



*Bahia Mar  
Yoga Retreat*

*Vilankulo - Mozambique*

Program  
2025

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YOGA  
Wellness & Yoga Program

# Your Retreat

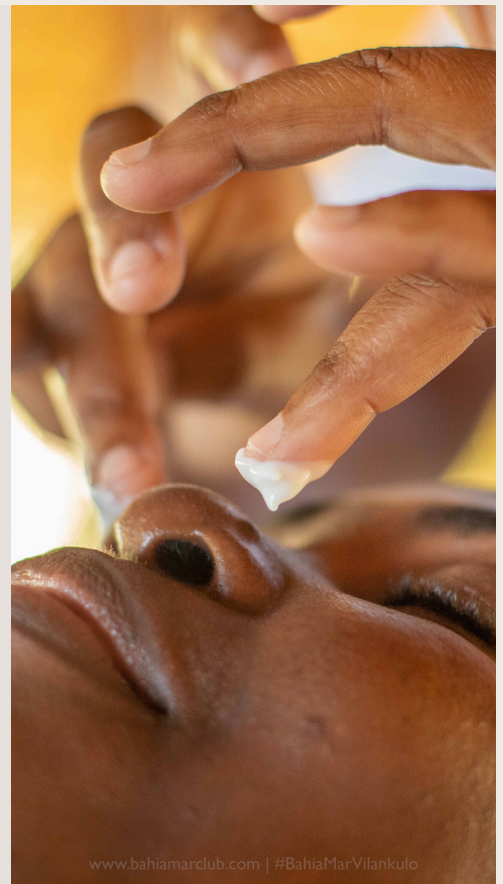
Close your eyes and take a deep breath... imagine yourself on a very special trip to a tranquil and luxurious seaside resort in Africa.

Your room is spacious, cool and luxurious, with an elevated sea view overlooking the islands, so beautiful, that it takes your breath away every time you see it. Now imagine yourself calmly stepping onto your yoga mat and finding your breath again, greeting the day with an energising Yoga class.

This unique retreat combines a perfect blend of different styles of Yoga, Meditation, Spa Therapies and Natural Beauty. The yoga practise calms the mind and gently re-energises the body, while the soothing spa therapies pampers the body, feeds the soul and deepens the sense of relaxation on all levels of your being. The retreat also offers an amazing opportunity to explore and experience the natural beauty and wonders of the Bazaruto Archipelago or enjoy one of the many activities on offer. Or, simply laze by the pool with a good book!

## Highlights

- 7 nights/8 days retreat program which can be flexible according to your schedule and bookable any time of the year;
- All treatments use local and organic ingredients free of chemicals and parabens;
- Located in one of the most beautiful Marine Park areas in the world, the Bazaruto National Park;
- Delicious and healthy daily meals while you detox your body and promote weight loss;
- Far from crowds and close to untouched nature and local culture;
- Enjoy a series of different spa treatments during the entire stay.



# A typical day

Our instructors together with Bahia Mar Hotel team invite you to join in a 8 days and 7 nights Yoga Retreat in the beautiful location of Vilankulo, Mozambique

Your yoga retreat will include a 2 daily yoga practices that are designed to be energising and fun, as well as restorative and peaceful. A typical day includes a one-on-one meditation and yoga practice and one group class. Some days will also include SPA treatments as described below and the free days can be spend exploring the beautiful surroundings or just relaxing by the pool.

## WHAT IS INCLUDED

### YOGA AND MEDITATION SESSIONS

5 one-on-one Hatha Yoga seessions with Meditation

1 one-on-one tailored mindfulness meditation session

Daily yoga group classes (Aerial Yoga, Hatha Yoga, Vinyasa Yoga and Yin Yoga)

### SPA TREATMENTS

1 full body relaxation massage

1 feet treatment

1 Reflexology session

1 Ayurvedic massage

1 Bahia Mar signature water massage



# Our Team



## 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 is been immersing herself in the wellness industry for a few years now. Susana is a Certified Hatha Yoga, Aerial Yoga, and Yin Yoga teacher and is always deepening her studies with new approaches and new concepts in her classes. In her last months she is incorporating Traditional Chinese Medicine teachings to her Yin Yoga practise.



## Gerry

Gerry has completed 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 and his company, MindWise, specialise in mindfulness teaching and he has been leading meditations, mentoring, and teaching eight-week programmes, such as Mindfulness-Based Stress Reduction to clients all over the world. He also teaches mindfulness to school children aged 7-11 in Vilankulo. Gerry worked for many years in international marketing and entertainment, before changing his life and pursuing his masters.



# 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 touch 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, à 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.

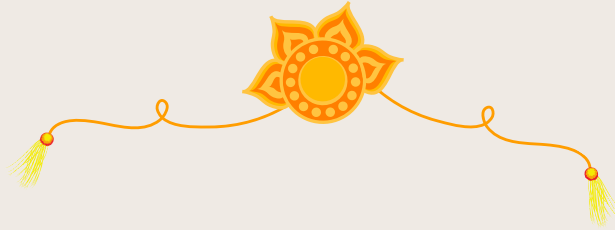
Our *Sea View room* has an en-suite bedroom with a queen size bed, shower, large veranda with sun beds, and sea view that is overlooking the Bazaruto islands.



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. 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 the kitchen team. Bahia Mar 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.

