a chance to experience the island's version of city life, wander its winding alleys, shop for handmade textiles and souvenirs, and enjoy lunch in town. We return to Jua in the evening for a sunset cruise and a celebratory dinner by the sea.



DAY SIX

Early morning greets us as we journey to Mtende Beach for a sunrise yoga session by the ocean. The rest of the morning is yours to relax slowly on the sun-warmed sand, savoring this last full day together. Back at Jua, we'll gather for a Swahili cooking class with the Jua chefs, followed by a festive dinner accompanied by a Maasai dance performance under the stars..



Closing & Departure

DAY SEVEN

Our final morning begins with a heartfelt yoga, meditation, and closing circle to honor the amazing journey we've shared. After breakfast, we'll say our goodbyes as the group checks out and transfers to the airport, carrying the memories and renewal from this unforgettable experience.



Package Details

What's Included

- 7 nights at Jua Zanzibar with an all inclusive model
- All meals, activities and excursions
- Park and site entrance fees (Jozani, Spice Farm, Mtende Beach)
- Boat excursions and snorkeling equipment
- Local assistance
- Zanzibar tourist tax

Not Included

- Intercontinental flights
- Tanzania tourist visa
- Mandatory travel insurance \$44 USD
- Massage and spa treatments
- Yoga mat and personal props
- All personal items



Pricing

Accommodation In Jua Retreat

3,390 USD

Accommodation In Casa Jua

2,750 USD

Cancellation Policy

Refund available until October 1st

Payment Plan Option

30% due upon booking. Month to month payments can be made up until 60 days before arrival

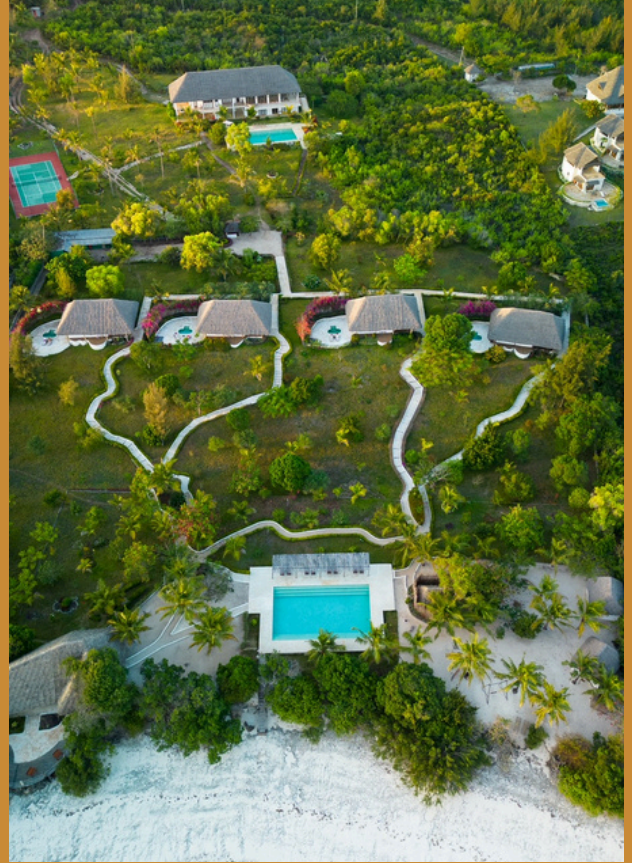
To Reserve your space email booking@juazanzibar.com



Jua Retreat Villas

4 VILLAS

At the heart of Jua are the stunning private villas—architectural gems designed without windows to frame uninterrupted 180° views of sky and sea. Each villa features unique handmade furniture and an additional king-size bed, providing spacious comfort for couples or friends. A private plunge pool invites guests to unwind in complete privacy. Thoughtful amenities include complimentary drinking water, a safety box, hairdryer, room service, a veranda with seating, free Wi-Fi, and beach towels—ensuring a seamless and restful stay.



Casa Jua Rooms

3 ROOMS



Just steps from the villas lies Casa Jua, featuring three bright and airy rooms overlooking the large pool. Each room offers a comfortable double bed and a private bathroom, along with thoughtful amenities like complimentary drinking water, a safety box, hairdryer, beach towels, and free Wi-Fi. Casa Jua is an ideal choice for solo travelers seeking comfort and community during the retreat..





ABOUT YOUR GUIDE

Kia Islam



Kia Islam is a yoga & meditation instructor, international retreat leader, multidisciplinary artist, and a Nike Well Collective Trainer. Raised between the East Coast of the United States 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 the teachings of Sri Dharma Mittra; sparking a lifelong path of study in the healing arts. She holds a 200 Hour RYT and holds additional certificates in Reiki (Usui Lineage), Meridian Yoga Therapy, Somatic Intuitive Leadership, Thai Yoga Bodywork, Jivamukti Spiritual Warrior Program and both 200 Hour Meditation and Yoga Teacher Trainings from Three Jewels NYC.

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 the unseen realms in service to collective healing.

What to Bring?

Clothing

- Lightweight, breathable clothes (linen, cotton) for warm, humid weather
- Comfortable yoga wear for daily practice (leggings, tank tops, shorts)
- Swimwear and a cover-up for beach and pool time
- Light jacket or shawl for cooler evenings
- Comfortable walking shoes or sandals for excursions
- Sun hat or cap and sunglasses
- Casual evening wear (something nice but relaxed for dinners and cultural evenings)
- Modest clothing or scarf for visiting cultural sites or Stone Town (covering shoulders and knees)

Yoga & Wellness

- Your preferred yoga mat)
- Yoga props you use (optional - blocks, straps, etc.)
- Meditation cushion or blanket (optional)

Accessories & Essentials

- Reusable water bottle (hydration is key!)
- Sunscreen (reef-safe recommended)
- Insect repellent (natural options preferred)
- Personal toiletries (natural or biodegradable if possible)
- Small backpack or day bag for excursions
- Travel-size hand sanitizer and wipes
- Journal or notebook for reflections
- Camera or smartphone with charger
- Snacks for travel days or special dietary needs
- Gifts or small tokens if you'd like to exchange during cultural activities

Health & Safety

- Any personal medications and prescriptions
- Basic first aid items (band-aids etc.)
- Copies of passport, travel insurance, and emergency contacts

