KISAWA

MOZAMBIQUE

INTRODUCING

Ocean & Soul: Wellness Journey

GUIDED BY

Yoga Master Ishant

NWC

Natural Wellness Center

Ocean & Soul
A Curated Yoga & Wellness Journey

Led by yoga master, Ishant Malhotra

This 5-day holistic programme blends private yoga, meditation, sound healing and restorative rituals guided by the ecosystems of Benguerra Island, Mozambique & the energy of the richly biodiverse Western Indian Ocean seascape.

From sunrise yoga practice on the surrounding dunes to sound healing by the Lagoon Pool and infrared therapy via the Japanese technology of Iyashi Dome, each day is thoughtfully designed to guide guests through grounding, detox, connection, renewal & rebalance.

Available from 1 October – 18 December 2026, Ocean & Soul is available as an addition to any stay of 4 nights or more. The programme is an invitation rather than a fixed itinerary, for guests wishing to bring the element of intention to their time at the Sanctuary





INTRODUCING

Ishant Malhotra
Kisawa Yoga Master

Ishant joined the Natural Wellness Center as yoga master in 2025. His extensive experience encompasses teaching & guiding yoga & breath work across India & Vietnam for the last 15 years. Ishant's passion is helping guests locate their quiet & powerful center, while gently nurturing & encouraging them, emotionally & physically.

Ishant holds a Masters Degree in Yoga from the Maharja Agrasen Himalayan Garhwal University.





DAY 1:

Arrival, Grounding *& Island Reconnection*

Afternoon:

Begin your journey with a 60-minute grounding welcome ritual, featuring organic local virgin coconut oil and a deeply relaxing Iyashi Dome experience designed to ease travel fatigue, restore balance, and gently reset your energy.

Late Afternoon:

Settle into the rhythm of the island with a serene sunset meditation by the dunes, inviting calm, presence, and a deeper connection to your surroundings.

DAY 2:

Detox, Clarity *& Inner Balance*

Morning:

Awaken body and mind with Hatha Yoga, encouraging alignment, mindful breathing, and a gentle return to inner harmony.

Afternoon:

Enjoy revitalizing body exfoliation to support detoxification, stimulate circulation, and leave the skin smooth, refreshed, and beautifully prepared for the island sun.

Evening:

Experience beachside breathing exercises and Pranayama to support the body's natural cleansing systems, calm the mind, and balance the chakras by the Dune.





DAY 3:

Nature Connection *& Ocean Healing*

Morning:

Deepen your practice with Ashtanga Yoga, focusing on core alignment as the sound of natural waves and the ocean breeze enhance your sense of flow and vitality.

Late Afternoon:

Unwind with Sound healing and meditation by the Main Pool, created to calm the nervous system, release stress, and promote deep relaxation and overall well-being.

DAY 4:

Energize, Restore *& Rejuvenate*

Morning:

Choose between an energizing 60-minute circuit gym session or a dynamic Power Yoga practice to build strength, stamina, and renewed vitality.

Midday:

Indulge in a 60-minute aromatherapy full-body massage to ease muscle tension, soothe the senses, and encourage a profound feeling of inner restoration.

Evening:

Practice Trataka candle-gazing meditation to enhance focus, mental clarity, and inner awareness through a calming, contemplative ritual.





DAY 5:

Rebalance *& Departure*

Morning

Sunrise yoga and a reflective circle, leaving you grounded, rebalanced, and inspired to carry the island’s serenity.

Quick *Overview*

Day 1

Welcome Ritual (60mins) with Iyashi Dome
Sunset Meditation (30mins)

Day 2

Hatta Yoga Session (60 mins)
Body Exfoliation (60 mins)
Pranayama Meditation (30mins)

Day 3

Ashtanga Yoga Session (60 mins)
Sound Healing (50 mins)

Day 4

Power Yoga Session (60 mins)
Aromatherapy Full-Body Massage (60 mins)
Trataka Meditation (30mins)

Day 5

Sunrise Yoga Session (60 mins)

Ocean & Soul Cost

1500 Euros ++ for one pax
2100 Euros ++ for 2 pax travelling together
++ 17.6% hotel tax and 10% service charge to be added.
Available from 1 October to 18 December 2026





Terms
& Conditions

The Ocean & Soul package is sold as a complete 5-day programme and cannot be divided, itemised, or booked on a per-day or per-treatment basis.

This package covers the wellness programme only and does not include accommodation. It is available as an addition to any stay of 4 nights or more, and Residence rates apply separately.

The minimum age for participation is 16 years.

The programme must be confirmed and prepaid at the time of booking, no later than 7 days prior to arrival, to guarantee availability with the yoga master's schedule.

Cancellation and deposit terms follow the same policy as the hotel stay.

Participation is undertaken at the guest's own risk.
We recommend guests consult their physician prior to participation, particularly if pregnant, recovering from injury, or managing a pre-existing medical condition.
Kisawa accepts no responsibility for any health complications arising from participation in the programme.
Sessions are subject to availability and the yoga master's schedule.

Outdoor sessions (dune, beach, Lagoon Pool) are weather dependent and may be relocated at short notice.
Sessions missed by the guest are not rescheduled or refunded, as the package is sold in its entirety.
The programme is not combinable with other spa offers or discounts.

While the daily structure above offers a suggested rhythm, the programme is an invitation rather than a fixed itinerary and can be gently tailored to each guest's preference within the 5 days.

Costs are quoted in EUR.

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