

YOGA RETREAT ON THE SAVANNAH OF AFRICA

7 NIGHTS/8 DAYS



A spectacular African sunset

Kenya is the home of the Safari. The lure of Kenya has always been the same, the sheer variety of landscape, wildlife, human cultures and experience. For over a hundred years Kenya has attracted adventurers and romantics from all over the globe. This has been the setting of some of history's greatest adventure stories. This is the home of Out of Africa, a place where setting out on an adventure into the wilderness became an age old tradition. The spirit of the Safari lives on today. The romance of sundown drinks and of evenings around a campfire with the distant roar of a lion in the African night is found in Kenya. Everyone should have the opportunity once in their lifetime to stand on the great plains of the Masai Mara Serengeti to witness one of the last major migrations on planet earth. Combine this with two yoga / meditation sessions a day and authentic African luxury accommodations of days gone by, and you have hundreds of great memories which become an *experience of a lifetime*.

Searching for a visceral Five Star Yoga Retreat in an exotic locale? The breathtaking savannah and wild animals of East Africa offer the ideal backdrop for an inspiring yoga and meditation practice. Imagine sunrise yoga, in the open air, with the picturesque African landscape as your studio. The deep ochre African earth under your feet warmed by the vibrant colours in the

awakening sky. The distant sound of a lion or elephant. The unmistakable smell of acacia or jacaranda blossoms sweetening the air and filling your nostrils. Being mindfully in each moment, the sounds, scent and scenery are forever imprinted in your memory.

On this 7 night / 8 day Yoga Safari, Canadian yogi Elizabeth Stenning will guide you through gentle yoga flows, meditation, and Pranayam (breath work). As you relax into your practice and your mind / body awareness increases, your heightened senses will invite you to connect fully with the exotic African wilderness in which you will become fully immersed. The rich imagery of this exotic natural setting and its inhabitants combined with mindful movement, conscious breathing and time to meditate and calm your mind, will touch you on every level; mind, body and spirit.

Participants will rise each morning to a yoga and Pranayam practice that will awaken and focus the senses for an amazing day of exploration. Each evening will close with a Yoga Nidra, Yin or Meditation practice perfect for surrendering into balance and relaxation.

Yoga Highlights

- Enjoy yoga, meditation and / or Pranayam twice per day (all levels welcome)
- Yoga sessions to include : Hatha, Yin, Restorative and Yoga Nidra
- Experience outdoor daily meditation
- Be introduced to “African yoga” and chanting
- Create a Mala from traditional Masai beads
- Your Awareness Practice will be supported : journal your thoughts, inspirations, insights and special moments (locally made journals will be provided)
- Visit the local Masai village and school and practice yoga with the children

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 the most predator rich areas in Africa
- A chance to witness the greatest wildlife spectacle on Earth! The MIGRATION!!
- Spending your yoga retreat on the great plains of Africa = PRICELESS



DAY I: JULY 1ST
NAIROBI KENYA

You begin your Yoga Retreat in the wild 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-FULLBOARD

EVENING MEDITATION & YOGA NIDRA



Kosen and his daughter feeding the Giraffe at the giraffe centre Aug 2014

DAY 2: JULY 2ND (Tour of the city and its environs)

Whether you're hand-feeding gentle Rothschild giraffes, interacting with orphaned elephants and rhinos or glimpsing into the former home of "Out of Africa's" Karen Blixen, your day is bursting with an overview of Kenya's diverse conservation efforts and a taste of its colonial history. Your safari guide introduces you to the staff and caregivers at Giraffe Centre, headquarters of the African Fund for Endangered Wildlife (AFEW), and the David Sheldrick Wildlife Trust, acclaimed for its rehabilitation of orphaned rhinos and elephants for their return to the wild. You'll also meet the local women making jewelry at Kazuri Beads, an innovative employment program.

DINNER & OVERNIGHT-VILLA ROSA KEMPINSKI

MEAL PLAN-FULLBOARD

MORNING PRANAYAM & YOGA / EVENING MEDITATION & YIN YOGA

DAY3: JULY 3RD

LAKE ELEMENTAITA

Uniquely situated on the shoreline of sapphire-blue Lake Elementaita where hundreds of thousands of birds congregate, is the small and exclusive Lake Elementaita Serena 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 Conservancy 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.

Nature walk and horseback riding safari are available; you will see zebra, antelopes and gazelle among other wildlife found around the lake.

