

27 March - 4 April 2025



Kenya Retreat



Discover Kenya's stunning biodiversity on a bush to beach yoga safari



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 in the foothills of Mount Kilimanjaro, bountiful local produce, yoga with elephants grazing in the distance, 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. This is a once-in-a-lifetime adventure. Every detail and unique experience on this trip has been expertly planned and organised for you. We invite you to receive the magic that is Kenya!



Your InRetreat guide



Nina Butler

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.

Anticipate a journey with ...



PRIVATE GAME DRIVES

Amboseli is a nature reserve on the south-eastern border between Kenya and Tanzania. Within it are 3,000 acres of private conservancy which is Tawi Lodge. We will have privately guided safaris daily, including a night drive, bush dinner and guided walk. Look out for Big 5 game and the iconic, endangered, Super Tusker elephants.

GAUDI-ESQUE TREEHOUSE

Watamu Treehouse comprises of two hand built multi-story treehouse towers, situated on the edge of the tropical beach of Watamu. The towers boast original glass art and mind-blowing design that merges owner Paul's love of nature, yoga, and Kenyan culture. It is a beautiful place to stay, with a unique story and crafted as part of a labour of love.



SAVING THE SUPER TUSKERS

Super tuskers are African bull elephant with tusks that weigh >45kgs each. There are only a handful left, and all are in Kenya. They are targets for poaching due to the extraordinary value of their ivory tusks. They roam over vast distances. Amboselli is a natural corridor for some of the last Super Tuskers left on earth. Conservation fees go directly towards efforts to protect them.

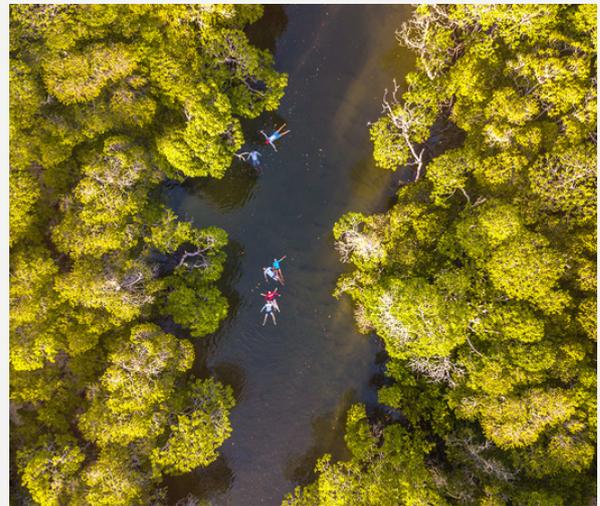


YOGA IN THE WILD

Thrive on daily yoga and meditation with Nina in stunning, unspoiled wilderness. Let the rhythm of mother Africa seep into your bones. Feel grounded, energised, balanced and healthy. Nina's classes are accessible, inclusive and inspirational. There is also always the option to do your own thing, or only join some of the sessions. All yoga experience levels are welcome.

MANGROVE FOREST FLOAT

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 moons.



SUSTAINABLE TOURISM

Both locations we visit are environmentally conscious destinations. Both locations have a low carbon footprint, and are involved in community engagement programmes. Tawi offers a 100% off grid experience. Both lodges serve fresh, locally-sourced produce, thus minimising environmental impact and maximising flavour and nourishment for their guests



Retreat location - bush: Tawi, Amboseli

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.



“Kenya was an absolute adventure of a lifetime and a trip full of moments, people and memories I will cherish forever. I feel so grateful.”

~Holly, UK, 2022

Retreat location - beach:

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. Each of the 7 suites have their own charm, and the yoga room is on the top floor of the tallest tower with 360 degree views of stunning nature. Hidden in the courtyard between the two towers is a shaded fresh water pool. We'll enjoy gorgeously fresh produce at Treehouse, and some say the food is as good as the views are!



“This has to be the best organized tour I have ever been on. The blend of Yoga, healthful eating, and amazing excursions are nothing short of extraordinary.”

