



Yoga & Mindfulness Retreat

Body - Mind - Attitude

Program
2022



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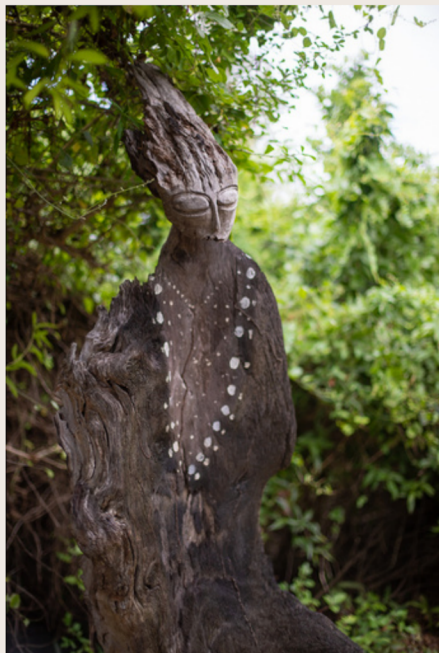
Your Retreat

This retreat will uniquely combine yoga practice with the core attitudinal foundations of mindfulness, the pillars of mindfulness practice. Each day, over an eight-day period, we will create a program of mindfulness meditation, mindful activities and specifically tailored yoga practices, which will reflect each attitude.

The attitude which we bring to our practice is very important and determines what we get out of it. Consciously cultivating them, therefore, can be very helpful in getting the most out of your meditation and yoga practice.

Highlights

- 7 nights/8 days of mindful meditation, mindfulness-based activities in the beautiful settings of Bahia Mar and the Bazaruto Archipelago, and specially tailored yoga classes, all centering around the core attitudinal foundations of mindfulness.
 - The retreat is being drawn together by the Bahia Mar team of wellness experts – each drawing on their specialist teaching backgrounds.
 - One Spa treatment included. All treatments use local and organic ingredients free of chemicals and parabens.
 - Located in one of the most beautiful Marine areas in the world, the Bazaruto Archipelago National Park is the perfect destination for lovers of azure waters and marine life.
 - Modern-style and comfortable accommodation and facilities.
 - Retreat far from crowds and close to untouched nature and local culture.
 - Full board with all meals included.
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7 Attitudes of Mindfulness

Beginners Mind

Non-Judgement

Letting Go

Non-Striving

Acceptance

Patience

Trust





A Typical Day

We will begin the day with a short meditation practice, followed by a discussion on the attitude of the day. Our morning themed yoga follows, and we end the morning practice with a meditation put together specifically around our day's theme.

Yoga will continue in the afternoon and our retreat theme will also be reflected in a programme of mindful (and fun!) activities in the nature and beauty of the nearby beach and Indian Ocean and the amazing Bazaruto Archipelago just off our coastline.

We will conclude each day with a gentle evening meditation practice.

During your retreat you will also have free time to enjoy ocean-based activities, spa therapies, a visit to the local fishing village or simply lounging beneath the African sun. Ultimately, this unique retreat will nurture both body and mind in one synergetic program.



Calendar 2022

This retreat will be offered throughout the year.

Book your preferred dates and join us in this beautifully designed retreat.

Price

7 night / 8 days package
for US\$ 2, 580 per person



What's not included

- Additional activities
- Additional massages and treatments
- Airfare
- Alcoholic drinks
- Travelling visa



What's included

- 7 nights accommodation in a single garden suite (upgrade to any of the other room types can be possible and subject to availability)
- Full board vegan meals (breakfast, lunch and dinner)
- Water, juices and teas
- Airport transfers to and from the hotel
- All yoga classes as described in the program
- One Spa treatment
- Boat ride to the yoga session on Death Island
- Access to the Bahia Mar gym



Our Team

Gerry

Gerry is currently in his final year of a four year Masters in Mindfulness Based Teaching at the Centre for Meditation Research and Practise at the University of Bangor, Wales, UK, one of the world's leading centres for mindfulness studies. Gerry specialises in mindfulness teaching and has been leading meditations and teaching eight-week mindfulness programmes, such as Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy for Life, for the past two years.

Gretha


Gretha had fallen in love with all the wonders of Yoga a long time ago, in her search to learn more, she completed her Hatha teacher training in 2018 and has been teaching Yoga ever since. Recently qualified as a Yin teacher, her deep passion for yoga keeps growing and the love of sharing it continues to bring her great joy.

Susana

Susana was born in Lisbon and moved to Mozambique in 2009. She is leading the development of Bahia Mar Boutique Hotel for 7 years now. Susana has a big passion for yoga and she has been immersing herself in the wellness industry for a few years now. Susana is a Certified Hatha Yoga Teacher, Aerial Yoga, Yin Yoga and always deepening her studies with new approaches and new concepts in her classes.

Marina

Marina always practiced yoga as a hobby and as a self-practice. Looking to deepen into her practice, she decided to do a teacher training course to improve her own practice. In 2019 she was certificated as a Hatha & Vinyasa Yoga Teacher, in the Gayatry Yoga School in the Canary Islands. Since then, she has been mainly giving private lessons of both Hatha and Vinyasa styles, as well as prenatal Yoga.





Bahia Mar Boutique Hotel

The facilities

This retreat will be held at Bahia Mar Boutique Hotel in Vilankulo, Mozambique.

It is located where the azure waters of the Indian Ocean touches the palm-fringed beaches of Vilankulos on mainland Mozambique. In addition, the hotel is also situated at the gateway of the Bazaruto Archipelago, the only underwater national park and the most beautiful marine park on the Southern coast.

