

ENVI

P A J E



MATUKIO*

OUR EXPERIENCES

MINDFULNESS, MOVEMENT,
CREATIVITY, CULTURE & CULINARY

Designed to bring you presence, energy and balance, awaken your curiosity, connect you with the environment and immerse you in the culture of the island.

Begin your exploration right here, right now.

*Please note that experiences may vary in harmony
with the weather, tides, and the natural rhythm of the island*

TO HELP GUIDE YOU THROUGH THE BENEFITS OF EACH EXPERIENCE, WE'VE CREATED A SET OF ICONS THAT HIGHLIGHT THE INTENTION BEHIND EVERY ACTIVITY.



CALM



ENERGY



STRENGTH



MOBILITY



PLAY



CREATE



EXPLORE



CONNECT



NATURE

TO BOOK YOUR EXPERIENCE

Contact: reservations.paje@envilodges.com

Our experiences, sessions and activities welcome **all levels** and are guided by the belief that movement should feel **natural, enjoyable, and deeply nourishing.**

Please note that experiences may vary in harmony with the weather, tides, and the natural rhythm of the island.

THE MATUKIO COLLECTION

AT A GLANCE

ENERGY

Kitesurfing • Snorkelling • Kayaking
Playful Strength • Circuit

MIND & BODY

Sunrise Sunset Yoga • Mobility & Posture
Workshop • Elemental Contrast Ritual • SUP Yoga

MEDITATIVE

Breathwork & Meditation • Sound Bath • Guided Visualization
Ocean Floating Meditation • Barefoot Sensory Walk

CREATIVE

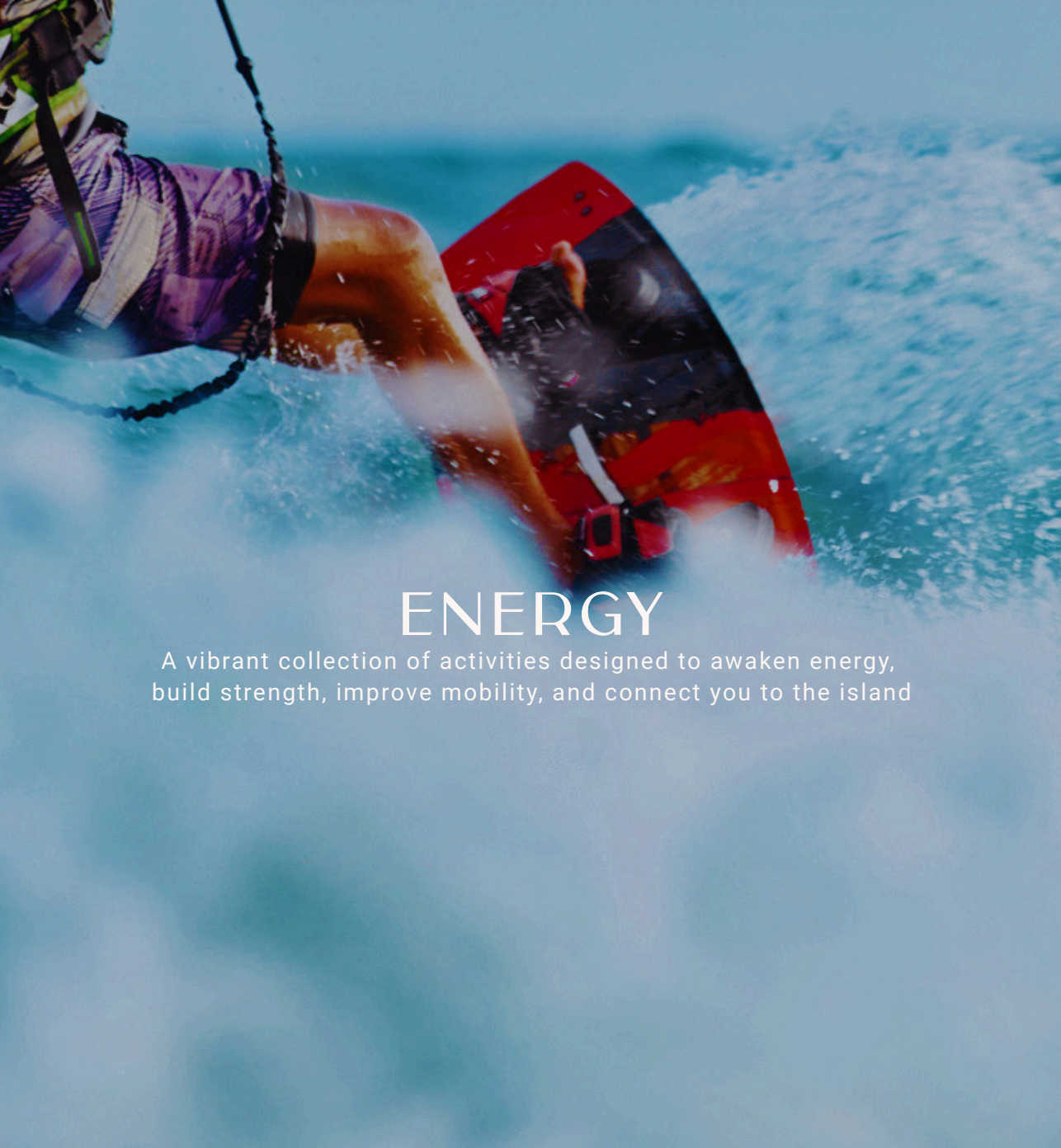
Plants & Herbal Medicinal Workshop • Beach Clean-Up Walk
Sand Mandala or Beach Art • Treasures of the Tide
Beaded Jewellery • Sea glass jewellery workshop

