

Eco Yoga Retreat at Chole Mjini Lodge Mafia Island, Tanzania



4 – 6 June 2011
(4 day option available)
Relax, Meditate, Unwind & Pamper

Total cost of all inclusive weekend is \$390 per person & includes:

The 4 day option costs \$690

- Transfers to and from Chole Mjini Lodge, Mafia
- 2 or 4 nights accommodation with full board at Chole (Includes; food, drinking water, teas and coffee) Rate based on per person sharing
- 2 (or 4) one hour sunrise yoga classes
- 2 (or 4) one and a half hour late afternoon yoga classes
- Handout containing information on Pranayama techniques & yoga theory
- All activities available on Chole - trips to Marimbani Sandbank, Chole Bay snorkeling, dhow sailing and sunset cruises (please note equipment hire, scuba diving, trips to Juani are extra)
- Please note yoga locations and activities are subject to weather and tides

Contact

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For further details of Chole Mjini Lodge
www.afrikaafrikasafaris.com

Join Jo's Facebook Group **Zanzibar Yoga with Jo** for information on future events.