



Inclusive
Holidays | AFRICA

KENYA | RWANDA | ETHIOPIA | TANZANIA | SOUTH

14 Day AFRIKAN YOGA WELLNESS RETREAT IN KENYA

January 18th – 31st, 2024
Ole Sereni Hotel | Neptune Village Resort & Spa



Afrikan Yoga

Afrikan Yoga is a dynamic and rhythmic form of yoga that harmonizes the body with the beat of drums. This unique practice uses the power of movement and sound to warm the body, allowing for deeper engagement in Sayunaats (postures). Afrikan Yoga emphasizes a profound connection to elemental body awareness and breath, while also focusing on developing flexibility, strength, mobility, and endurance. Through the fusion of dance and postures, this practice not only enhances physical wellness but also fosters a deep connection to the self.

Inclusive Holidays Limited
Waiyaki Way, Westlands
The Mall, 2nd Floor
P.O. Box 55504 – 00200
Nairobi, Kenya

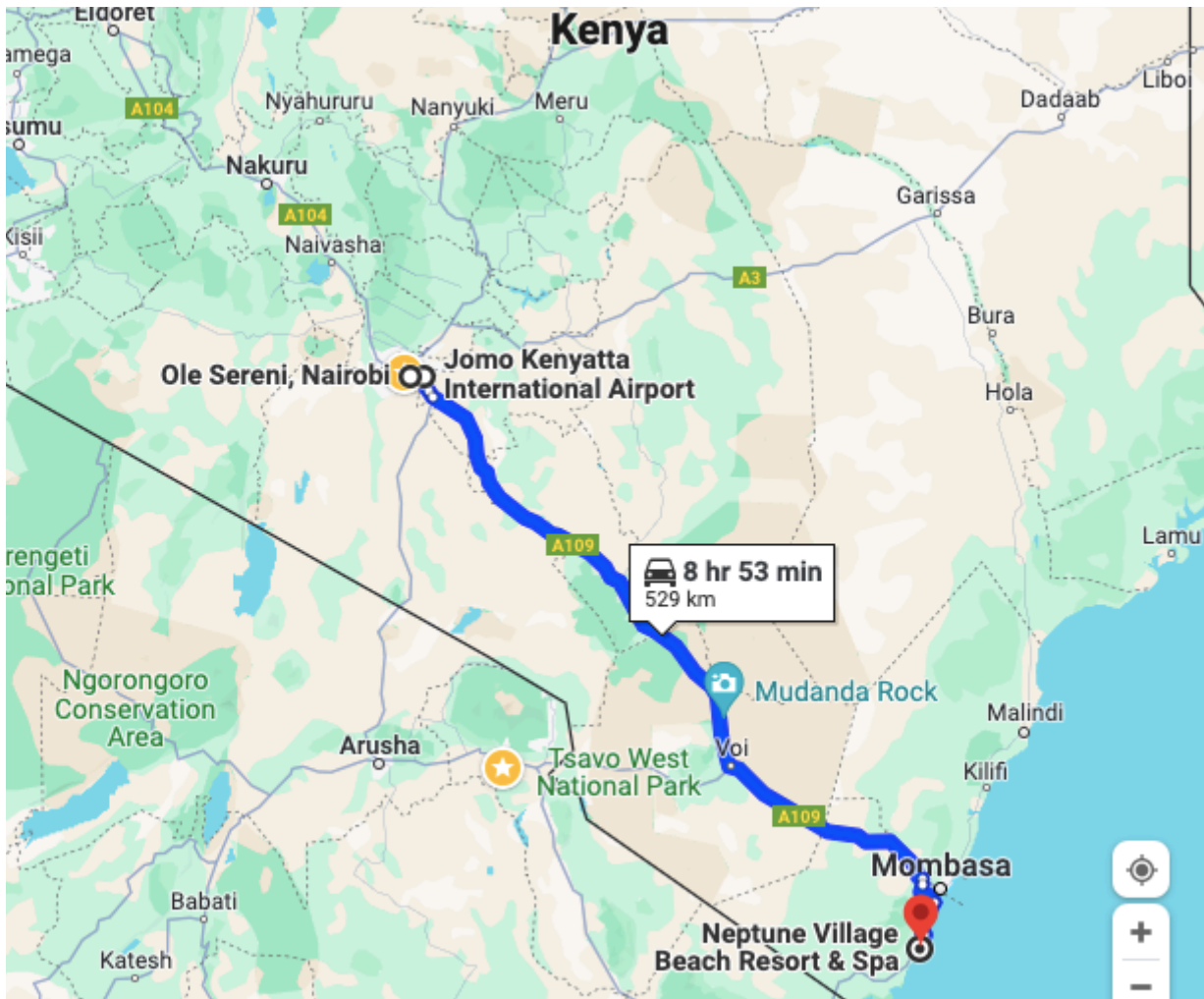
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This itinerary invites you to dive deep into the vibrant world of Afrikan Yoga in the heart of Kenya. Experience the rejuvenating energy of both morning and evening sessions led by the inspiring Pablo Imani. Each session is a transformative journey, blending Hikau, chanting, meditation, and insightful discussions with interactive Q&A. You'll explore Afrikan yoga postures, dynamic dance, breathwork, and innovative stress reduction techniques, all crafted to invigorate your body and uplift your spirit.