CULINARY

Swahili Tea & Golden Milk Ritual • Flavours of
Zanzibar: Chutney Making • Island Pickling
Workshop • Functional Mixology

PLAYFUL

Beach Volleyball • Beach Tennis • Frisbee
Open-Air Cinema



ENERGY

A vibrant collection of activities designed to awaken energy, build strength, improve mobility, and connect you to the island



KITESURFING



Experience the energy of the ocean with kitesurfing, one of Zanzibar's most iconic water sports. Suitable for both beginners and experienced riders, sessions are offered in partnership with certified local instructors, allowing guests to safely enjoy the wind and water in an exciting and dynamic way.

Duration: Varies (intro sessions/lessons available)

Price: 90 USD per hour | Packages on request

ESSENTIALS

Swimwear, sun protection

INCLUDES

Equipment and professional instruction

ENVIRONMENT

Out in the open ocean, dependent on wind and tides

AFTER YOUR SESSION UNWIND WITH A COOLING ALOE WRAP





SNORKELLING



Explore the underwater world and marine life around the reef and connect with the ocean while discovering the vibrant ecosystem that surrounds the island.

Duration: 60 min.
Price: Complimentary

ESSENTIALS

Swimwear, sun protection

INCLUDES

Snorkelling equipment and guidance

ENVIRONMENT

Down in the underwater world, respecting the natural habitat you explore

EXTEND THE EXPERIENCE WITH AN OCEAN-INSPIRED LUNCH
OR A SUNSET DHOW CRUISE



KAYAKING



Explore the coastline at your own pace with a guided or self-led kayaking experience. Glide across calm waters while taking in the natural beauty of the island, offering a peaceful yet active way to connect with the ocean.

Duration: 45–60 min
Price: Complimentary as part of daily activity schedule
Private: 60 USD

ESSENTIALS

Swimwear, sun protection

INCLUDES

Kayak, paddle and safety equipment

ENVIRONMENT

Into the calm coastal waters, dependent on tides and weather conditions

CONTINUE WITH A REFRESHING DRINK
OR LIGHT LUNCH BY THE BEACH



PLAYFUL STRENGTH CIRCUIT



A light-hearted, outdoor movement session combining simple strength exercises with playful challenges using natural wooden equipment and interactive elements.

Designed to feel more like play than training, this session blends movement, coordination and light cardio in a relaxed garden setting, encouraging guests to move freely, laugh, and reconnect with their body in an enjoyable and energising way.

Duration: 30–40 min.
Price: Complimentary as part of daily activity schedule
Private: 50 USD

ESSENTIALS

Comfortable clothing and water bottle

INCLUDES

Guided circuit and equipment

SEASONALITY

Available all year round

ENVIRONMENT

Practice in our garden setting surrounded by nature and fresh air

COMPLETE THE SESSION WITH A COLD PLUNGE
OR RECOVERY MOMENT AT THE SPA.





