



• 7 - 15 APRIL 2024 •

8 NIGHTS/ 9 DAYS WITH NINA BUTLER

# KENYA YOGA RETREAT

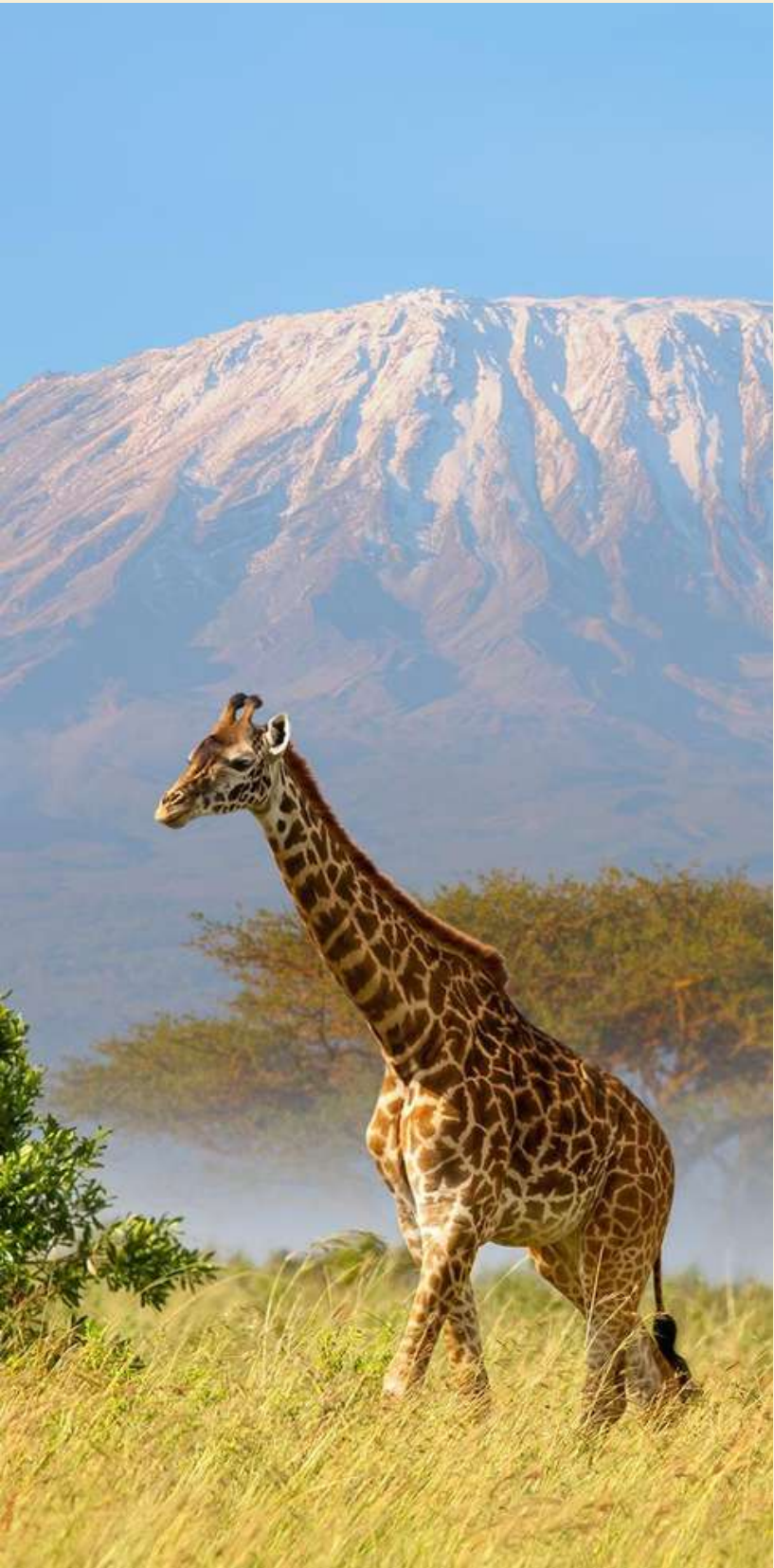


# DISCOVER KENYA'S SPECTACULAR BIODIVERSITY



Experience the vast and spectacular biodiversity of Kenya. You are invited to join us on a journey over 2 distinct and unforgettable landscapes. We begin in the tranquil atmosphere of an award-winning eco-lodge and private conservancy in Amboseli. Delight in Big 5 safari drives, bountiful local produce, river swims, and lingering sunsets. We then fly to Kenya's coast, to explore a different shade of paradise; white sand beaches, turquoise waters, a mangrove estuary, and the handcrafted Watamu Treehouse towers.

# HOLIDAY HIGHLIGHTS



## A WILDLY UNIQUE SAFARI EXPERIENCE

- 3 Nights at Tawi - an eco-lodge in Amboseli wilderness beneath Kilimanjaro.
- 5 Nights at Watamu Treehouse - a handcrafted treehouse overlooking paradise white sand beaches and a mangrove estuary.
- All domestic travel, including 4 domestic flights and all ground transfers.
- All meals, snacks and beverages included, served by exceptional staff in intimate settings amidst pristine nature.

## YOGA, MEDITATION & ADVENTURE

- Daily yoga classes and guided meditations with Nina Butler. Guaranteed intimate group for personalised teachings and experiences.
- Private guided safari drives in Amboseli.
- A guided bush walk, night drive and complimentary 60min massage.
- Water activities and walks through a UNESCO World Heritage protected mangrove estuary, and on Watamu beach.

# WILDLY UNIQUE

This wildly unique retreat has been carefully curated by yoga teacher and trip leader, Nina, with advice and planning assistance from Kenyan safari and travel expert, Nikki.

Over 8 nights/ 9 days we are proud to show you the best we know of Kenya.