EXCURSION HIGHLIGHTS

Nairobi City | Nairobi Museum | City Market | Snake Park | Kenyatta International Conventional Centre | Mombasa City tour, Haller Park and **Fort Jesus** a UNESCO World Heritage Site and learn about its significant role as a centre for the slave trade in East Africa.

INCLUSIONS: Historical Expert Guide | Transportation in minivan | All site visits entrance Fees | Lunches enroute | Transfers from and to airport | accommodation on Bed & Breakfast in Nairobi and All-inclusive in Diani's Neptune Village Beach Resort & Spa.



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Journey at a Glance

14 Days of Bliss: A Wellness Journey Through Kenya's Yoga Retreats and Iconic Landmarks.

Embark on a captivating journey in Afrika Yoga in the heart of Kenya. You'll enjoy both morning and evening yoga sessions led by the inspiring Pablo Imani. Our guided tour promises an unforgettable exploration of Kenya's renowned heritage sites and captivating attractions. Join us for an adventure like no other!



Day 1- 7
Ole Sereni Hotel

Price: From US\$ 3,100
Per Person Sharing

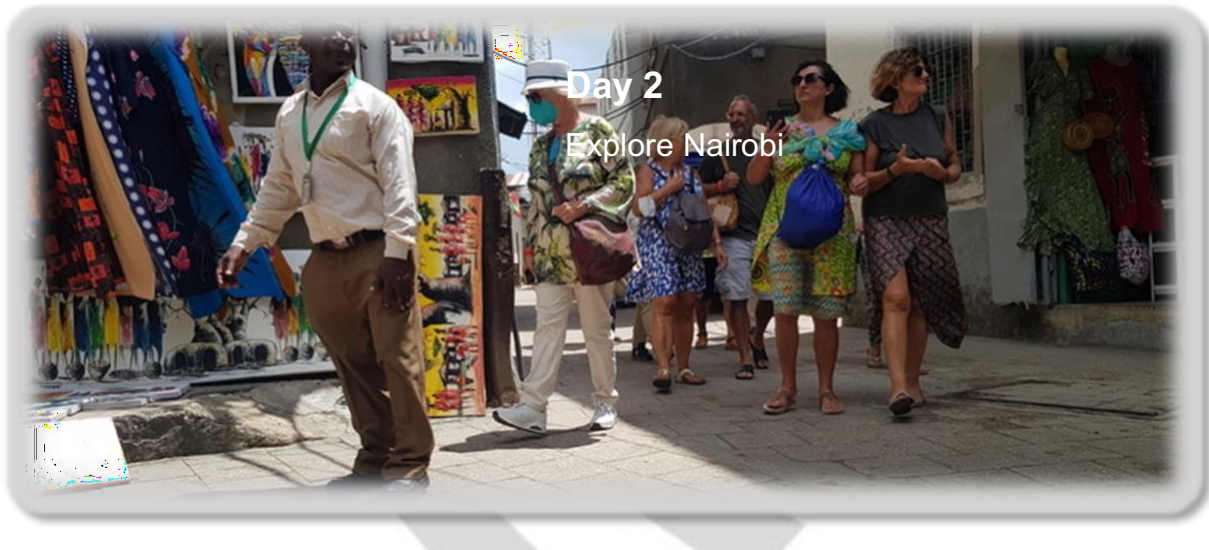
Upon arriving at Jomo Kenyatta International Airport in Nairobi, a member of the Inclusive HolidaysAfrica team will greet you, and your adventure begins with a quick transfer to your overnight hotel – your residence for the next 7 nights exploring Nairobi and its environs. Later, meet your expert guide in the hotel lounge for a briefing on your upcoming 14-day adventure. The rest of the day is yours to enjoy the hotel facilities and engage in hotel activities at your leisure.



