



WELLNESS WEEK
PACKAGE FROM US\$
1666
PER PERSON
SHARING



WELLNESS WEEK AT THE BLUEBAY BEACH RESORT & SPA

15th - 21st July 2019

Meditation and Yoga with Dr. Tanya Pergola

7 nights from 15th - 22nd July - \$1999 - Single / \$1666 per person sharing

Package includes: Accommodation - All Inclusive, Yoga/Meditation sessions, 1 Free 30 min massage during the week, Book reading sessions.

Package does not include: One on one sessions with Dr Tanya Pergola, Spa treatments.

Guests to bring: Yoga clothing, Yoga Mats.





Bluebay Beach Resort and Spa Zanzibar welcomes Dr. Tanya Pergola, highly-experienced and inspirational speaker holding a PhD in Sociology and Social Psychology. Dr. Pergola is a Chopra Certified Vedic Master Educator as well as a Certified Yoga Therapist.

WHAT TO EXPECT

GROUP MEDITATIONS DURING WELLNESS WEEK:

You will be introduced to different techniques including mindfulness, mantra-based, and guided meditation. After learning the technique, we will practice together for 15-30 minutes as a group. Group meditations are very peaceful and supportive experiences. By the end of Wellness Week, you will have a better understanding of the practice of meditation and which particular style works best for you.

YOGA CLASSES DURING WELLNESS WEEK:

These all-level classes blend breathing techniques, yoga philosophy, sun salutations, and asana (posture) development.

Each class weaves one of the spiritual laws of yoga into the instruction, making each session unique while nurturing your practice. Modifications are given and questions are encouraged. If you have never practiced yoga before but have always wanted to try it, by the end of Wellness Week you will have gained familiarity with many of the physical poses, breathing techniques, and philosophy of yoga. For those more seasoned practitioners, by the end of Wellness Week, you will have learned new elements and have elevated your practice.

ONE-ON-ONE CONSULTANCY:

Wellness Week attendees can book private sessions with Dr. Tanya.

ONE-ON-ONE YOGA:

During a private yoga session you receive instruction on specific postures, breathing exercises, and relaxation techniques customized to your own needs and health concerns.

ONE-ON-ONE MEDITATION MENTORING:

During a private meditation session, you are instructed in how to develop a proper meditation practice that works for your schedule and life circumstances.

ONE-ON-ONE LIFESTYLE COACHING:

Discuss your current health and lifestyle in a private session to discover ways to enhance your general well-being including potential changes in diet, exercise, and work-life balance.

DAILY PROGRAM

Morning Meditation:

Group session. 6:30am or 7am.

All-levels class intended to demystify the practice of Mindfulness & Meditation. Dr. Tanya introduces the basic techniques of a style of meditation that is very easy to learn. Participants then practice the technique together and Dr. Pergola answers any questions that come up.

Yoga class:

Begins after morning Meditation. 8am-9am

All - levels yoga class:

Dr. Tanya guides participants including beginners, in the physical poses and breathing techniques that create the practice of yoga. Modifications are given and questions are encouraged.

Breakfast:

Dr. Tanya works with chef to assist participants in Wellness Week to make healthy choices.

Spa Treatments - 10am - 1pm:

Private sessions with Dr. Tanya (e.g. meditation mentoring, private yoga, lifestyle coaching), relax on beach, swim, beach walks.

Lunch:

Dr. Tanya works with chef to assist participants in Wellness Week to make healthy choices.

Spa Treatments - 2pm - 5pm:

Private sessions with Dr. Tanya (e.g. meditation mentoring, private yoga, lifestyle coaching), relax on beach, swim, beach walks.

Afternoon Meditation:

Group session. 5pm - 5:30pm

Yoga of Joy class: 5:45pm - 6:45pm

Dinner:

Dr. Tanya works with chef to assist participants in Wellness Week to make healthy choices

Evening Program:

After dinner, sessions include book reading from Time is Cows: Timeless Wisdom of the Maasai and recommendations for integrating the teachings from the book into daily life back home.

1-1.5hr sessions,
completed by 9:30pm.

To book: please call your preferred agent or Call: + 254 716 959 958

Email: Reservations@bluebayzanzibar.com | Take a tour: www.bluebayzanzibar.com