



RETREAT INFORMATION BROCHURE

22-29 MARCH 2025 @ JUA ZANZIBAR

# 12 SENSES RETREAT

A JOURNEY TO INNER PEACE





# WELCOME TO THE 12 SENSES RETREAT AT JUA, ZANZIBAR

Discover a retreat like no other—a deeply healing journey where exclusivity meets profound transformation. With only 4 participants, the 12 Senses Retreat offers an intimate and highly personalized experience, designed for those ready to dive deep into self-discovery and renewal.

Nestled in the serene and unspoiled beauty of Zanzibar, JUA provides the perfect sanctuary to reconnect with yourself and nature. This is not just a retreat; it is a journey inward, where the harmonious rhythm of JUA—balancing shared moments with deep introspection—creates a safe space for growth and healing.





Through a curated blend of practices and therapies, including naturopathy, yoga, NLP, meditation, self-Hypnose, de-armoring, magnetic field rebalance, energy medicine and much more, each day is crafted to release mental clutter, ease emotional overwhelm, and nurture a sense of inner peace. Individual sessions ensure your unique needs are met, allowing you to gain clarity and construct a vision for your life that aligns with your true self.

Whether engaging in rejuvenating activities, laughing with the group, or enjoying moments of solitude by the ocean, every aspect of the retreat is designed to help you integrate the experience fully. The exclusivity of the retreat ensures you receive unparalleled attention and value, making your transformation not just possible, but inevitable.

Step into the 12 Senses Retreat at JUA—where healing runs deep, and where every detail is thoughtfully designed to bring you back to yourself, in a space of pure tranquility.





## THE 12 SENSES A JOURNEY TO THE BEING

The 12 Senses are not simply the name of this retreat, but the beating heart of the program and the thread that guides the journey we offer to our participants. The 12 Senses is inspired by the vision of Steinerian anthropology, which identifies 12 senses as essential tools for relating to ourselves, others, and the world. This perspective expands the traditional idea of the five senses, leading us to explore a deeper and more integrated dimension of our perception.

Working on the 12 senses means creating a balance between the physical body, emotional sphere, and spiritual dimension. During the retreat, we will explore these dimensions through practices that stimulate each sense: from conscious movement to meditation, individual treatments to group work. The goal is to awaken each sense to bring us into a state of harmony and authentic connection, both with ourselves and with the world.

This integrated vision invites us to go beyond the perceptible, transforming the retreat into a journey of growth and total awareness.





## THE 12 SENSES

According to Rudolf Steiner, the 12 senses are divided into three main groups:

1) Physical Senses: connecting us to our physical body

- The sense of touch, which allows us to perceive the boundaries between ourselves and the outer world
- The sense of life, related to the awareness of our internal state and physical well-being
- The sense of movement, which allows us to perceive our body in action
- The sense of balance, essential for stability and harmony in our physical space

2) Social Senses: enabling us to connect with others

- The sense of smell and taste, not only related to food, but symbols of intimacy and connection
- The sense of sight, for observing the world and perceiving beauty in its nuances
- The sense of hearing, for listening and understanding language, as well as the emotions behind words

3) Higher Senses: leading us to a spiritual and inner dimension

- The sense of speech, which helps us perceive the deep meaning of others' language
- The sense of thought, which allows us to grasp the intention behind ideas
- The sense of others' ego, with which we can perceive the deep essence of those around us



## BEFORE THE RETREAT

### BEFORE BOOKING

Each interested participant will have an introductory video call with the facilitator. This time will be useful to answer questions, explore expectations, and, most importantly, check if your energies are in tune. Trust and surrender are key, and it's important that you feel comfortable with the person guiding your journey and their approach.

### AFTER BOOKING

Each participant will receive a personalized naturopathic assessment via video call. This will allow us to create a tailored diet plan and, if necessary, address any deficiencies.



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## RETREAT ACTIVITIES

The program is carefully structured, taking into account the lunar phases and tides.

This ensures maximum effectiveness of the practices and free moments synchronized with nature.

For example:

High tide: perfect for swimming and relaxing in the water

Low tide: ideal for rejuvenating beach walks

A balanced itinerary of individual practices, group activities, and relaxation moments, creating a unique and transformative experience





# YOGA @ THE ROCK RESTAURANT & BOAT EXCURSION

As part of the retreat, hosted at JUA, we have planned an unforgettable day of exploration and connection. Participants will visit The Rock, a famous restaurant and iconic tourist attraction in Zanzibar. Perched on a small rocky island just a few meters from the shore, The Rock offers breathtaking views of the turquoise ocean stretching to the horizon. With the gentle sound of waves and the endless sky above, it's a setting that feels like something out of a dream. During high tide, The Rock is accessible by boat, while at low tide, it can be reached on foot.