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Join us in the heart of the the world's most celebrated wildlife reserves, where giraffes, zebras, buffalos and antelopes run free on the endless untamed savannah. In close proximity to the Airport, Ole Sereni is the most iconic hotel in Nairobi that sits opposite the Nairobi National Park. Where you can watch zebras stopping for their morning drink as you sip your own out on your room's private balcony. Under the constant protection of local tribes, we'll take you in the bush for an exhilarating safari or a game drive. However, you spend your day, our Duma Salon & Spa is waiting to help you rehydrate, restore and re-energize for your next adventure. Our only question is where would you like to start?



On the second day, meet your guide in the hotel lobby and set off on an unforgettable Nairobi city tour. Your expert guide will skillfully navigate the bustling streets, ensuring your safety while you soak in the city's vibrant energy.

Start with a fascinating visit to the Nairobi Snake Park to discover the world of African reptiles, then delve into ancient history at the Nairobi National Museum, home to fossils that reveal humanity's earliest stories. Your journey continues through lively shopping districts, local street markets, and key landmarks. As you explore, your guide will unveil the rich tapestry of Nairobi's history, from its humble swamp origins to its rise as a bustling hub of business and culture, sparked by the arrival of the railway in 1899.



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During your 7 day stay in Nairobi explore our diverse assortment of Excursions.

Bomas of Kenya: Discover the vibrant heart of Kenya at Bomas of Kenya in Langata, Nairobi. This cultural village showcases traditional homesteads from various Kenyan tribes, preserving and celebrating the nation's rich cultural heritage. Enjoy dynamic tribal performances featuring all 42 tribes, offering a captivating glimpse into Kenya's diverse traditions and artistic expressions.

Nairobi National Park Tour – 4 Hours – \$215 per person:

Explore Nairobi National Park, a unique wildlife sanctuary just minutes from the city center. Experience the thrill of spotting the Big Five against a backdrop of Nairobi's skyline in this 44-square-mile savannah. As Kenya's oldest national park, it offers a rare opportunity to observe African lions and other wildlife in a setting that blends urban and natural landscapes.



Nairobi Safari Walk & Animal Orphanage Tour – 6 Hours – \$195 per person:

Embark on a walking safari through Nairobi Safari Walk's three distinct ecosystems: savannahs, forests, and wetlands. Traverse raised boardwalks for panoramic views of the park's wildlife, including antelopes, gazelles, and carnivores. Next, visit the Nairobi Animal Orphanage, where you'll see rescued animals and learn about conservation efforts in this unique extension of Nairobi National Park.





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Kiambethu Tea Farm Tour – 6 Hours – \$200 per person:

Escape to Kiambethu Tea Farm, just 40 minutes from Nairobi, for a serene half-day adventure. Discover the art of tea cultivation and production while enjoying a delightful buffet lunch. Wander through lush tea fields and an indigenous forest, gaining insights into the life of a settler farm and the tea-making process.



Ziplining & Ngong Hills Hike Tour – 8 Hours – \$250 per person:

Soar high above the Ngong Hills on an exhilarating ziplining adventure, feeling the rush as you glide between platforms with breathtaking views. Follow up with a scenic hike through the hills, embracing the stunning landscapes and fresh air of this outdoor playground.