This is an ultimate destination for visitors that want to experience colorful local culture, as well as the fabulous beauty of the Bazaruto Archipelago.

The hotel is situated on an elevated plateau with panoramic views over the archipelago, the lodge, á la carte restaurant, infinity pool, and the bar. In addition, the accommodation site has a fully-equipped wellness center that offers the finest in pampering and indulgence.

The *Luxury Beach Suite* is a pied-à-terre luxury self catering unit with king sized bed, it has a TV lounge, fully equipped kitchenette, private barbecue, terrace with sunbeds, and private splash pool.

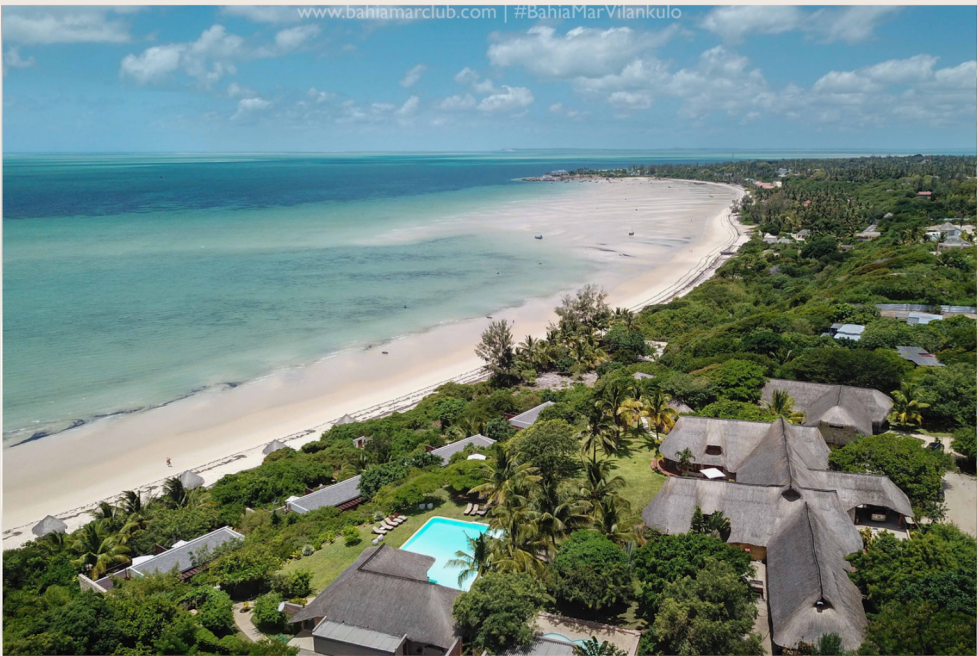
Our *Sea View room* has an en-suite bedroom with a queen size bed, shower, large veranda with sun beds, and sea view that is overlooking the Bazaruto islands.

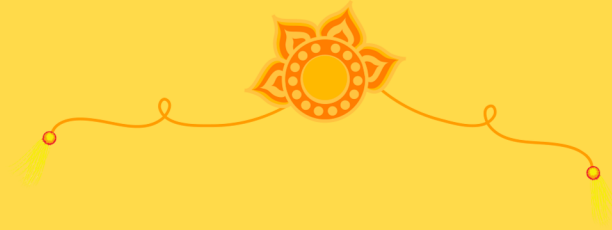
The *Garden suites*, although not having the ocean views, offer the ideal sense of retreat where you are surrounded by luxurious gardens and beautiful bird life. The Garden Suites have a private pied-à-terre luxury bedroom with a super king-sized bed which can be converted to two $\frac{3}{4}$ twin beds, DSTV, lounge and a private terrace area in the cashew nut tree garden. This bedroom can sleep a couple or two people in twin beds and two of these units have inter-leading rooms for families. The rooms are air-conditioned, spacious, and covered with modern boutique design. All Garden Suites have a mini bar, internet access and hairdryer.



All Bedrooms are equipped with:

Air conditioning, free Wi-Fi, kettle, coffee and tea, mini-bar, bath towels and bath robes, and hair dryer. Some amenities include: Shampoo and conditioner, shower gel, hand wash, hand lotion, and tooth brush. It is also equipped with a personal safe and a TV.





Eat, drink and be merry!

Vegan menu

The Bahia Mar restaurant is situated overlooking the lush garden and swimming pool with the stunning ocean view. Choose a table under the high thatched roof in the restaurant, on the sunny terrace or sit in the garden under the shade of swaying palms. There is also a pool bar with space to relax on comfy chairs and soak in the amazing ocean vista.

During this retreat you will be served breakfast, lunch, dinner daily. All the meals will be prepared by Chef Sophie and the kitchen team. Chef Sophie launched an amazing *detox, salad, raw and juicing menu where you can choose your preferences*. Moreover, you will also be served detox fruit juice and teas during the retreat .





How to get there

Vilanculos hosts an international airport with flights departing to and from Johannesburg on a daily basis.

There are also flights from Maputo, and also from Kruger Mpumalanga International Airport (MQP), a great combination for a safari & retreat holiday.

Please book your flight to arrive at Vilankulo Airport (VNX).

Our Bahia Mar shuttle will collect you upon arrival at the airport.
Transfer to and from the airport is complimentary.

Bahia Mar is situated only eight kilometers from the airport - a 12 minute drive.





Contacts Us

For additional information or reservations
bookings@bahiamarclub.com