



Capture Africa
TOURS

Yoga Safari in East Africa **10 Days / 9 Nights**

Tour Dates: July 21-30, 2019
Tour Duration: 10 Days / 9 Nights
Tour Participants: 4 - 8 max
Single or Double Occupancy
Available ([Contact Us](#) for Total Cost)

Custom Extensions Available Upon Request

Deposit Per Person: \$1,500 USD
(Deposit required to reserve your space. If booking 90 days or less prior to departure payment IN FULL is required.)

Visiting: David Sheldrick Wildlife Trust, Nairobi, Amboseli NP, Masai Mara National Reserve

Introduction

On this **Yoga Safari in East Africa** you will connect to nature on a deeper level. You will enjoy serenity and calmness through daily sessions of Hatha Yoga. You will find inner peace and confidence through evening meditation. All while exploring Kenya's most famous wildlife sanctuaries!

Our safari excursions will complement your connection to nature by maximizing wildlife viewing opportunities and exposing you to local culture and conservation initiatives.

Yoga Practice

Natalie Lichtenbert, 200RYT, CPT, will guide you through Hatha yoga flows, meditation, and Pranayama (breath work) daily. You will practice facing Mount Kilimanjaro while in **Amboseli National Park**, and with amazing views of the vast savannas while in the **Maasai Mara National Reserve**. Distant sounds of lions and elephants, in harmony with the calls of over 400 species of birds, will provide your senses with a calm energy that can only be found in this African wilderness.



Summarized Itinerary

Day 1

Arrive in Nairobi, Kenya

Upon arrival at Jomo Kenyatta Airport a Capture Africa Tour representative will meet you at the airport and provide transfer to the [BOMA Hotel](#) for overnight.

The Boma Hotel is a contemporary, 5-star hotel, offering luxury in-room facilities, a variety of on-site restaurants, and a state-of-the-art fitness center and pool.

2 Nights Lodging at [BOMA Hotel](#), Breakfast Only Included

Day 2

Nairobi / David Sheldrick Wildlife Trust / Giraffe Center

We rise early for a morning Hatha Yoga and meditation session followed by breakfast at the Boma Hotel. Today we stay in Nairobi getting an overview of some of Kenya's conservation efforts. First we visit the [David Sheldrick Wildlife Trust Nairobi Nursery](#). The David Sheldrick Wildlife Trust is known for its rehabilitation of orphaned elephants back into the wild. We'll learn about their life-saving work and you'll have a chance to meet the baby's at both a public and foster visit. (Note: you must have fostered an elephant within a year of your visit to participate in the foster visit. Anyone can foster for a [\\$50 annual donation directly to the Trust](#).)

Next, we'll enjoy lunch at the [Karen Blixen Coffee Garden Restaurant](#) and also visit the [Giraffe Center](#) before returning to the hotel for the evening. The Giraffe Center, also home of the African Fund for Endangered Wildlife (Kenya), was established in order to protect the endangered Rothschild Giraffe that is found only in the grasslands of Africa. You can meet giraffes and learn about the important conservation work being done. Dinner is on your own and we'll have an evening meditation session before retiring for the night.

Day 3

Nairobi to Amboseli National Park

After breakfast we depart Nairobi and drive to **Amboseli National Park** as the next stop on our Yoga Safari. We drive through the Kenyan countryside seeing local villages en route. We arrive in



time for lunch at the [OI Tukai Lodge](#). This will be our home for the next 3 nights. After a light lunch, enjoy an afternoon Hatha Yoga session outdoors followed by an evening game drive.

The OI Tukai Lodge offers magnificent views of Amboseli National Park's wildlife right out side your door. You can see Mount Kilimanjaro in the distance and hear elephants trumpeting, lions calling, and herds of zebra running while lounging at the pool.

3 Nights Lodging at [OI Tukai Lodge](#)

Day 4 & 5

Amboseli National Park

The next two days in Amboseli National Park are spent taking morning and evening game drives. In the afternoons, we practice Hatha Yoga outdoors near the pool. In the evenings we'll meditate with the sounds of wildlife surrounding us. Relax into your practice as your mind/body awareness increases.

Amboseli National Park is one of the most scenic areas in Kenya providing excellent game viewing and spectacular photo opportunities. Mt. Kilimanjaro towers above the marshes and salt pans making a picturesque backdrop to our daily game drives and yoga practice. The beautiful area is home to elephants, hippos, cape buffalo, lions, cheetah, zebra, giraffe, hyena, and a large variety of birds.

When back at the lodge pamper yourself with a massage after a game drive, and enjoy sundowners around the fire at night.

Day 6

Amboseli National Park to Maasai Mara National Reserve

After breakfast we drive to the Maasai Mara National Reserve. When we arrive at the [Mara Bush Camp](#) we'll enjoy lunch followed by a late afternoon Hatha Yoga session. After an evening game drive and dinner, we'll meditate together before retiring for the night.

Our daily yoga practice will awaken your senses and focus on the rich imagery and amazing days of exploration. Through conscious breathing and mindful movement our practice will touch your mind, body, and spirit inviting you to connect fully to the African wilderness.

The Mara Bush Camp is a mobile tented camp on the banks of the seasonal Olare Orok River in the Maasai Mara heartland. Enjoy the views from your veranda, evening campfires under the stars, and the sounds of the wild. This will be our home for the next 3 nights.



4 Nights Lodging at [Mara Bush Camp](#)

Day 7, 8 & 9

Maasai Mara National Reserve

During our 4 days here we'll have morning yoga sessions and evening meditations. We will take morning and evening game drives daily when the lighting is best, the temperatures are not extreme, and the animals are most active. We may even get the opportunity to see the Great Migration as thousands of wildebeest and zebra cross the Mara River traditionally from July – September.

*The **Maasai Mara Game Reserve** is an extension of Serengeti National Park and home to abundant wildlife including elephant, lion, leopard, cheetah, zebra, giraffe, Thompson's gazelle, and a small population of rhino. It hosts over 95 species of mammals and over 570 recorded species of birds.*

During our stay at the camp you might choose to opt for an early morning balloon flight, or a visit a local Maasai village, or take a guided bush walk for an extra cost. You'll have time to relax and soak in the sights and sounds of this magnificent area.

Day 10

Maasai Mara National Reserve to Nairobi/Depart

Today is the last day of our Yoga Safari. After breakfast we'll fly from the local airstrip to Wilson airport in Nairobi. When we arrive in Nairobi a Capture Africa Tours representative will transfer us to the Boma Hotel. We will have day rooms to freshen up before our farewell dinner and international flights home.

Day Room at [Boma Hotel](#)

Please Note

You must have fostered an elephant within the last 12 months to go on the private visits to DSWT. Elephants can be fostered for \$50 (at your own cost) through the [DSWT website](#).



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T O U R S

Meet Your Instructor

Natalie Lynn Lichtenbert, 200RYT, CPT, is a certified teacher in the hatha yoga style, personal trainer, a scientist, a conservationist, and an adventurer. She believes that by practicing inspired yoga and meditation in nature, we are capable of connecting to it which deepens and strengthens our desire to protect it. Her approach to yoga involves a fitness mindset focusing on alignment and mind/body restoration. She sees yoga as the method to clearing the mind and self-empowerment while guiding you back to yourself and leaving you with a positive vision of your future.