Sheldrick Orphanage & Giraffe Centre Tour – 4 Hours – \$150 per person: Begin with a visit to the Sheldrick Baby Elephant Orphanage, where you'll witness baby elephants being fed and playing, and hear their touching rescue stories. Continue to the Karen Blixen Museum and then to the Giraffe Centre, where you can feed and interact with the endangered Rothschild giraffes. This tour offers an intimate look at Kenya's conservation efforts and wildlife.



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Day 8
Scenic Train Ride to Mombasa

This morning, we head to the Syokimau Nairobi Madaraka Express terminus to board our train to Mombasa, which departs precisely at 08:00. The journey will take us 6hrs through two of Kenya's renowned wildlife parks—Tsavo West and Tsavo East. These long-established parks feature vast expanses of golden savannah and dusty plains teeming with diverse wildlife. The train's elevated track offers a superior vantage point compared to the highway, enhancing the viewing experience. Additionally, the large windows on the train provide an expansive view of the hills, lakes, plains, and potentially some wildlife along the way.

Day 8 -13
Neptune Village Resort & Spa



Upon arrival, approximately 14h00, at Miritini, Mombasa Express train terminus, you will be met by an Inclusive Holidays representative and transferred to South Coast, Diani to Neptune Village Resort & Spa, where you spend your next 6 nights on All-inclusive basis.

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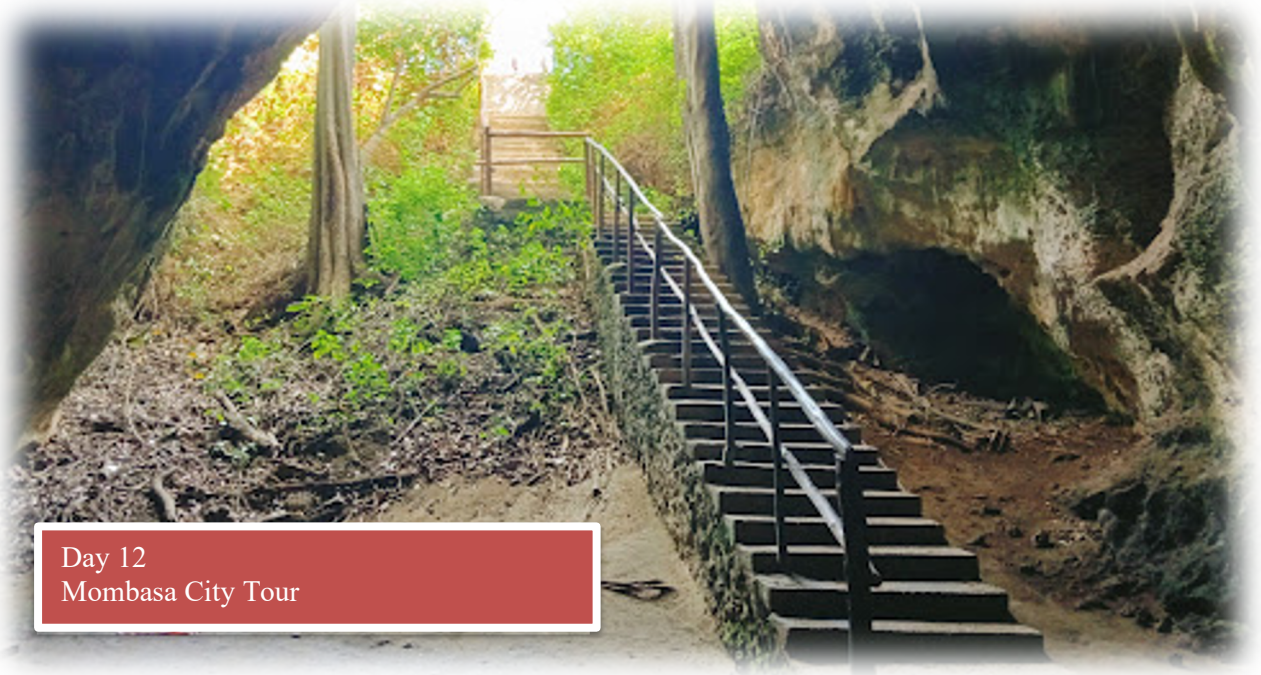
Day 9
Mombasa City Tour

Start your day with an enriching visit to Fort Jesus, a distinguished UNESCO World Heritage Site. Immerse yourself in its history and significance, delving into its role within the harrowing context of the slave trade, where it served as a pivotal holding site for enslaved individuals.