MIND & BODY

Explore a variety of guided experiences that promote balance, renewal, and lasting physical well-being

SUNRISE/ SUNSET YOGA



Begin or end your day with a grounding yoga practice combining breath and mindful movement. Sessions are typically held on the beach at sunrise or sunset, with in-studio classes also available for a soothing indoor practice.

Duration: 60 min.

Price: Complimentary, subject to daily activity schedule

Private Session: 60 USD

ESSENTIALS

Comfortable clothing,
water bottle, sun protection

INCLUDES

Yoga mats, props and
instructor

SEASONALITY

Available
all year round

ENVIRONMENT

Practice barefoot on the
sand and connect with the
natural rhythm of the ocean

CONTINUE WITH A REFRESHING SWIM]
OR A FRESH COCONUT BY THE BEACH



MOBILITY & POSTURE WORKSHOP



A guided session focusing on stretching, posture improvement and recovery movement, designed to release tension, restore natural alignment, and support guests looking to improve flexibility, body awareness, and ease of movement in daily life.

Duration: 45 min.

Price: Complimentary, subject to daily activity schedule

Private: 50 USD

ESSENTIALS

Comfortable clothing, trainers, water bottle

INCLUDES

Foam rollers and mobility tools

ENVIRONMENT

In the serenity of our gym

CONTINUE YOUR WELLBEING JOURNEY WITH A PERSONALISED WELLNESS SCREENING OR TREATMENT



ELEMENTAL CONTRAST RITUAL



A guided heat and cold ritual designed to restore balance and awaken the body's natural resilience. Alternating sauna and cold immersion, supported by breathwork and rest, encourages circulation, deep recovery, and a renewed sense of energy and clarity.

Duration: 60 min.

Price: 50 USD

ESSENTIALS

Swimwear, robe or light cover-up, sandals. Dry clothes recommended after the session.

INCLUDES

Sauna, cold plunge, guided breathing, towels, and hydration.

ENVIRONMENT

Move between heat and cold in a dedicated space of The Sanctuary spa

ENHANCE THE EXPERIENCE WITH A GUIDED RELAXATION OR SOUND HEALING SESSION FOR DEEPER RECOVERY



SUP YOGA



Experience yoga from a different perspective while balancing on a stand-up paddle board, inviting you to deepen focus, stability and connection with the outdoors: a great activity for anyone looking to cultivate balance, presence and playful exploration in nature.

Duration: 60 min.

Price: Complimentary as part of daily activity schedule

Private: 60 USD

ESSENTIALS

Swimwear and sun protection

INCLUDES

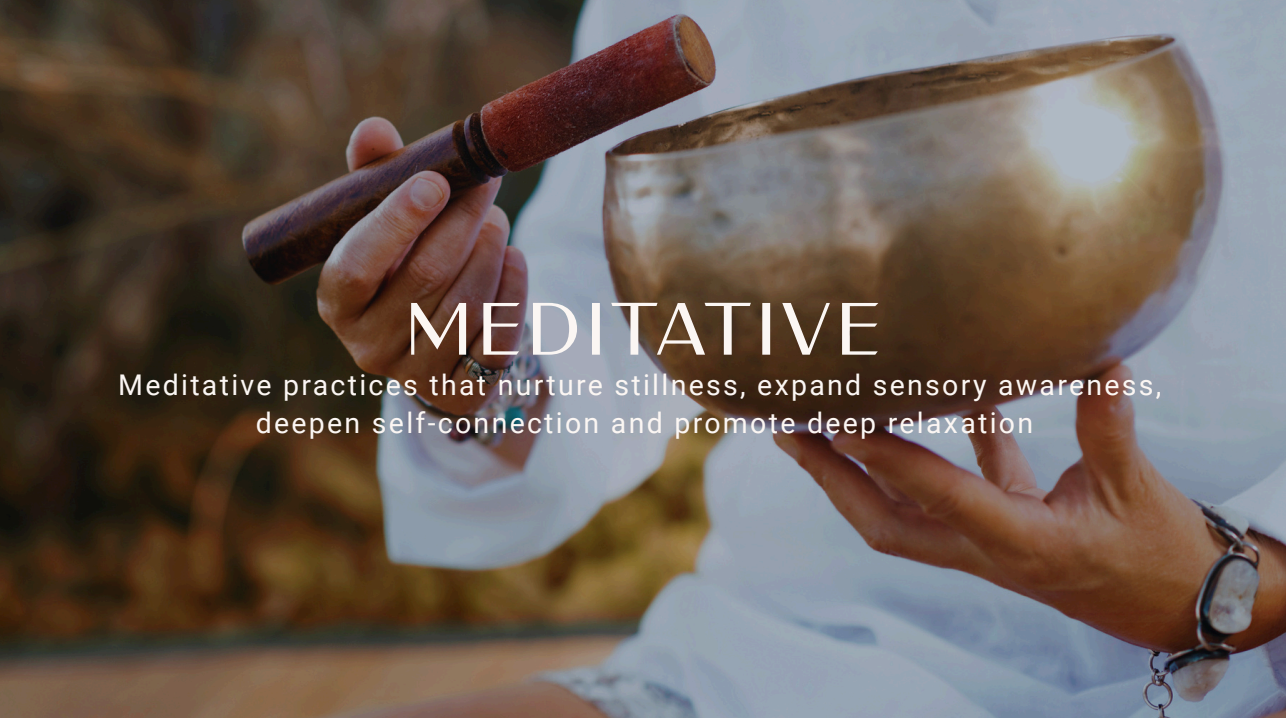
Paddle board, instructor and safety equipment