At The Rock, we will host a special yoga session, transforming the restaurant into an exclusive yoga shala for this occasion.

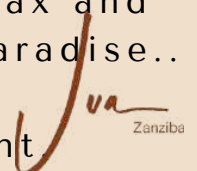
Imagine practicing yoga surrounded by the ocean, with panoramic views that create a serene and inspiring atmosphere.

This unique experience allows you not only to visit The Rock but also to be part of the only group to use this iconic location for yoga.

Following the yoga session, we will embark on a boat excursion.

Along the way, you'll have the chance to snorkel in Zanzibar's vibrant waters, exploring its incredible marine life. The journey will continue to a stunning sandbank, where you can relax and immerse yourself in the natural beauty of this tropical paradise..

Light lunch after the boat trip @ The Rock restaurant







## MEDITATION

In the 12 Senses retreat, meditation is a fundamental tool for grounding, self-awareness, and letting go of daily routines. It is an opportunity to completely disconnect and reconnect with your essence, promoting personal growth and reducing mental overload.

We will guide you through various practices, each with a unique approach, to help you explore and experience different meditation styles. The goal is to teach you techniques that resonate with you, fitting into your lifestyle so that you can continue practicing on your own after returning home.

This experience doesn't end with the retreat. We will provide you with the tools to continue your journey in your daily life. Our wish is that you choose at least one or two techniques that inspire you and integrate them into your routine, consolidating the benefits gained during your stay.



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## BREATHWORK

Breathwork is a conscious breathing practice that uses the breath as a tool to promote physical, emotional, and mental well-being. By engaging in deep, continuous breathing with no pauses between inhalation and exhalation, this practice helps release repressed emotions, dissolve physical and energetic tension, and bring the mind into a state of greater awareness and relaxation.

Breathing becomes a powerful ally in reducing stress, stopping overthinking, and improving emotional management. By stimulating blood circulation and increasing oxygen flow to the body, breathwork helps release energetic blockages and ease accumulated tension, enhancing connection with the inner self.

This practice allows for entering expanded states of consciousness, where deep insights can emerge, emotional traumas can be released, and creative energy can be awakened. Through breathwork, you can explore new dimensions of your being, achieving a profound state of balance and serenity, both during the retreat and once you return home.

Breathwork also offers physical benefits, improving concentration, promoting circulation, and stimulating the nervous system. It is a powerful tool for personal growth, capable of transforming the way we live, relate to ourselves, and interact with the world around us.



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## YOGA

The yoga practiced in this retreat is suitable for all levels, from beginners to experienced practitioners, thanks to its balanced and inclusive structure. This approach is deeply inspired by Indian tradition, offering a harmonious combination of techniques and styles that work on the body, mind, and breath.

The session begins with pranayama (breathing exercises) to center attention, calm the mind, and prepare the body for physical activity. This is followed by a dynamic warm-up, essential for activating muscles, preventing injury, and ensuring a smooth transition to the more intense part of the practice.

The central phase is more active and vigorous, inspired by Vinyasa Yoga, characterized by fluid sequences that link breath and movement, generating energy, strength, and flexibility. Then, we move into a more static and deep phase, influenced by Yin Yoga, where poses are held for longer, promoting the relaxation of deep muscle fascia and a more meditative practice.

The practice concludes with a long Savasana, a final relaxation phase that is especially important. This moment allows the body to integrate the benefits of the practice, releasing physical and emotional tension, and the mind to experience deep quiet and regeneration.





## DE-ARMORING

De-Armoring is a holistic technique focused on releasing physical, emotional, and energetic tensions accumulated in the body. The term "de-armoring" literally means "removing the armor" and refers to the protective layers the body and psyche create to defend against stress, trauma, or emotionally intense experiences.

These "armors" manifest as muscle rigidity, energy blockages, and repetitive behavioral patterns that limit one's physical and emotional freedom.

### Origins of De-Armoring

The concept of body armor was first explored by Wilhelm Reich, a psychiatrist and psychoanalyst, who identified the connection between chronic physical tension and repressed emotions. Later, many holistic disciplines developed methods to help people release these tensions, improving the body's energy flow. De-Armoring integrates this knowledge with a practical approach, working directly on the body through targeted techniques.





