

camping Africa

7-Days Refreshing Yoga Safari in Kenya

Highlights:

Enjoy this famous wildlife safari of Kenya combined with a yoga retreat. African Adventure Specialists will take you to the best spots in Kenya to experience the best of it. And in between, you'll get to enjoy a fruitful yoga session with your yoga instructor. Traverse Kenya best-protected areas for Big Five viewing, from big herds of elephants, big cats and spectacular wildebeest migration in Masai Mara, to the home of Flamingo and the white rhinos and endangered Rothschild (white socked giraffes) in Lake Nakuru and Lake Naivasha. If you're a wildlife and nature enthusiast at heart, plus looking for a yoga retreat, then this trip is definitely one you don't want to miss!

Starting point and ending point:

Nairobi Jomo Kenyatta International Airport (NBO)

Starting date:

Throughout the year

Yoga session:

Every morning before starting the day and every evening after game drive, you enjoy a 1.5hrs yoga session with an instructor. Depending with the day's activity, the timings and duration of a yoga session will vary.

Languages:

English speaking instructor and driver guide.

Itinerary at glance.

Day	Location	Accommodation	Meal plan	Activity.
1.	Nairobi	Tamarind Tree Inn	D	TRSF, LEI
2.	Lake Nakuru	Nakuru Sopa Lodge	BBLD	AP
3.	Lake Naivasha	Naivasha Sopa Resort	BBLD	TOUR
4.	Masai Mara Reserve	Keekorok Lodge	BBLD	P
5.	Masai Mara Reserve	Keekorok Lodge	BBLD	AP
6.	Masai Mara Reserve	Keekorok Lodge	BBLD	AP
7.	Masai Mara – Nairobi	No Accommodation	BBL	TRSF

BB - Bed & Breakfast, **BBLD** - Bed and breakfast, Lunch, Dinner, **TRSF** - Transfer, **CRT** - Crater Tour, **LEI** - Leisure **A** - Morning game drive, **P** - Afternoon game drive

DAY BY DAY SUGGESTED ITINERARY

Day 1: Arrival in Kenya (Nairobi Airport)

You will fly into Nairobi Jomo Kenyatta International Airport (JRO). After picking up your bags, our staff will meet and escort you to your hotel in Nairobi. You are free to relax at the hotel before dinner, where you'll have the opportunity to meet the rest of the group, your private yoga instructor and some of the guides for your trip.

- **Main destination:** Nairobi
- **Accommodation:** [Tamarind Tree Inn](#) Mid-range lodge located in or near Nairobi
- **Meals & drinks:** Breakfast & Dinner (Lunch not included) Drinks not included

Day 2: Nairobi – Lake Nakuru

In the morning you'll have the opportunity to participate in a yoga session before breakfast.

You will depart Nairobi early morning for Lake Nakuru national park (2.5 hours) where you could see over 400 different species of birds, good numbers of white rhinos, the rare Rothschild giraffe and other plains mammals such as lion, zebra and buffalo. On entering the park, you will take a game drive on route to your accommodation at Sopa Lodge located at the top of a ridge with great views over the lake and park. After lunch you'll head out into the park for a game drive before returning to the lodge where you can join an afternoon yoga and meditation session, go for a swim, and have dinner.

- **Main destination:** Lake Nakuru National park
- **Accommodation:** [Lake Nakuru Sopa Lodge](#) Mid-range lodge located inside Lake Nakuru N. Park
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 3: Amboseli n. park – Lake Naivasha

In the morning you'll have the opportunity to participate in a yoga session before breakfast and beginning your journey to Naivasha.

You will drive to Lake Naivasha, it is the highest and the most beautiful of the Rift Valley lakes. At 1910m (6200f), the water is fresh and the lake is fringed with dense clumps of papyrus (ancient Egyptian once used this to make paper). Kingfishers use the papyrus as a perch, herons hide in it while searching for food. Naivasha is yet another area popular for bird watching (over 400 species have been recorded). It is also a favourite weekend retreat for Nairobi residents, who come here to sail, water ski and fish. There are no crocodiles in the lake as the water is too cold for them, due to altitude but there are a number of hippos. Along the lake shore, vineyards produce grapes for the country's fledgling wine industry.

In the evening, you'll have the option of joining a sunset yoga and meditation session before dinner.

- **Main destination:** Lake Naivasha
- **Accommodation:** [Lake Naivasha Sopa Resort](#) Mid-range lodge located near Lake Naivasha
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 4: Naivasha to Masai Mara Reserve

In the morning you'll have the opportunity to participate in a yoga session before breakfast and beginning your journey to Masai Mara.

Arrive in time for lunch, relax. Have an afternoon game drive in the reserve.

An exploratory drive around the 1,792 sq. km game park with its low hills and savannah type rolling grasslands, gallery forest on the Mara River and its tributaries. Get introduced to the herbivores; elephant, rhino, buffalo, and the variety of antelopes, the Masai giraffe and the Burchell zebra. The carnivores are the black mane lion, cheetah and leopard. Also, to be seen are the largest bird, the Masai ostrich, the Secretary bird, the crested crane and saddle-bill stork. Crocodiles and hippos share the river.

Upon returning to the lodge, you'll have the option of joining a sunset yoga and meditation session before dinner.

