

YOGA IN THE WILDS OF AFRICA
PRIVATE/EXCLUSIVE SAFARI
KENYA NOV 2021



Yoga amidst a herd of zebra

Kosen safaris and Lynda Kennedy create a proven Five Star 'Yoga in the Wilds of Africa' retreat that is unmatched.

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.

Lynda 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. ***Lynda's last safari brought our yoga practice to the environment:*** 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 Kosen's lion rock; and much much more. There really are no words that match the experience of this adventure.

Lynda Kennedy, Yoga Studio Owner, Kinesiologist, BS Clinical Psychology, 2 yrs Nursing, 1000's of hours of teaching, E-RYT200 and RYT500(Experienced Registered Yoga Teacher), YACEP (Yoga Alliance Continuing Education Provider) and Yoga Teacher Training School. Lynda teaches a wide variety of yoga practices, from beginner to power, and will fit your yoga experience to you. Learn more about Lynda, her studio, and her adventures. <http://yogachelan.com/>

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
- Create a Mala necklace from locally made beads and visit where they were made.
- Explore the 8 Limbs of Yoga
- Visit the local Masai village, a seva project and/or 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

DAY I: NOV
NAIROBI KENYA

You begin your 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- VILLA ROSA KEMPINSKI
MEAL PLAN-B & B



DAY 2: NOV
LAKE NAKURU NATIONAL PARK

Uniquely situated on the shoreline of sapphire-blue Lake Elementaita where hundreds of thousands of birds congregate, is the small and exclusive The Cliff luxury Camp. This area of breathtaking beauty, also home to many rare species of animals, is less than two hours' drive from Nairobi. Evocatively styled to echo the area's rich history, the camp blends aristocratic elegance with modern luxury and will offer cuisine and service of fittingly high standards. 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.

DINNER & OVERNIGHT-THE CLIFF LUXURY CAMP or SIMILAR
MEAL PLAN-FULLBOARD

DAY 3: NOV
LAKE NAKURU

After breakfast you 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. Waterbuck 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. However, the main attractions are the rhinos.



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- THE CLIFF LUXURY CAMP
MEAL PLAN-FULLBOARD

DAY 4: NOV

MASAI MARA NATIONAL RESERVE

Today you will awake in a magical new world with the aroma of Kenyan coffee brewing. We will meet at breakfast for a safari briefing before we start our scenic drive towards the world famous Maasai Mara. We will arrive at the camp in time for a sumptuous lunch and with enough time to settle in your luxury tent-Glamping at it best!!

The camp is positioned right at the border of Masai Mara and Serengeti and blend unobtrusively into the surrounding vegetation and has an authentic safari feel of bygone days. There is no better way to experience Africa than by spending a few nights under canvas listening to zebras barking, hyenas crying, and possibly hearing the roar of a lion off in the distance.



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.

MEAL PLAN: FULLBOARD

OVERNIGHT-ENTIM LUXURY CAMP OR SIMILAR

DAYS 5 & 6: NOV

MASAI MARA NATIONAL RESERVE

We will spend the next 2 days exploring the Sandriver and the Talek area is two of the 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 Rehero 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.



We will also be closer to the Mara river; your experienced driver and guide will be monitoring the migrating herds of the wildebeest, and as soon as we see a sign of a possible river crossing, we will drive towards the river in hopes of capturing a large crossing.

The adrenaline starts pumping when you see the herds line up and march towards the river, gathering along the banks in mass. The suspense begins as you watch the first wildebeest, zebra, or Eland put in a hoof to test the waters. The drama unfolds as they are spooked, and the mass herd runs back, leaving a thick cloud of dust, or they plunge into the croc infested waters in a mass stampede, risking injury or death, to reach the other side.

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

MEAL PLAN: FULLBOARD

OVERNIGHT-ENTIM LUXURY CAMP OR SIMILAR

DAYS 7 & 8: NOV

MARA MARA-NORTHERN PART

After breakfast, we will check out of Sandriver Mara drive across the endless plains and into Sanctuary Olonana luxury Lodge. Lunch will be packed into a basket and carried with you, ready to be served anytime whilst enjoying your game viewing safari. 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.

MEAL PLAN: FULLBOARD

OVERNIGHT-SANCTUARY OLONANA LUXURY LODGE OR SIMILAR

DAY 9: NOV

MARA MARA-NORTHERN PART

Set out on an early morning game drive, and then enjoy one of these **Design Your Day** activities.

Today a visit to a local school provides a glimpse of how Kosen safaris brighter future project is working to make lives better in the Masai Mara region of Kenya. You will also have an opportunity to mingle with the school kids as well as join them in classroom or sports.

Pls feel free to bring some soccer balls or even a Football and teach the kids some American football!! Also, if you have some nicely used sports jerseys that will be highly appreciated.



Share a Farm-to-Table Experience, helping a chef pick vegetable for lunch and enjoying a cooking demonstration.

Set Out on a Riverside Walking Safari along the Mara River with a safari guide, viewing the distinctive flora and fauna.

Return to camp for lunch, before heading back into the bush for a late-afternoon game drive. This evening gather at your safari lodge for dinner.

MEAL PLAN: FULLBOARD

OVERNIGHT-SANCTUARY OLONANA LUXURY LODGE OR SIMILAR



**DAY 10: NOV
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

LINKS TO HOTEL/CAMPS

<https://www.kempinski.com/en/nairobi/hotel-villa-rosa/image-gallery/>

<http://thecliffkenya.com>

<http://entim-mara.com>

<https://www.sanctuaryretreats.com/kenya-camps-olonana-accommodation>

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 Sand River Mara camp & Olonana
- 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)

Not included

- Visas
- Travel Insurance
- Personal purchases
- Gratuities 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.



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