ENVIRONMENT

In the water, whether in the ocean or at the pool depending on tide conditions

STAY AND DRIFT INTO A RELAXED SWIM OR TIME IN THE WATER





MEDITATIVE

Meditative practices that nurture stillness, expand sensory awareness, deepen self-connection and promote deep relaxation

BREATHWORK & MEDITATION



In the water, whether in the ocean or at the pool depending on tide conditions

Duration: 30–45 min.

Price: Complimentary subject to daily activity schedule

Private: 45 USD

ESSENTIALS	INCLUDES	SEASONALITY	ENVIRONMENT
Comfortable clothing	Instructor and meditation cushions	Available all year round	By the ocean, with the waves guiding the rhythm of your breath

FOR A DEEPER RESET EXTEND YOUR EXPERIENCE WITH A SAUNA OR COLD PLUNGE RITUAL.

SOUND BATH



A deeply immersive sound journey using calming frequencies and vibrations to support relaxation, release tension, and restore inner balance. Gentle tones guide the mind into a meditative state while the body softens and unwinds.

Duration: 60 min.

Price: Complimentary subject to daily activity schedule

Private: USD 90

ESSENTIALS	INCLUDES	ENVIRONMENT
Comfortable clothing and an open mind	Sound instruments and guide session	Either on the warm sands by the ocean or in the serenity of our yoga space

FOR DEEPER RELAXATION CONTINUE WITH A RESTORATIVE SPA TREATMENT OR QUIET TIME BY THE OCEAN



GUIDED VISUALIZATION



A calming guided mental journey designed to support clarity, relaxation, and emotional balance. Through gentle imagery and focused awareness, this session invites the mind to slow down while creating space for intention and inner stillness.

Duration: 30 min.

Price: Complimentary subject to daily activity schedule

Private: USD 45

ESSENTIALS

Comfortable clothing and an open mind

INCLUDES


Guided session

SEASONALITY

Available all year round

ENVIRONMENT

Settle into a quiet space and allow the mind to gently drift inward



OCEAN FLOATING MEDITATION



A guided meditation experience held in the calm, shallow waters of the Indian Ocean, where guests float effortlessly supported by the ocean using flotation aids, while a wellness host guides gentle breathwork and body awareness beneath the open sky, encouraging deep relaxation, nervous system reset and a profound connection with the surrounding natural elements, ideal for those seeking to slow down, release tension and reconnect with themselves in a peaceful and immersive way.

Duration: 20–30 min

Price: Complimentary as part of daily activity schedule

Private: USD 90

ESSENTIALS

Swimwear and sun protection

INCLUDES

Floatation support and guide session

ENVIRONMENT

In the ocean salty waters, which releases pressure on the joints and spine, allowing the body to fully relax

EASE BACK INTO YOUR DAY WITH A HOUSE BOTANICAL TONIC DESIGNED TO REFRESH AND REHYDRATE



BAREFOOT SENSORY WALK




Walk barefoot along a dedicated path with varied natural textures around the pool and common areas. This mindful experience gently stimulates the feet, encourages grounding, and invites you to slow down and become more present with each step.