**Amboseli National Park** is on the border of Kenya and Tanzania and stretches over an area of 392 square kilometres which is dominated by acacia woodland, rocky thorny bush, swamp marshland, and a Pleistocene lake. It is most famous for its stunning views as the highest mountain in Africa, Mount Kilimanjaro creates a magnificent backdrop for this diverse landscape. It has been a protected wilderness area since 1974 and boasts some of the most endangered and precious large animals on earth, including the mythical Super Tusker elephant.

**Watamu beach** features a vast expanse of white sand and azure tropical waters. It is an adventure and nature lovers dream, and the coral reefs offshore are a protected marine reserve. The waters of Watamu snake into a UNESCO World Heritage protected mangrove estuary, bursting with wildlife and flora.



# TAWI LODGE



Situated on the Kenyan border of Tanzania, beneath the towering silhouette of Mount Kilimanjaro, is Tawi lodge. This award-winning eco-lodge is entirely off-grid and proudly sustainable. Set in its own 3,000 acre private conservancy, this is one of the richest game areas in Kenya. Amboseli is a place of ever-changing landscapes, from lush, swamp fed by the snowmelt on the mountain peak, to dusty dry plains, dotted with acacia, to giant palm forests. The lodge is spread over an oasis of natural pools and indigenous trees. Each suite is a private and spacious thatched building on stilts, with a veranda, lounge, and game-viewing opportunities. This is an unparalleled nature immersion.



# WATAMU TREEHOUSE



Watamu Treehouse is situated overlooking a vast stretch of white sand beach, the turquoise waters of the Indian Ocean, and the green tangle of a UNESCO-protected mangrove estuary. The two towers of Treehouse are handcrafted and utterly unique, resplendent with colourful glass art, and an array of mind-blowing architectural features. Treehouse is the passion project of nature-lover and yogi, Paul Krystal, who has invested heart and soul into every beautiful inch of the property. Each suite has its own charm, and the yoga room is on the top floor of the tallest tower with 360 degree views of stunning nature. We'll enjoy gorgeously fresh, organic food from local farms; some say the food here is as good as the views are! Treehouse is so wildly unique that it has to be tasted, touched, and felt to be fully comprehended.