### How It Works

De-Armoring involves applying gentle but deep pressure to specific body points (similar to trigger points or acupuncture meridians), combined with conscious breathing techniques and emotional release. The therapist works to dissolve physical and energetic blockages through touch and pressure. During the process, repressed emotions or memories may emerge, allowing for a deep release and greater awareness. Freed from armor, the body restores its natural energy flow, improving vitality and overall well-being.

### BENEFITS OF DE-ARMORING

Reduction of chronic muscle tension, improved posture, and increased flexibility

Release of repressed emotions, leading to greater lightness and serenity

Energy rebalancing and deeper connection with the body

Increased awareness, authenticity, and ability to live in the present moment



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## Who Is It For?

De-Armoring is ideal for those who feel physical tension that is difficult to release with traditional methods. It's beneficial for individuals experiencing anxiety, stress, or chronic emotional fatigue. It can also help those who want to improve their connection with their body and vital energy.

It's perfect for those seeking profound physical and emotional transformation. De-Armoring is not only a physical release technique, but also a journey of awareness, allowing you to rediscover your body as an ally, free from tension and conditioning.



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## ENERGY MEDICINE ROUTINE

At the 12 Senses Retreat, you will learn a transformative routine inspired by the pioneering work of Donna Eden and David Feinstein in Energy Medicine and Tapping (EFT). This unique practice blends techniques that harmonize the body, mind, and energy, promoting deep inner balance, tension release, and enhanced emotional well-being.

Donna Eden's Energy Medicine focuses on rebalancing energy meridians by stimulating specific points on the body through movements, touch, and visualization. These exercises activate vital energy flow, dissolve blockages, and foster a sense of vitality and clarity, helping to release accumulated tension and restore balance.

David Feinstein's Tapping uses gentle finger taps on acupuncture points to reduce stress, process negative emotions, and alleviate anxiety. This practice is a powerful tool for releasing repressed emotions and promoting emotional healing, allowing for greater mental and emotional resilience.

By combining these two complementary approaches, the energetic routine at the retreat offers a holistic wellness experience. Beyond immediate relaxation, it provides tools to sustain energetic balance in your daily life, empowering you to maintain harmony and improve your overall quality of life.





## NUTRITION

Breakfast, lunch, and dinner are carefully designed and personalized for each participant.

Thanks to the online health assessment completed at the time of registration, we create a tailored nutrition plan for each of you. We consider your individual needs, personal preferences, metabolism, dietary goals, and any underlying health conditions.

Our kitchen, together with our chefs, works with dedication, harmony, and love, ensuring that the energy invested in preparing meals enhances the quality and impact of the food on your body and overall well-being. In addition to the main meals, healthy snacks are provided three times a day, ensuring nourishment and vitality throughout your retreat.

Breakfast is an intimate and awakening moment, served directly in your private villa. Lunch and dinner, on the other hand, are opportunities for sharing and joy, served on our beachfront restaurant terrace, where you can enjoy a communal dining experience with breathtaking views of the ocean.

To keep you refreshed and hydrated throughout the day, herbal teas, fresh juices, and water are always available.







## AFTER THE RETREAT

### Post-Retreat Integration Coaching Call

The journey doesn't end when the retreat concludes. To support your continued growth and ensure lasting transformation, we offer a personalized post-retreat coaching call.

This session is designed to help you integrate the insights and tools gained during the retreat into your daily life. Together, we'll reflect on your progress, address any challenges, and refine your life vision to maintain the clarity, balance, and peace you've cultivated.

This follow-up call ensures that the impact of the 12 Senses Retreat stays with you long after your time at JUA, guiding you toward a more fulfilled and aligned life.



## ACCOMMODATION

Exclusivity: a feeling, not just about price. You'll find it here at Jua, through meaningful human connections and the creation of exceptional, surprising moments. With 4 very private villas, a maximum of 4 guests, a private beach, landscaped tropical gardens, and a world of passion, your experience will be truly unique.

Uniquely located on the tip of the Michamvi peninsula, South East of Zanzibar, Jua offers blissful, barefoot luxury for very few, and small intimate groups.

Only 4 private villas in total. Handmade furniture, specifically designed for the feeling of freedom and complete intimacy.

All villas have 200° view of both sea and big sky. Private pools and patios, butler style service ensure you dictate the rhythm of each day.