- **Main destination:** Masai Mara Reserve
- **Accommodation:** [Keekorok Lodge](#) Mid-range lodge located in Masai Mara reserve
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 5 & 6: Full Day Masai Mara

In the morning you'll have the option of joining a sunrise yoga session before breakfast.

Optional Early Morning balloon safari ride (US\$515.00/€438.00 per person) across the Masai Mara plain. Breakfast at the camp then enjoy morning and afternoon game drives. Masai Mara is an extension of the Serengeti ecosystem to the south. Game abounds here; The Mara is noted for its abundance of lions – particularly the superb black maned males. See the great Migration where over 1.5 million wildebeest and other antelopes crossing the mighty Mara River. Experience the battle between survival and hunger. You are also likely to see lots of elephants here often in large herds, as well as – if you're lucky leopard, cheetah and rhino. All of the Big Five are residents. You're sure to see the African buffalo. Get the cameras ready, stock up on film/tapes and enjoy yourselves!

In the afternoon ascend and drive to our lodge for a sunset yoga and meditation session before dinner.

- **Main destination:** Masai Mara Reserve
- **Accommodation:** [Keekorok Lodge](#) Mid-range lodge located in Masai Mara reserve
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 7: Departure or continue with other plans

Early in the morning you'll have the option of joining a sunrise yoga session.

The day we drive to Nairobi for your International flight back home or continue with other plans.

- **Main destination:** Nairobi
- **Accommodation:** End of tour (*no accommodation*)
- **Meals & drinks:** Breakfast & lunch (Dinner not included) Drinking water (Other drinks not included)

Rates Valid Jan – March, November – 22 December 2021					
No. of Persons	2	3	4/8/16	5/9/10/15	6/7/12 -14

Price per Person	\$ 1847 / € 1569	\$ 1690 / € 1436	\$ 1612 / € 1370	\$ 1564 / € 1329	\$ 1532 / € 1305
Single room extra add on	\$ 439 / € 373				
Instructor fee	\$ 1550 / € 1317 for all group sizes				

Rates Valid April – June 2021					
No. of Persons	2	3	4/8/16	5/9/10/15	6/7/12 -14
Price per Person	\$ 1647 / € 1400	\$ 1490 / € 1266	\$ 1410 / € 1198	\$ 1363 / € 1158	\$ 1332 / € 1132
Single room extra	\$ 249 / € 212				
Instructor fee	\$ 1399 / € 1188 for all group sizes				

Rates Valid July – October 2021					
No. of Persons	2	3	4/8/16	5/9/10/15	6/7/12 -14
Price per Person	\$ 2295 / € 1950	\$ 2137 / € 1816	\$ 2058 / € 1749	\$ 2011 / € 1709	\$ 1980 / € 1682
Single room extra	\$ 645 / € 548				
Instructor fee	\$ 1987 / € 1688 for all group sizes				

Package cost includes:

- Transport whilst on safari in a safari minivan with pop up roof for game viewing
- Full board accommodation whilst on safari as in the itinerary.
- Transfer upon arrival and departure.
- All national park fees and government taxes.
- 2 Yoga sessions per day on safari.
- Service of an English speaking professional driver/guide.
- An English speaking Yoga instructor.
- All game drives as detailed in the itinerary.
- Complimentary drinking water while on the Safari.

Package cost excludes:

- International flights.
- Tips and gratuities to driver/guide, hotel/camp and restaurant staff, room service .
- Items of a personal nature i.e. Laundry, soft drinks and other alcoholic and non-alcoholic beverages, etc.
- Accommodation after the safari.
- Yoga mats
- Change in itinerary.
- Any other extras not detailed in the above itinerary.

Passenger information

- Passengers should bring soft sided bags on safaris as our vehicles have limited luggage space.
- Bring your own yoga mat.
- All the passengers must have identification card/passport with them for any internal flights.
- Baggage on internal flights is strictly limited to 15kgs per person (including hand luggage). Any excess baggage will be charged by the airline at check-in.
- Passengers arriving in **Kenya** will be asked to present a valid yellow fever vaccination certificate. Please check with us if you are exempted.

Yoga for all levels

From beginner to advanced. Your instructor will teach sequences which challenge the body, in order to build strength, and safely gain flexibility and mobility. Each session will be different, depending on our daily schedule, how people's bodies are feeling and the time of day. The mornings may be a more invigorating practice while the sun rises over our safari bungalows, while the afternoon practice may be more restorative and healing poses, which allow our bodies to relax after a long day of watching wildebeest migrate and elephants play. No yoga experience is necessary. Yoga sessions will be tailored so that each person can feel challenged, motivated and rejuvenated.

Meditation for all levels

Guided meditation directs our thoughts on a subject, in order to let go of nagging, every day distractions. This will be the perfect way to start a beautiful day in Tanzania. Meditation sessions will honor the incredible beauty of the landscape around us, putting us in the perfect mindset to relax and enjoy the day's schedule.

The instructor

Yoga and meditation sessions will be taught by a experienced certified yoga instructor.

SPECIAL NOTE

- We may have to reroute the itinerary or accommodate in similar lodges in case of non-availability.
- Prices may be changed without prior notice. This is beyond our control and any increase levied will be passed to you for park fees and government taxes
- Standard booking terms & conditions remain applicable at all times



