

BEYOUTIFUL YOGA RETREAT IN THE WILDS OF AFRICA
PRIVATE/EXCLUSIVE SAFARI
NOV 2023



Yoga in the wild

Please Join Mimi Vimont owner of Beyoutiful Hot Yoga on this once in a lifetime Yoga retreat in the Wilds of Africa

The breathtaking savannahs of East Africa offer the ideal environment for inspirational yoga practices. Exploring this unforgettable experience will impact your life forever. The animals, the people, the environment, the sounds, the smells, the camps, the ability to do yoga in this place bring us all to a more focused spirit and connection.

Mimi emphasizes deep spaces of calm and connection with the land through mindful movement, meditation and pranayama, guided and inspired by the rich imagery of the natural wilderness. Participants will wake each morning to a yoga practice that awakens and focuses the senses for their amazing day's exploration and will close the evening with a practice for surrendering into balance and relaxation. morning yoga to the rising sun and sounds of lions; afternoon yoga in the savannahs with grazing zebras in the background; yoga in the Sands River; yoga on Kasen's lion rock, yoga with the Maasai Warriors; and much much more. There really are no words that can match the experience of this adventure.

Yoga Highlights

- Awakening the senses yoga practice
- Yoga in the amazing savannahs
- Morning and/or evening meditation
- Journaling to capture memories and documenting thoughts and inspirations
- Visit the local Masai village and school and practice yoga with the school kids.



Trip Highlights

- Game drives in 4x4 Land Cruisers/Accommodation in luxury camps
- Visit Lake Nakuru a Black and White Rhino Sanctuary and an Ornithological paradise
- Visit Masai Mara one of predator rich areas in Africa
- Spending your yoga retreat on the great plains of Africa=Priceless

DAYS 1 & 2: NOV 10TH/11TH

NAIROBI KENYA

You begin your Yoga safari with a warm welcome upon touchdown by your Kosen Safaris Tour Director who together with your driver/guide will transport you to your luxury hotel to relax and recharge during your stay in Kenya's capital.

DINNER & OVERNIGHT- EMARA HOTEL

<https://emara.ole-sereni.com/>

MEAL PLAN-BED & BREAKFAST

DAY 3 & 4: NOV 12TH/13TH

LAKE NAKURU NATIONAL PARK

The Park protects over 450 bird species and 15,000 wild animals. Rothschild giraffes have found a safe haven for breeding here, while a diverse variety of terrain shelters many species from herds of giant elands to tiny dik-diks and cliff-dwelling klipspringers.



The following morning, we will drive deeper into the park for a game viewing drive. Lake Nakuru National Park is a designated rhino sanctuary, and it is one of the best places in Kenya to observe them. Both black and white Rhinos thrive here. Besides the greater and lesser flamingos, the park is home to many other birds' species including, the Great Crested Grebe, the black necked Grebe, little Grebe, Pelicans, Cormorant, African Darter, Egyptian Geese, night Heron, Fish Eagle, grey Heron, Marabou stork, Sacred and Hadada Ibis. Waterbucks are usually sighted along the lake shore, and this is the home of the Rothschild's giraffe. Baboon, impala, buffalo, monkeys, warthog, impala, reedbuck, and eland are also resident here. After the game drive return to the camp for lunch. Spend the rest of the afternoon at leisure to enjoy the Camp facilities such as swimming and nature walks

DINNER & OVERNIGHT- LAKE ELEMENTAITA SERENA CAMP

<https://www.serenahotels.com/elmenteita>

MEAL PLAN-FULLBOARD

DAY 5: NOV 14TH

VISIT ESUPETAI PRIMARY SCHOOL

After a leisurely breakfast we will drive South through some of the most breathtaking landscapes and into Esupetai Primary School. Here BEYOUTIFUL HOT YOGA has partnered with Kosen Safaris and Expeditions to help with the needs at this school. The first project in May will be building a dormitory and beds.



Join the kids in a soccer game or join them in planting trees or be a teacher for the day and many more fun activities that can be customized to suit your schedule. After the school visit the Kosen Family will host you for lunch which will include some Kenyan food.

OVERNIGHT- MARA FRONTIER

<https://www.marafontierhotel.co.ke/>

MEAL PLAN: BED & BREAKFAST

DAYS 6 & 7: NOV 15TH/16TH

MASAI MARA GAME RESERVE

After breakfast, we will check out and drive across the endless plains and into Sarova Mara Game Camp in the heart of Masai Mara Game Reserve. Your driver and guide will constantly be reading the herd and other wildlife movements and sharing with you the possibilities of sightings ahead. Ample photographic opportunities abound all around you and your seasoned driver/guides will orchestrate the best approach possible to ensure that you are placed as safely to the sighting as possible, whilst always taking light, wind and shadows into consideration and aiming to remain a passive bystander rather than an intruder on any sighting.



