

Group A

Time	Thursday	Friday	Saturday	Sunday
6.30-7.30		Early bird / Beach/ Salim	Early bird / Beach/ Nyamwathi	Early bird / Beach / Closing ceremony
6.45-7.30		Pranayama & Meditation/BHs	Pranayama & Meditation/BHs	
8.30-9.30				Mind Body Healing/ Alnilam/Ameet
9.00-11.00		Synergy Intuitive Vinyasa/ BHs/ Salim	Yoga Dance Flow/ Msafini/ Joanne	
10.30-11.30				Hatha-Vinyasa/ Alnilam/ Nyamwathi
2.30-3.00				Yoga Nidra/ Msafini/ Kelly
2.30-4.45	Arrival & Registration/ BananaHs		F&M Energy / BHs/ Monika & Ameet	
3.00-4.30		Transformative Sound/ Manda / Marcella		
5.00-7.00	Opening/ Beach			
5.15-6.15			Hatha for Spinal Health/Bhs/ Salim	
5.15-7.00		Sunset Dhow meditation / Jetty		
7.30-9.30	Swahili Diner/ Banana hs		Celebrate Life/ Mara Raha/ Joanne	

Classes/ workshops/ activities offered for everyone

Group B

Time	Thursday	Friday	Saturday	Sunday
6.30-7.30		Early bird / Beach/ Salim	Early bird / Beach/ Nyamwathi	Early bird / Beach / Closing ceremony
6.45-7.30		Pranayama & Meditation/BHs	Pranayama & Meditation/BHs	
8.30-9.30			Mind Body Healing/ Alnilam/ Ameet	
9.00-11.00		Yoga Dance Flow/ Msafini/ Joanne		Synergy Intuitive Vinyasa/ Banana Hs
10.00-11.30			Transformative Sound Manda/ Marcella	
2.30-3.00			Yoga Nidra / Msafini/Kelly	Yoga Nidra/ Msafini/ Kelly
2.30-4.45	Arrival & Registration/ BananaHs	F & M Energy/ BHs/ Monika & Ameet		
3.30-4.45			Hatha-Vinyasa/ Msafini/ Nyamwathi	
5.00-7.00	Opening/ Beach			
5.15-6.15			Hatha for Spinal Health/Bhs/ Salim	
5.15-7.00		Sunset Dhow Meditation / Jetty		
7.30-9.30	Swahili Diner/ Banana hs		Celebrate Life/ Mara Raha/ Joanne	

Classes/ workshops/ activities offered for everyone

Group C

Time	Thursday	Friday	Saturday	Sunday
6.30-7.30		Early bird / Beach/ Salim	Early bird / Beach/ Nyamwathi	Early bird / Beach / Closing ceremony
6.45-7.30		Pranayama & Meditation/BHs	Pranayama & Meditation/BHs	
8.30-10.00				Yoga Dance Flow/ Msafini/ Joanne
9.00-11.00			Synergy Intuitive Vinyasa/ Bhs/ Salim	
9.00-10.00		Mind Body Healing/ Alnilam/ Ameet		
10.30-11.30		Hatha-Vinyasa/ Alnilam/ Nyamwathi		
10.30-12.30				F&M Energy/ Msafini/ Monika&Ameet
2.30-3.00				Yoga Nidra/ Msafini/ Kelly
2.30-4.45	Arrival & Registration/ BananaHs			
3.00-4.30			Transformative Sound Manda/ Marcella	
3.30-4.45		Ocean Flow Vibe/ Msafini/ Joanne		
5.00-7.00	Opening/ Beach			
5.15-6.15			Hatha for Spinal Health/Bhs/ Salim	
5.15-7.00		Sunset Dhow Meditation / Jetty		
7.30-9.30	Swahili Diner/ Banana hs		Celebrate Life/ Mara Raha/ Joanne	

Class Descriptions

Early bird

Yoga on the Beach, at Shela Fort

Pranayama & Meditation

Breath work and meditation

Mind Body Healing

Understanding the connection between your body and your mind, working with emotional blocks and healing the past.

Synergy Intuitive Vinyasa

Working from the foundation of a seated or supine position we will move through a series of anchoring practices including meditation, pranayama, and an extended warm up sequence to slowly open the body, followed by circular movements, spinal twists and functional movement practices aimed at loosening the body through a non-linear approach to Yogasana.

Yoga Dance Flow

You will be able to explore dance-integrated fluidity. This unique approach provides the space for moving meditation of exuberant joy and expression.

Hatha Vinyasa

This class covers the fundamentals of correct postural alignment to each hatha yoga asana. Once these are mastered, we then take it up a notch and move into a seamless Vinyasa flow connecting each posture to another while linking that to our breath.

Yoga Nidra

A state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world through guidance from the teacher. This state of consciousness is different from meditation, in which concentration on a single focus is required.

Feminine & Masculine Energy

Exploring, understanding and experiencing how these energies manifest in our own body and mind.

Transformative Sound work

Sound Work triggers the relaxation response and synchronizes the brainwaves to allow the person to enter a blissful and enduring calm state. It reduces stress and anxiety promoting relaxed alert awareness and raises our vibrational frequency.

Hatha for Spinal Health

Yoga poses to improve our spinal health

Ocean Flow Vibe

Yoga and Dance movements inspired by the water element