Following your exploration of Fort Jesus, embark on a guided walking tour through the captivating lanes of Mombasa Old Town. Traverse paths laden with historical resonance as you encounter former slave markets and remnants of slave quarters, gaining profound insights into this somber chapter of human history.

Pause for a poignant moment of reflection at the Slave Memorial in Likoni, honoring the enduring memory of those who endured untold suffering during the era of slavery.

In the afternoon, continue your discovery of Mombasa by immersing yourself in its vibrant atmosphere. Perhaps venture to the Old Dhow Harbor, where echoes of maritime history resonate through the bustling activity, or simply indulge in a leisurely stroll along the picturesque coastline, soaking in the tranquil beauty of the coastal landscape.



Day 12
Mombasa City Tour

Set out early for an exciting day trip to the charming coastal town of Shimoni, located south of Mombasa. Begin by exploring the historic Shimoni Slave Caves, where the echoes of history resonate through their winding passages. Learn about their significant role in the harrowing history of the slave trade and witness the resilience of the human spirit in the face of adversity.

Next, take a scenic boat ride from Shimoni to the picturesque Wasini Island. Dive into the stunning underwater world with a snorkeling adventure in the pristine waters of the Kisite-Mpunguti Marine Park. Enjoy the vibrant marine life, including colorful coral reefs and graceful sea turtles, in this ecological haven.

End your day of exploration and discovery as you return to Diani, carrying with you treasured memories of a journey that beautifully combines history, nature, and adventure.

Day 14
Fly to Nairobi

Transfer to Ukunda airport located in Diani for your flight back to Nairobi. Once you arrive in Nairobi, take the opportunity to discover more of the city's attractions or get ready for your onward flight out.



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Transform Your Life with Pablo Imani's 2-Week Awakening & Healing Program in Kenya



Embark on a life-changing journey with Pablo Imani's 2-Week Awakening & Healing Program in the serene paradise of Diani, Kenya. This transformative retreat is crafted to guide you through personal growth, self-discovery, and holistic wellness. Immerse yourself in a blend of Afrikan yoga, meditation, breathwork, tantra, and emotional healing workshops, all designed to unlock your true potential.



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Program Highlights:

- ◆ **Comprehensive Curriculum:** Engage in daily yoga and meditation sessions, emotional healing workshops, and mindfulness practices that nurture your growth.
- ◆ **Holistic Wellness:** Embrace a balanced approach to well-being, integrating physical, emotional, and spiritual practices for a complete transformation.
- ◆ **Serene Location:** Revel in the peaceful beauty of Diani Beach, an idyllic backdrop perfect for introspection and personal development.
- ◆ **Expert Guidance:** Benefit from the wisdom of seasoned instructors who offer personalized support and insight throughout your journey.
- ◆ **Supportive Community:** Connect with like-minded individuals in a nurturing environment that fosters growth and camaraderie.

Benefits of the Program:

- ◆ **Personal Growth:** Discover profound insights and clarity that pave the way for significant personal and spiritual development.
- ◆ **Emotional Healing:** Release emotional blockages and find healing through targeted workshops and practices.
- ◆ **Enhanced Mindfulness:** Cultivate a heightened sense of awareness and presence through dedicated meditation and mindfulness techniques.
- ◆ **Holistic Well-being:** Achieve a harmonious state of mind, body, and spirit with our integrated wellness approach.
- ◆ **Inner Peace:** Attain tranquility and inner peace through immersive practices and the serene environment.

Join us for a transformative experience that seamlessly blends growth, healing, and serenity in the heart of Kenya's natural beauty.



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Journey Experiences



Giraffe Centre



Mombasa Old Harbour



Mombasa Old Town

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