In the vehicle, everyone will have their own seat, the vehicles have custom made pop-up roof to protect you from the sun, wind or rain, whilst offering ample room to scan the savannah with your binoculars, view and photograph the Masai Mara and its Wildlife.

You will normally return to camp for lunch at 13h00 and enjoy some down time at your leisure. High tea at 15h30 will link up with the afternoon game drive. Dinner at the camp can be outside under a canopy of Southern Hemisphere stars with pre-dinner cocktails and nibbles around the campfire to chat and discuss the days' sightings.

OVERNIGHT- SAROVA MARA GAME CAMP

<https://www.sarovahotels.com/maracamp-masai-mara/>

MEAL PLAN: FULLBOARD

ADD YOGA ACTIVITIES- Morning, afternoon, and evening sundowner- on the savannah or at the camp (sunrise & sunsets)

DAYS 8,9 & 10: NOV 17TH/18TH/19TH

MASAI MARA NATIONAL RESERVE

After breakfast we head towards North-West of Masai Mara Game Reserve, we will spend the next 3 days exploring the Sandriver and the Talek area the two richest predator areas of the Mara. We will focus on the big cats, including the Black rock pride, the Marsh pride, made famous by the BBC's series, "Big Cat Diary", the double cross pride, and the Rekero pride, which is quickly becoming as powerful as the Marsh pride. These locations are also known for cheetah and leopards, but we will probably see elephants, hippos, Masai giraffes, common zebras, gnu, impalas, Thompson's and grant's gazelles, topi, hartebeest, black-backed jackals, spotted hyenas and more, as the Mara is one of the lushest reserves in Africa. On past safaris we have photographed black rhino in this area.



When the heat starts to die down you will set off on your first game drive in search of the predators and a plethora of game viewing and photographic opportunities that are every bit as superb as advertised, expect the unexpected and enjoy every second of anticipation! but fear not...the Masai Mara always delivers.

After a productive search for game, Sundowners shall be enjoyed whenever and wherever the end of the day meets us – a daily chance to enjoy the vast Savannah grasslands of the Masai Mara – a breathtaking and unbeatable way to finish the day! On return to camp there will be hot showers and a sumptuous dinner waiting at the candle lit mess tent.

In the late evenings we will sit around the campfire as we excitedly share the events of that day. After a scrumptious diner, you will be escorted to your luxury canvas tents.

OVERNIGHT- ENTIM MARA CAMP

<https://www.entim-mara.com/index.html>

MEAL PLAN: FULLBOARD

DAY 11: NOV 20TH**MASAI MARA/NAIROBI/OUT OF AFRICA**

Spend this last morning in the great savannah of Masai Mara admiring the unspoiled Africa as you prepare to return to Nairobi. A dayroom awaits you in Nairobi for your relaxation, the rest of the afternoon is at leisure. Later in the evening you will be transferred to the airport for your flight back home.

MEAL PLAN: BED & BREAKFAST**End of services****PACKAGE PRICE**

**USD 4,997.00 PER PERSON SHARING
USD 5775 PER PERSON IN OWN ROOM**

A **USD \$1500 per person-non-refundable deposit** is due at the time of registration to secure your spot. Final payment will be due 60 days before the commencement of the safari.

We highly recommend trip and cancellation insurance.

Price Includes:

- Airport transfers
- First class accommodations
- All Meals on safari/Bed and breakfast in Nairobi
- Unlimited supply of bottled water in safari vehicles
- Beer, wine and selected spirits at Entim
- Guaranteed window seat in private 4X4 Land cruisers
- All National Parks fees, Game Reserves entrance fees, and taxes
- Evacuation insurance to a Nairobi hospital (transport only – Cost of hospitalization NOT included)

Price Excludes:

- Visas
- Travel Insurance
- Personal purchases
- Tips for the guides, staff at accommodations,
- Optional extra activities (balloon rides, walking safaris, etc.)
- Pre- and post-safari tours
- Meals or accommodation before or after the safari
- International flights to and from the African Continent

Please note

Traveling in remote locations can present challenges that may require slight changes to the itinerary. We will always try to run the tour as the initial itinerary. In the event, beyond our

control, such as political unrest, natural disasters, overbooking by the lodge, where a change is required, we will do our best to keep you close to the original location. It is our intention for you to have the best possible experience. We will try to notify you of any changes as soon as we are made aware of them. If, however these changes cause an increase to the price, the increase will be passed onto the participant.



WWW.KOSENSAFARIS.COM