# YOGA IN NATURE

Nina's classes are transformative, creative, and accessible. She is an intuitive and poetic teacher, who encourages everyone to navigate their personal edge and find joy in movement. She specialises in Vinyasa, Hatha, Yin Yoga and meditation.

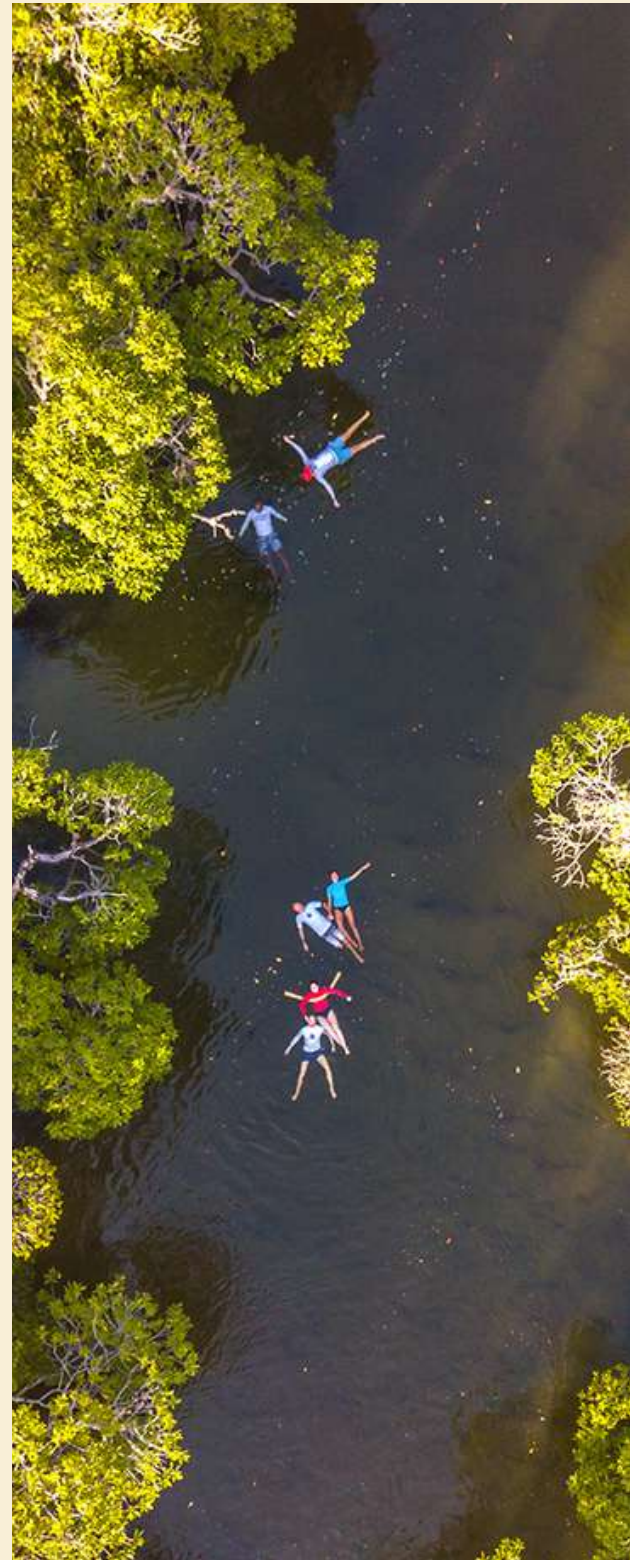
Discover more about Nina's teaching style on her website: [www.ninabutler.com](http://www.ninabutler.com)

This retreat is designed for all ages, yoga experience, and fitness levels. There is a careful balance between daily yoga and meditation, and other energising nature activities in the bush, and on the sea. There is a welcoming, come-as-you-are approach to the trip, giving you the space to thrive on your holiday, in your way.

Join in the yoga classes as much as you like and benefit from the positive energy through connecting with like-minded travellers. That said, there is always the option of quiet-time on your own. Or, choose to delve into the varying additional nature activities on offer, such as horseback-riding, snorkeling, diving, kayaking, and SUP.