Duration: 15 min.

Price: Complimentary

ENVIRONMENT

Our outdoor path guides you to move slowly through the natural textures ground beneath you



CONTINUE WITH A QUIET MOMENT BY THE POOL OR A REFRESHING HERBAL TEA



CREATIVE

Mindful creativity and expression while connecting with nature, culture, and engaging in sustainable practices.

PLANTS & HERBAL MEDICINAL WORKSHOP



Discover traditional Zanzibari plants and their wellness uses, offering insight into local healing traditions and a deeper connection to nature and the island's heritage, ideal for guests seeking to awaken their senses, curiosity and connection to the natural world.

Duration: 60 min.

Price: Complimentary subject to daily activity schedule

Private: USD 90

ESSENTIALS

Comfortable clothing and a curious mind

INCLUDES

Guide session and plant exploration

ENVIRONMENT

Set within the natural surroundings of the island

CONTINUE YOUR JOURNEY WITH A HERBAL TONIC, TEA RITUAL, OR VISIT TO A LOCAL SPICE FARM

BEACH CLEAN-UP WALK



Join our team for a mindful walk along the beach while helping to protect the coastline, combining gentle movement with conscious action and a deeper awareness of the surrounding environment, ideal for guests looking to give back, connect with nature and be part of preserving the beauty of Paje.

Duration: 30–45 min

Price: Complimentary subject to daily activity schedule

ESSENTIALS

Comfortable clothing and sun protection

INCLUDES

Gloves, bags and refreshments

SEASONALITY

Available all year round

ENVIRONMENT

Along the shoreline of the island

CONTINUE WITH A FRESH COCONUT OR ELECTROLYTE TONIC AT THE RESTAURANT



SAND MANDALA OR BEACH ART



Create temporary artwork on the beach using shells, sand patterns and natural materials, inviting mindful creativity, presence and playful expression while connecting with the natural elements, ideal for guests looking to slow down, explore creativity and embrace the beauty of impermanence.

Duration: 45 min.

Price: Complimentary subject to daily activity schedule

ESSENTIALS

Comfortable clothing, sun protection

INCLUDES

Natural materials and guide session

ENVIRONMENT

By the ocean, surrounded by natural textures and shifting tides

STAY FOR A SUNSET MEDITATION OR QUIET REFLECTION BY THE OCEAN



TREASURES OF THE TIDE



A hands-on workshop, guided by our talented local host, transforming beach plastics and driftwood collected from the shoreline into colourful mosaic art. Inviting creativity, reflection and a deeper awareness of our relationship with the ocean.

Duration: 60 min.

Price: Donation based

ESSENTIALS

Comfortable clothing and creativity

INCLUDES

Materials and guide session

ENVIRONMENT

From the beach shore to our creative studio space

CONTINUE WITH A RELAXED AFTERNOON TEA OR BAOBAB BOOST JUICE



BEADED JEWELLERY / SEA GLASS JEWELLERY WORKSHOP



A creative, hands-on workshop where guests craft their own beaded or sea glass jewellery using natural and locally sourced materials, encouraging mindful creativity, self-expression and a deeper connection to the ocean, ideal for guests looking to create a personal keepsake inspired by Zanzibar's natural beauty.

Duration: 60 min.

Price: 20 USD

ESSENTIALS

Comfortable clothing and creativity

INCLUDES

Materials and guide session

ENVIRONMENT

Enjoy in the serenity of our dedicated creative space

PAIR THIS WITH A VISIT TO OUR BOUTIQUE TO EXPLORE LOCALLY MADE PIECES





CULINARY

Dive into Zanzibar's rich culinary heritage, uncovering the benefits of local ingredients through authentic, hands-on workshops

SWAHILI TEA & GOLDEN MILK RITUAL



A sensory tea and tonic experience inspired by Zanzibar's rich spice heritage. Guests are guided through the preparation of traditional Swahili spiced tea or nourishing golden milk, using aromatic ingredients such as cardamom, ginger, cinnamon, turmeric, and clove.

