



Inclusive
Holidays | AFRICA

KENYA | RWANDA | ETHIOPIA | TANZANIA | SOUTH

7 Day AFRIKAN YOGA WELLNESS RETREAT IN DIANI BEACH

January 25th – 31st, 2024
Neptune Village Resort & Spa



Afrikan Yoga

Afrikan 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.

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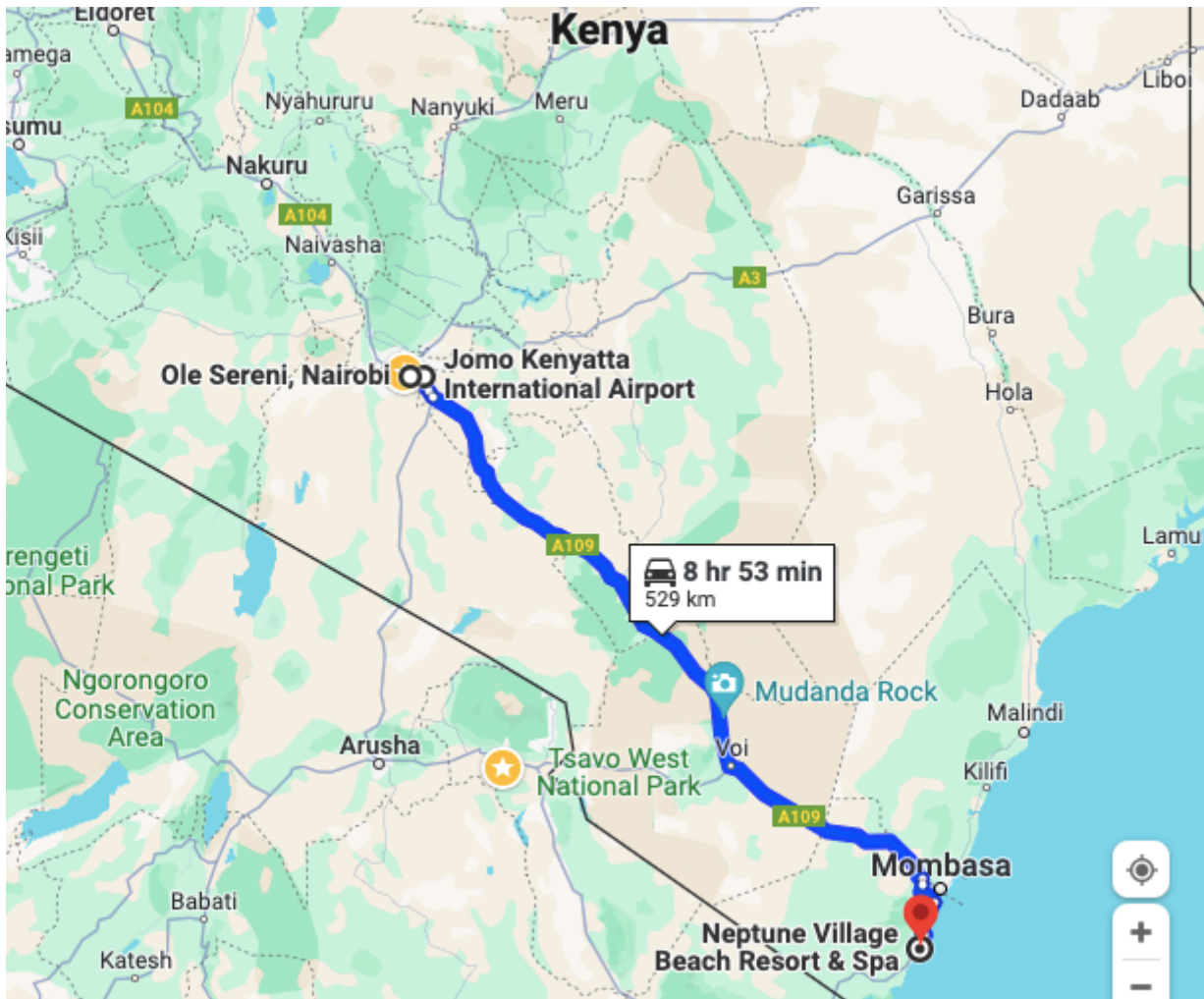
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This itinerary invites you to dive deep into the vibrant world of Afrikan Yoga in the heart of Kenya. Experience the rejuvenating energy of both morning and evening sessions led by the inspiring Pablo Imani. Each session is a transformative journey, 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

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 All-inclusive in Diani's Neptune Village Beach Resort & Spa.



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Journey at a Glance

7 Days of Bliss: A Wellness Journey Through Kenya's Yoga Retreats and Diani Beach.

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!

Price; From US\$ 1,550
Per Person Sharing



Day 1
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.



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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.



Explore Mombasa Town

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.



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Day 9
Mombasa City Tour

Explore Shimoni Slave Caves



Day 12
Shimoni Caves & Wasini Island Tour



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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 1-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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