# SAFARI ADVENTURE



At Tawi we'll enjoy daily guided safari drives through the protected wilderness surrounding us. Bring your camera to capture the stunning wildlife, including the critically endangered Super Tusker elephants. There will be a new moon during our stay in Watamu. This results in a tidal flood through the protected marine estuary and mangrove forest close to Treehouse. On the morning after the new moon we rise early to 'float' with the tide as it rushes out to sea. We'll then have a Swahili breakfast on a white sand beach. This award-winning experience can only happen with the full and new moon. Look forward to SUP and other beach excursions too.

# YOUR HOST

## **Nina Butler**

Nina is a creative communicator, entrepreneur and yoga instructor. She has an insatiable thirst for travel and adventure, and loves to curate unique, bespoke experiences that open minds and expand hearts. Nina believes that responsible, sustainable travel - done the right way - has the power to bridge cultural and economic divides, and create positive long-term impact.



Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.

She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business, and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.

# ITINERARY OVERVIEW

## 6 APRIL | Nairobi

When your flight lands at JKIA Nairobi you will be met by a VIP meet and greet service to speed you through customs and baggage. They will hand you over to your Sheraton driver. The hotel is 5min drive from arrivals.

On the morning of 7th April our retreat begins! A driver will be waiting for you at Sheraton Four Points Nairobi airport at 05:30am.

## 7 - 10 APRIL | Tawi Lodge, Amboseli

On the 7th we depart Sheraton for Nairobi Wilson Airport, where we will board a small safari plane for Amboseli. When we land we will be met by Tawi staff and can begin a game drive through the park to the lodge for lunch. We can settle in, do some yoga together, and then depart on our first evening game drive. Each day at Tawi will begin with an early morning game drive, followed by breakfast, rest time and then lunch. We'll do yoga in the mid-afternoon, and then head out for an evening game drive, sundowners and dinner under the stars! There are some surprises in store for you too!

## 10 - 15 APRIL | Watamu Treehouse

After breakfast on the 10th we have a safari flight back to Nairobi, where we change planes and head to the coast. Between flights we'll visit a giraffe sanctuary and a crafts centre. Upon arrival at the coast, we will be met by a taxi to take us to Watamu Treehouse.

Our time at Treehouse will involve sunrise yoga sessions, and two marine safari activities - SUP and a float experience through the mangrove forest. There will be many opportunities to relax by the Treehouse pool, or on the beach. There is also a 60min full body massage included for all guests. Further, we can arrange snorkel and boat trips for the group in the Watamu Marine Park.

On the 15th, we depart for a flight to Nairobi after lunch, arriving back at JKIA airport well in time for our departing flights.

*Relax and enjoy your trip, knowing all details are taken care of. Please let us know if you need assistance in planning further travel in East Africa; let us help you plan an incredible trip!*



# RETREAT INVESTMENT



## PACKAGE RATES

US\$ 5,999

Sharing room p/person

US\$ 7,399

Single room p/person

### Included:

- 3 nights accommodation with Tawi Lodge
- 5 nights accommodation with Watamu Treehouse
- All meals & beverages, including alcoholic beverages.
- All yoga & meditation sessions with Nina Butler
- All excursions & nature activities, including private safari drives, safari walks, SUP and mangrove float experience.
- 60min full body massage at Treehouse
- 4 domestic flights and all ground/ road transfers.
- Tour in Nairobi - visit to giraffe sanctuary & crafts centre
- Flying Doctors Emergency Evacuation Cover.
- Meet & greet at NBO international airport.

### Excluded:

- International flights to/from Nairobi, and Kenyan visas
- Gratuities and personal purchases
- Additional spa treatments

## BOOKING

### Payment

- 30% non-refundable deposit is required to secure your booking.
- The balance payment is due by 30 January 2024.
- **TO BOOK CONTACT: [hello@ninabutler.net](mailto:hello@ninabutler.net)**