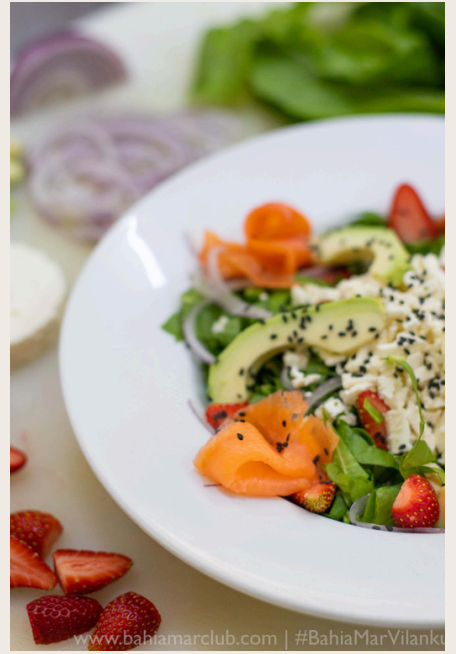
There are also flights from Maputo, and also from Kruger Mpumalanga International Airport (MQP), a great combination for a safari & retreat holiday.

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

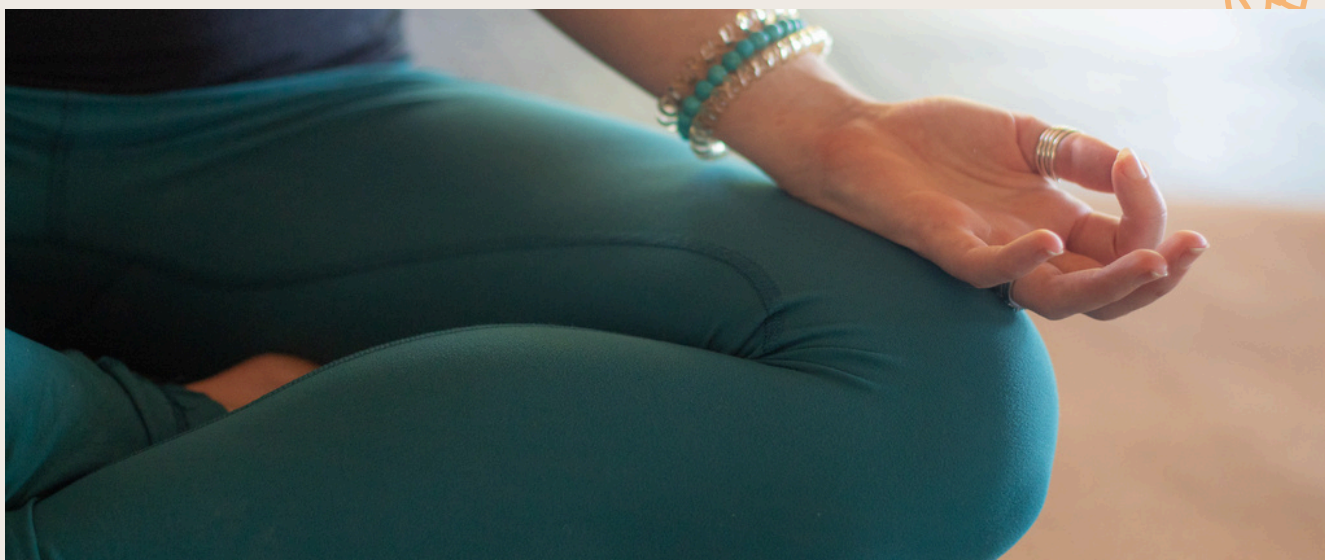
Our Bahia Mar shuttle will collect you upon arrival at the airport.  
Transfer to and from the airport is complimentary.

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









# Rates 2025

8 DAY/ 7 NIGHTS RETREAT

## GARDEN SUITES

SINGLE OCCUPANCY - RACK USD 2,900 PP  
DOUBLE OCCUPANCY - RACK USD 2,400 PP

## SEA VIEW BEDROOMS

SINGLE OCCUPANCY - RACK USD 3,100 PP  
DOUBLE OCCUPANCY - RACK USD 2,800 PP

## LUXURY BEACH SUITES

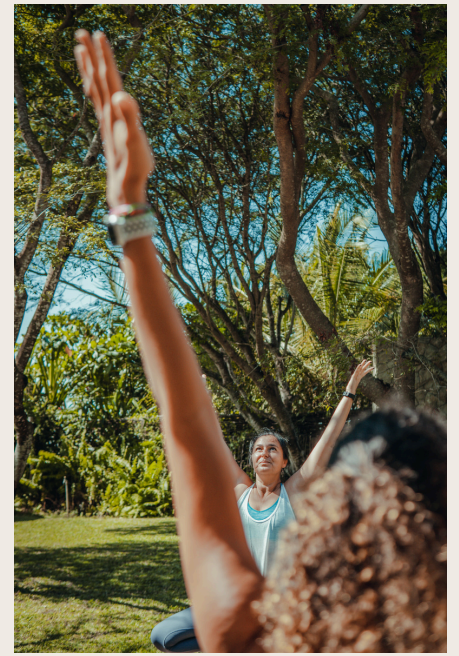
SINGLE OCCUPANCY - RACK USD 3,900 PP  
DOUBLE OCCUPANCY - RACK USD 3,200 PP

### WHAT IS INCLUDED

- 7 nights accommodation
- 1 trip to the islands of Bazaruto Archipelago
- Access to the gym and to group classes
- Airport transfers to and from the hotel
- All yoga classes as described in the program
- 1 one-on-one Mindfulness session
- All massages and treatments as detailed in the program
- Full board with juicing and vegan meals (breakfast, lunch and dinner)

### WHAT IS NOT INCLUDED

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



# Contacts Us

For additional information or reservations  
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