



DIACARISMA RESORT

OCEAN & SILENCE SACRED YOGA RETREAT

Zanzibar | 19 –29. March 2026

10 days of silence, ocean, and conscious practice in a small, safe group



INTRODUCTION

Ocean & Silence – Sacred Yoga Retreat is an invitation into a space where life gently slows down.

This is not an activity-based retreat, but rather **a time of deep rest, calming, and quiet reconnection with oneself**. Supported by the natural rhythm of the ocean and conscious practices, we create an environment where the body can relax, the nervous system can settle, the breath can deepen, and inner clarity can gradually re-emerge.

Silence on this retreat is **guided, gradual, and safe**, suitable also for those experiencing silence retreats for the first time.

RETREAT VISION

This retreat is designed as a space of **regeneration, stability, and gentle inner transformation**.

It is not about achievement, pushing limits, or intense challenges, but about:

- returning to the body's natural rhythm,
- cultivating a sense of safety and grounding,
 - listening more deeply to oneself,
 - conscious presence.

The ocean is not a backdrop but a companion in the process. Its constancy, vastness, and rhythm naturally support relaxation and inner stability.

This is a retreat of calming, regeneration, and integration – not an escape from life, but a preparation for living it more consciously.

PROGRAM STRUCTURE (10 DAYS)

Each day follows a clear and soothing rhythm: **morning – integration – deepening – settling**.

MORNING

- morning silence
- gentle morning yoga or somatic awakening
 - breathing techniques (pranayama)
 - guided meditation by the ocean

Mornings are dedicated to reconnecting with the body and breath, and entering the day calmly and consciously.

MIDDAY

- free time for the ocean, rest, and integration
 - optional individual conversations

This part of the day allows practices to naturally settle into the body and nervous system.

AFTERNOON

The afternoon is dedicated to deepening and variety of practices:

- gentle Hatha yoga
- dynamic Ashtanga Vinyasa (as appropriate and moderate)
 - Yoga Nidra (deep regeneration)
 - talks on yogic philosophy
- energy practices and conscious movement
- thematic sharing circles (body, breath, awareness, inner silence)

All practices are adapted to the group and individuals, without pressure or comparison.

EVENING

- meditation in silence or at sunset
 - gentle rituals
 - daily integration

Evenings are a time of slowing down, closing the day, and transitioning quietly into night rest.



WHAT THE RETREAT INCLUDES

- daily yoga practices (Hatha, Vinyasa, Nidra)
 - breathing and meditation techniques
 - guided days of silence
 - energy and somatic practices
 - thematic sharing circles
 - sunset rituals
 - preparation before the retreat
- support and integration after the retreat

Optional:

- pranic / liquid support
- individual Jyotish (Vedic astrology) chart reading
 - Atma Kriya Yoga course
 - body massages at the resort
 - excursions around Zanzibar

OPTIONAL EXCURSIONS (PRICES PER PERSON)

Excursions are optional and usually arranged on site, depending on group energy and individual interest.

- **Safari Blue** (including transfer, lunch, soft drinks, fruit, and snacks): **55 €**
- **Prison Island + Nakupenda + Stone Town** (including transfer, lunch, drinks, fruit): **40 €**
 - **Jozani Forest** (including national park entry + food and drinks on the way): **40 €**
 - **Mnemba Island – snorkeling / dolphin swimming + lunch: 50 €**



WHO IS THIS RETREAT FOR

This retreat is suitable for you if:

- you feel tired, overstimulated, or internally depleted
 - you long for silence, clarity, and regeneration
 - you are seeking a safe, guided, and gentle process
- you wish to deepen your connection with your body and inner self

It is not intended for those seeking intense physical challenges or a conventional holiday.

RETREAT FACILITATOR

The retreat is led by **Shivani (Manica Maček)** – a yoga teacher, meditation guide, and facilitator of conscious practices.

Her work is grounded in:

- 30 years of personal and teaching experience in yoga,
 - 25 years of experience with fasting,
 - 6 years of a pranic way of living,
- many years of guiding individual and group processes.

Shivani guides **individual fasting and pranic programs** as well as retreats, with a strong emphasis on safety, gradual progression, and respect for each person's individual rhythm.

Her guidance is compassionate, clear, and empowering .



LOCATION

Diacarisma Resort, Nungwi, Zanzibar

An intimate oceanfront resort, ideal for silence, practice, and rest.

PRICES

PACKAGE A – Full Sacred Retreat

(includes accommodation + retreat program)

- 10 nights accommodation with breakfast
 - tourist tax + airport transfer
 - full Sacred retreat program

Price: 1,161 €

PACKAGE C – Pranic Support

(includes accommodation + retreat program + pranic support)

- everything included in Package A
- guided pranic / liquid support

Price: 1,371 €

Not included:

- flight ticket
- Atma Kriya Yoga course (optional): 110 €



REGISTRATION & CONTACT

✉ **Email:** manicamacek@gmail.com

☎ **Phone:** +386 41 834 045 (Shivani)

➡ **Places are limited (small group).**

✨ *Ocean & Silence is a quiet return to yourself* ✨