

@NASTASSJAUGOLINI

12 SENSES PRIVATE RETREAT

MEDITATION
SOMATIC BODYWORK
ENERGY HEALING
COACHING
NATURAL MEDICINE
YOGA
BREATHWORK
HEALTHY NUTRITION
EXCURSIONS



**1 NOVEMBER 2024 -
25 JANUARY 2025
BWEJUU, ZANZIBAR**

12 SENSES RETREAT TREATMENTS & ACTIVITIES

Breathwork Journeys: Guided breathwork sessions to release emotional blocks, boost energy, and deepen self-connection.

Pranayama: Ancient breath control techniques to regulate energy flow, calm the mind, and enhance vitality.

Nutritional Consultation: Personalized advice on nutrition to support your health goals and enhance overall well-being.

Natural Hormonal Rebalance: Methods to naturally balance hormones, improving overall health and vitality.

12 SENSES RETREAT TREATMENTS & ACTIVITIES

Coaching: One-on-one sessions to support personal growth, goal-setting, and self-awareness.

Reiki: Energy healing to balance your body's energy and encourage relaxation and recovery.

Magnetic Field Rebalance: Harmonize your body's electromagnetic field to restore energy and well-being.

Meditation: Quiet your mind and reduce stress through focused awareness and deep relaxation.

Mindfulness: Practices that cultivate present-moment awareness to enhance mental clarity and reduce stress.

12 SENSES RETREAT TREATMENTS & ACTIVITIES

Yin Yoga: A slow, meditative practice focused on deep stretches to enhance flexibility and relaxation.

Vinyasa Yoga: A dynamic flow connecting breath and movement to build strength, balance, and flexibility.

De-Armoring Sessions: A deep emotional and physical release, freeing stored tension and promoting healing.

Massages :: Therapeutic treatments to relax muscles, release tension, and improve overall well-being.

Energy Medicine: Techniques to realign and optimize the body's energy flow, boosting health and vitality.

12 SENSES RETREAT ACCOMMODATION

Experience the tranquility of Zanzibar in our countryside villa, just 800 meters from the beach in the charming fishing village of Bwejuu, near the vibrant life of Paje Village.

Stay in a comfortable apartment featuring one bedroom with an en-suite bathroom, a terrace with private seating, and a fully equipped kitchen, all surrounded by a lush garden.

Enjoy massages and bodywork in a private room, while yoga, meditation, and pranayama sessions are held in a yoga shala with stunning sunrise and sunset views.

12 SENSES RETREAT DINING OPTIONS

Full or half board: Enjoy delicious, nutritious meals prepared for you

Self-Catering: Cook for yourself in our fully equipped kitchen

Healthy cooking class: Learn to create flavorful wholesome dishes

12 SENSES RETREAT EXCURSIONS

Jozani Forest: Visit the island's national park, home to rare Red Colobus monkeys.

Spice Farm Tour: Explore Zanzibar's spice farms and enjoy fresh, aromatic

Snorkeling: Discover vibrant coral reefs and marine life in clear waters.

Sandbank: Relax on a secluded sandbank for swimming and sunbathing.

Mangroves: Explore Zanzibar's mangrove forests, rich in wildlife and natural beauty.

12 SENSES RETREAT PRICES

Accomodation

single occupancy apartment; 40 euro per night

double occupancy apartment: 55 euro per night

Dining options

Full Board: 40 Euro per person

half board: 25 Euro per person

Cooking class

1 class: 35 euro

Activities

60 min meditation:

1 Person 100 euro (+ 20 euro every extra

Person)

120 min yoga: 1 person 200 person (+40 Euro

every extra person)

Treatments

De armoring session: (3.5h) 500 euro

90 min massages: 190 euro

60 min Reiki and Energy Healing 130 euro