## PROGRAMM DAY 1-ARRIVAL DAY

14.00	CHECK IN
14.30-15.30	OPENING CIRCLE
15.30-18.30	DE-ARMORING INDIVIDUAL SESSION
18.45-20.00	YOGA
20.15-21.15	DINNER
21.30-22.30	MEDITATION





## PROGRAMM DAY 2

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.15	BREAKFAST IN YOUR ROOM
8.30-10.30	YOGA @ THE ROCK RESTAURANT
10.30-14.00	BOAT TRIP: SNORKELLING, STAR FISH & SANDBANK
14.00-15.30	LIGHT LUNCH @ THE ROCK RESTAURANT
16.30-19.30	INDIVIDUAL DE-ARMORING SESSION OR FREE TIME
19.45-20.45	DINNER
21.00-22.00	JOURNALING





## PROGRAMM DAY 3

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.30	BREAKFAST IN YOUR ROOM
8.45-9.45	DAILY ENERGY ROUTINE
10-13.00	INDIVIDUAL DE-ARMORING SESSION OR FREE TIME
13.15-14.15	LUNCH
14.30-15.30	MEDITATION
15.30-17.30	YOGA AND PRANAYAMA
17.45-19.45	BREATHWORK
20.00-21.00	DINNER
21.30-22.30	JOURNALING





## PROGRAMM DAY 4

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.30	BREAKFAST IN YOUR ROOM
8.45-9.15	DAILY ENERGY ROUTINE
9.30-11.30	YOGA
11.30-12.30	OSHO ACTIVE MEDITATION
12.30-13.30	LUNCH
15.30-18.30	DE-ARMORING SESSION OR FREE TIME
19.00-20.00	DINNER
20.30-21.30	AUTOGENIC TRAINING
21.30-22.30	JOURNALING





## PROGRAMM DAY 5

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.30	BREAKFAST IN YOUR ROOM
8.45-9.15	DAILY ENERGY ROUTINE
9.30-13.30	DE-ARMORING SESSION OR FREE TIME
13.30-14.30	
14.45-15.45	YOGA NIDRA
LUNCH	
16.00-18.00	YOGA
18.15-19.15	PROGRESSIVE MUSCLE RELAXATION (JACOBSON METHOD)
19.30-20.30	DINNER
21.00-22.00	JOURNALING





## PROGRAMM DAY 6

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.30	BREAKFAST IN YOUR ROOM
8.45-9.15	DAILY ENERGY ROUTINE
9.30-13.30	DE-ARMORING SESSION OR FREE TIME
13.30-14.30	LUNCH
14.45-15.45	LAW OF ATTRACTION WORKSHOP
15.45-16.45	MANIFEST THE LIFE OF YOUR DREAMS
17.00-19.00	YOGA
19.30-20.30	DINNER
21.00-22.00	JOURNALING







## PROGRAMM DAY 7

7.30	WAKE-UP IN YOUR ROOM WITH A PERSONALIZED DETOX HERBAL TEA
8.00-8.30	BREAKFAST IN YOUR ROOM
8.45-9.15	DAILY ENERGY ROUTINE
9.30-11.30	YOGA
11.30-12.30	MEDITATION
12.45-13.45	LUNCH
16.00-19.00	DE-ARMORING SESSION OR FREE TIME
19.30-20.30	DINNER
21.00-22.00	CLOSING CIRCLE





## PROGRAMM DAY 8

7.30

WAKE-UP IN YOUR ROOM WITH A  
PERSONALIZED DETOX HERBAL TEA

8.00-8.30

BREAKFAST IN YOUR ROOM

8.30-11.30

DE-ARMORING SESSION  
OR CHECK-OUT



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# WHAT'S INCLUDED?

Retreat Zanzibar: What's Included  
Price: € 8570 - \$ 8980

DURATION: 7 nights  
LOCATION: Jua Zanzibar

## ACCOMODATION

- Stay in a private villa with a plunge pool.
- Exclusive resort with only four villas set on a 10,000 sqm property.
- The entire resort is reserved for the retreat, offering complete privacy and immersion in nature.
- Only 4 participants to ensure personalized attention.

## DINING

All-inclusive.

- Start your day with a detox herbal tea served in bed.
- Breakfast served in your villa.
- Lunch and dinner at the resort's restaurant with a sea-view terrace.
- Snacks available throughout the day.
- Drinks included: fruit juices, water, and herbal teas available all day.

## ACTIVITIES & SERVICES INCLUDED

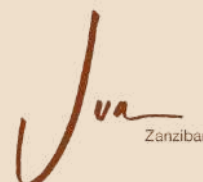
- 1 online naturopathic session before the retreat.
- Personalized nutritional plan.
- Two private de-armoring sessions, a somatic bodywork treatment (total of 6 hours).
- 1 yoga class in the stunning setting of The Rock restaurant, reserved exclusively for the retreat
- 1 Light lunch @ Ther Rock restaurant
- 1 boat excursion with snorkeling among starfish and a visit to a sandbank.