DINNER & OVERNIGHT-ELEMENTAITA SERENA

MEAL PLAN-FULLBOARD

MORNING MEDITATION & YOGA / EVENING MEDITATION & YOGA NIDRA



Lisa, Sally, Ann and Will on a nature walk in Lake Elementaita in June 2015

DAY4: JULY 4TH

LAKE ELEMENTAITA/LAKE NAKURU

After breakfast depart for a morning excursion to the nearby Lake Nakuru National Park for game viewing drives. 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, 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 or opt for nature walk, journalling or horseback riding around the camp and by the shores of the lake.

DINNER & OVERNIGHT-ELEMENTAITA SERENA

MEAL PLAN-FULLBOARD

MORNING MEDITATION & YOGA / EVENING PRANAYAM & MEDITATION



Balloon and a pride of lions in Masai Mara-June 2015

DAY5: JULY 5TH

MASAI MARA

Today we drive to the famous Masai Mara National Reserve, host of the annual Great Migration of some two million wildebeest and grazing animals. You'll be graciously welcomed to your well-appointed exclusive camp overlooking Sand River and the great plains of the Serengeti. This afternoon, meet your expert Kosen Safari guide for an afternoon game viewing drive and an introduction to the hundreds of species of wildlife thriving here. Tonight gather for Sundowners around the Camp fire.

DINNER & OVERNIGHT – SANDRIVER MARA CAMP OR SIMILAR

MEAL PLAN-FULLBOARD

MORNING PRANAYAM, MEDITATION & YOGA/EVENING YOGA NIDRA

DAY 6 & 7: JULY 6TH / 7TH
MASAI MARA



Wildebeest crossing Mara River

You spend the next 2 nights in one of the world's greatest Natural wonders. The Masai Mara is a magnificent savannah, home to Kenya's most varied wildlife population. Game drives here are never dull and patience is often rewarded with unique sightings. Lions and Cheetahs can be seen throughout the park, large herds of Elephants, Buffalos, Zebras, and Giraffes are seen here. The Leopards are regularly seen. Masai Mara is an extension of the Serengeti ecosystem and the destination of the annual wildebeest migration that take place every year beginning July through October. One million wildebeest and hundreds of thousands of Zebras and Gazelles move across the savannah in what is termed as the greatest wildlife spectacle on planet earth! Your game viewing scenarios in the Mara are virtually endless.

Other activities while in the Mara include a Balloon Safari (extra cost) Nature walks, visit a school and teach the kids yoga, visit the Masai village and learn do bead work with the Maasai women. You can also participate in a light for village solar project in the village by donating a solar kit. Pls contact Kosen for more information

DINNER & OVERNIGHT – SANDRIVER MARA CAMP

MEAL PLAN-FULLBOARD (BLD)

MORNING MEDITATION & PRANAYAM / EVENING YIN OR RESTORATIVE YOGA

MALA MAKING WORKSHOP, YOGA WITH THE CHILDREN



Nkoilale primary school kids in Masai Mara with their teacher and Kosen from Kosen safaris

DAY 8: JULY 8TH

MASAI MARA/NAIROBI/USA

Spend this last morning in the Masai Mara admiring unspoiled Africa as you prepare to return to Nairobi. Bid farewell to the camp staff and the friends you met here in Kenya. After a game drive en route drive back to Nairobi arriving in the early afternoon. The rest of the afternoon is at leisure. After Dinner you will be transferred to the airport for your flight back home.

DAY ROOM-NAIROBI

MEAL PLAN-FULLBOARD

MORNING PRANAYAM / MEDITATION

**End of
service**

**TOUR PRICE
\$ 5750 US PP SHARING**

YOUR TOUR PRICE INCLUDES:

- Bed and breakfast in Nairobi with all meals on safari
- Luxury accommodations throughout your safari
- Unlimited supply of bottled water in safari vehicles
- All transfers as indicated in the itinerary.
- All Government taxes
- Membership to flying Doctors Society
- Services of an English speaking driver/guide.
- Guaranteed window seating throughout
- Safari briefing by your safari director.
- Roundtrip airport to hotel transfers.
- All National Park fees, conservancy fees and hotel taxes.
- Dayroom at the Nairobi.

SERVICES NOT INCLUDED:

- Any optional activities are not included.
- Visa fee
- Hot air Balloon.
- International flights.
- All items of personal nature and not mention in itinerary e.g. phone calls, shopping etc.
- Tips to Hotel staff and Driver Guide.
- Travel Insurance.