

BRAND NEW for 2012 - Yoga Retreats at Vamizi Island Available exclusively with luxury travel specialists, Scott Dunn



To coincide with the opening of its new private villa collection, Vamizi Island has launched its first yoga retreats, available to book exclusively with luxury travel specialists, Scott Dunn.

Inspired by nature, the new *Vamizi Spa Retreats* will run from 21st – 27th January, 10th – 16th March and 10th – 16th November, 2012 and offer a unique opportunity to revive, restore and rejuvenate on a castaway desert island.

Hosted by renowned yoga instructor, Claire Finlay, the *Vamizi Spa Retreats* promote exercise and nutrition as nature intended where the beach is the gymnasium and the ocean is the larder.

Each morning begins with vinyasa yoga on the shoreline, followed by a freshly prepared juice or smoothie from the islands 'natural pharmacy'.

During the day guests can do as much or as little as they choose from snorkelling in the azure waters, exploring the island with the Vamizi's own naturalist, simply lying back and relaxing whilst samango monkeys play nearby and weaver birds work over head.

Included in the retreat, guests can enjoy a reviving spa treatment, take to the seas to catch a supper of surf fresh tuna sashimi, and dive the world famous Neptune's Arm both led by Vamizi's experts in the fields of Deep Sea fishing and Scuba diving.

Then each evening, Claire will lead a second yoga session as the sun goes down on another day in this remote island paradise.

Yoga instructor, Claire Finlay has studied alongside Simon Low of Tri Yoga and David Life and Sharon Gannon co-founders of Jivamukti Yoga aswell as Shiva Rea, Paul Grille, Sarah Powers and Claire Missingham.

Bookable exclusively through Scott Dunn (www.scottdunn.com, 020 8682 5070) the *Vamizi Spa Retreat* costs from £3,225 per person for 5 nights including 4 nights on Vamizi Island on a fully inclusive basis sharing a private villa and 1 night at the Oyster Bay in Dar es Salaam on a half board basis, twice daily yoga with Claire Finlay, one complimentary dive, one free fishing trip and a complimentary spa treatment per stay, all flights with British Airways and transfers included.

ENDS

Notes for editors:

Celebrating 25 years in luxury travel, Scott Dunn specialises in tailor-made travel to Europe, Africa, Asia-Pacific, India & Arabia, Latin America and Oceans & Islands worldwide. Scott Dunn operates 23 ski chalets in the Alps, luxury-catered villas in the Mediterranean with chef, host and nannies and exclusive Scott Dunn summer children's clubs at Pine Cliffs, Algarve, Aphrodite Hills, Cyprus and Daios Cove, Crete. Scott Dunn also operates an OurSpace children's club at Anahita in Mauritius and Borgo Egnazia in Italy.

With 25 years of experience creating ski chalet holidays Scott Dunn understands what goes into making the perfect holiday and uses this to benchmark all the properties it recommends. Nine expert teams craft unique and creative holiday experiences to suit individual requirements. Guests book their holidays safe in the knowledge that Scott Dunn is ATOL protected and a member of AITO.

In 2011, Scott Dunn was awarded 'Best Specialist Tour Operator' in Conde Nast Traveller Readers' Awards.

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