## DAILY GROUP PRACTICES

Yoga, pranayama, meditation, breathwork, energy routine, journaling and workshops.

## TRANSPORTATION

Airport transfers included, 1 taxicar for all participants





## WHAT'S NOT INCLUDED?

FLIGHT

VISA : 50\$

COMPULSORY MEDICAL INSURANCE FROM ZANZIBAR GOVERNMENT: 44 \$

A TRAVEL INSURANCE POLICY IS NOT INCLUDED IN THE RETREAT PACKAGE. HOWEVER, WE HIGHLY RECOMMEND PURCHASING INSURANCE THAT COVERS CANCELLATION FOR ANY REASON. THIS INSURANCE WILL PROVIDE A REFUND FOR YOUR TRIP IN THE EVENT OF UNFORESEEN CIRCUMSTANCES, SUCH AS FORCE MAJEURE, THAT MAY REQUIRE CANCELLATION.





## UNDERSTANDING THE VALUE BEHIND THE PRICE:

We understand that our retreat represents a significant investment, but it reflects the unparalleled quality, exclusivity, and transformative experience we offer—something truly unique.

Our retreat is not just another getaway—it's a transformative experience designed to provide the highest level of care, exclusivity, and impact. Here's why the price reflects the exceptional value we offer:

- **Exclusive Privacy:** 10,000 sqm of private land reserved solely for your retreat. Only four guests in total, each with their own private villa, ensuring absolute privacy and personalized attention.
- **Customized 1:1 Healing:** Unlike most retreats that focus on group activities, we prioritize private sessions tailored to your unique needs—giving you a highly individualized experience.
- **World-Class Team:** A dedicated team of 20 staff members at your service, offering seamless support and ensuring every detail of your retreat is handled with the utmost care and professionalism.
- **Ecological Luxury:** Our villas are designed to provide natural ventilation, eliminating the need for air conditioning and protecting Zanzibar's delicate environment. The high ceilings and expansive windows create a naturally cool, breezy atmosphere.
- **Exclusive Experiences:** Private yoga sessions at The Rock Restaurant—a world-renowned dining venue, which we will reserve just for you. Enjoy a two-hour yoga class in a stunning location, followed by a gourmet lunch overlooking the Indian Ocean.



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- Private Beach Access: Step directly onto a pristine beach, offering peace, serenity, and the opportunity to reconnect with nature.
- Emotional Transformation: More than just activities, we offer time and space for deep emotional processing, breakthroughs, and healing, ensuring lasting impact beyond the retreat.
- Pre and Post Retreat Support: Our service doesn't stop at the retreat. We offer personalized sessions before and after to help you prepare for the experience and integrate it into your daily life.
  - Spaceholding: At the core of our retreat is the practice of spaceholding, creating a fully safe, supportive, and nurturing environment. Our facilitators hold space with empathy, presence, and professionalism, allowing you to explore your emotions, confront your fears, and heal your wounds in a protected setting.
  - Facilitator's Commitment: The facilitator is deeply committed to her own well-being and healing. Only once you heal yourself can you truly help others heal, which is why our facilitator is not just a guide but someone who has lived and continues to live the healing process.
  - Personalized Luxury: True luxury lies in the personalized attention and care we offer. With two dedicated De-Armoring sessions in a 7-day retreat, combined with group practices in a small, intimate setting, this experience is one of the most complete and holistic healing journeys you can find.

This is why our price is higher—it's not just a retreat, it's a once-in-a-lifetime journey designed for those who seek true transformation, luxury, and a deeply personalized experience. We offer an unmatched level of care, attention, and exclusivity that you won't find anywhere else.



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## TERMS AND CONDITIONS

### CHECK-IN AND CHECK-OUT POLICY

Check-in 14:00  
check-out 11:00.

### TRANSFER POLICY

Transfers between the airport and the accommodation (both arrival and departure) are included in your booking.

### RESERVATION POLICY

A non-refundable deposit of 30% is required at the time of booking to secure your reservation. The remaining balance must be paid 30 days before arrival, no later than February 22. Cancellations or changes made after this period will not be eligible for a refund.

### CANCELLATION POLICY

The deposit is non-refundable  
If you cancel 90 to 30 days before the retreat, a fee of €857 will apply  
If you cancel 29 days or less before the retreat, the full amount of the retreat will be charged