Duration: 60 min.
Price: Complimentary as part of daily activity schedule
Private: USD 60

ESSENTIALS

INCLUDES

SEASONALITY

ENVIRONMENT

Comfortable clothing and curiosity

Ingredients, preparation and guided tasting

Available all year round

A serene atmosphere at our dedicated studio space

TO CONTINUE THE EXPERIENCE ENJOY A QUIET MOMENT IN YOUR PRIVATE GARDEN, OR EXPLORE OUR SELECTION OF HERBAL INFUSIONS



FLAVOURS OF ZANZIBAR: CHUTNEY MAKING

Explore the vibrant flavors of Zanzibar by preparing fresh chutneys using tropical fruits, herbs, and spices. This hands-on experience highlights the balance of sweet, spicy, and tangy elements found in traditional island condiments.

Duration: 60 min.
Price: Complimentary subject to daily activity schedule
Private: USD 60



ESSENTIALS

INCLUDES

SEASONALITY

ENVIRONMENT

Comfortable clothing and curiosity

Ingredients and guided preparation

Available all year round

The spacious and airy comfort of our studio

PAIR THIS WITH A VISIT TO A LOCAL SPICE FARM OR A SWAHILI-INSPIRED DINING EXPERIENCE



ISLAND PICKLING WORKSHOP

Discover the art of quick pickling using fresh island ingredients such as cucumber, carrot, papaya, and chili. This workshop introduces simple preservation techniques inspired by coastal and Swahili flavors.

Duration: 60 min.
Price: Complimentary subject to daily activity schedule
Private: USD 60



ESSENTIALS

INCLUDES

SEASONALITY

ENVIRONMENT

Comfortable clothing

Ingredients and guided preparation

Available all year round

The relaxed ambiance of our adaptive studio space

CONTINUE WITH A REFRESHING DRINK OR LIGHT LUNCH AT THE RESTAURANT



FUNCTIONAL MIXOLOGY

Discover the art of crafting refreshing and invigorating beverages using botanicals, herbs, and functional ingredients designed to uplift and nourish the body.

Duration: 60 min.
Price: Complimentary subject to daily activity schedule
Private: USD 60



ESSENTIALS

INCLUDES

ENVIRONMENT

Comfortable clothing

Ingredients and guided preparation

The inspiring mixology bar at The Pavillion

STAY AND ENJOY YOUR CREATIONS WITH A NOURISHING BLISS BALL OR CHOCOLATE-INSPIRED TREAT



PLAYFUL

Fun and social activities for groups and families, encouraging playful movement and connection by the ocean



BEACH VOLLEYBALL



A fun and social beach game ideal for groups and families, encouraging playful movement and connection while enjoying the energy of ocean.

Duration: 60 min.
Price: Complimentary

ESSENTIALS

Sportswear and sun protection

INCLUDES

Volleyball and net

ENVIRONMENT

On the white sands of our breathtaking beach

STAY FOR SUNSET DRINKS BY THE BEACH
AND CONNECT WITH YOUR TEAMMATES



BEACH TENNIS



A playful activity combining tennis and beach sports in a relaxed environment encouraging light-hearted competition, coordination and connection.

Duration: 60 min.
Price: Complimentary

ESSENTIALS

Sportswear and sun protection

INCLUDES

Paddles and balls

ENVIRONMENT

Steps away from the ocean waves trickling at your feet

COOL DOWN WITH A FRESH ALOE WRAP TO REFRESH AND CALM THE SKIN AFTER PLAY



FRISBEE



An easy and enjoyable beach activity for guests of all ages, encouraging playful movement, coordination and connection while spending relaxed time together in the open beach environment.

Duration: Flexible
Price: Complimentary

ESSENTIALS

Comfortable clothing and sun protection.

INCLUDES

Frisbee equipment

ENVIRONMENT

As far as the shores will take you

LATER, YOU MAY ENJOY A SUNSET YOGA OR MEDITATION SESSION



OPEN-AIR CINEMA



Unwind under the stars with a relaxed outdoor movie experience set in the courtyard or on the beach, creating a calm and shared evening atmosphere through film, gentle surroundings and connection, ideal for guests looking to slow down, unwind and enjoy a simple moment of togetherness at the end of the day.

Duration: Approx. 90–120 min.
Price: Complimentary

ESSENTIALS

Comfortable clothing and a light jacket

INCLUDES

Movie screening, popcorn

ENVIRONMENT

Under the evening skies, out by the ocean

STAY AND ENJOY A HERBAL TEA OR AN AFTER-DINNER TREAT





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