- Vasu, USA, 2022

Itinerary overview

26 March | 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 27th March our retreat begins! A driver will be waiting for you at Sheraton Four Points Nairobi airport at 05:30am.

27-30 March | Tawi Lodge, Amboseli

On the 27th 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!

30 March - 4 April | Watamu Treehouse

After breakfast on the 30th 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.

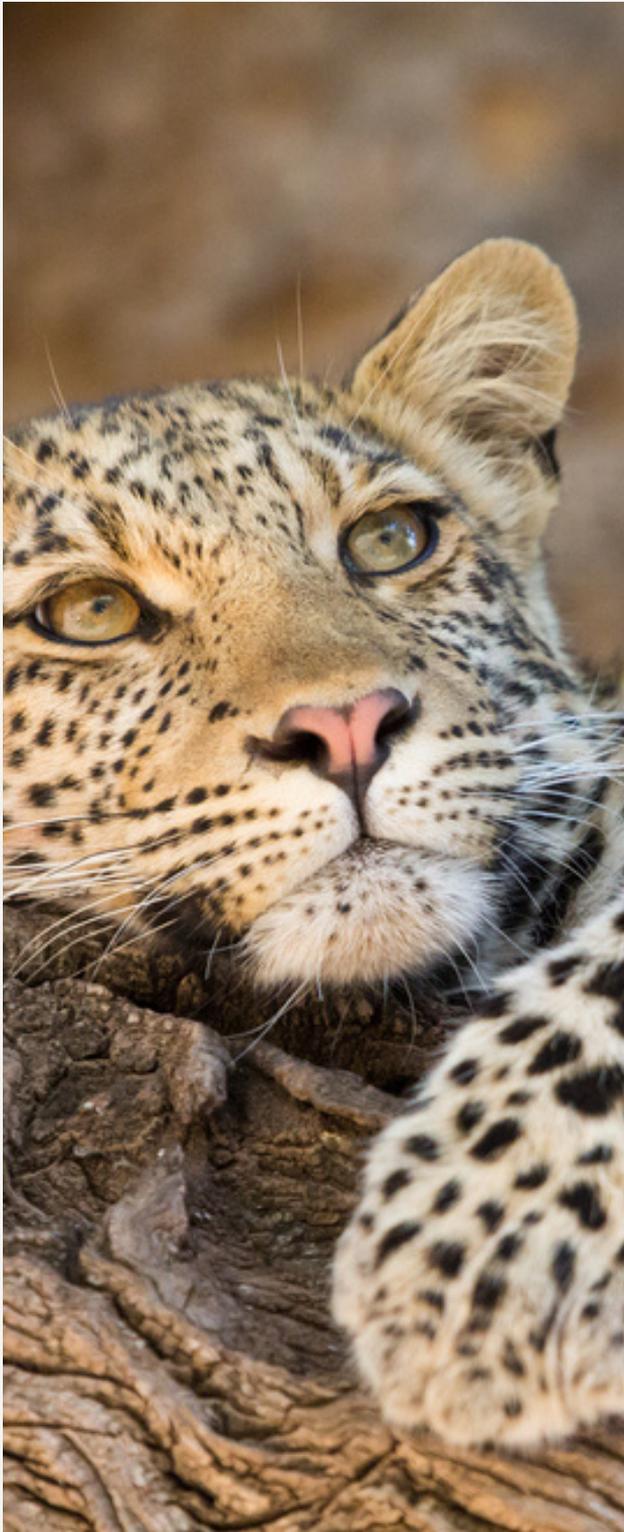
On the 4th, we depart for a flight to Nairobi after lunch, arriving back at JKIA airport well in time for our departing flights.

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!



All the retreat details ...

Getting there



ARRIVAL

*Fly into Nairobi International Airport (NBO).
Our safari holiday begins at 6am on 27 March.
Our private van will collect you from your hotel.*

*It is advised you arrive a day/night prior to the
safari start date. Our suggested hotel in the
airport compound is Four Points Sheraton Hotel
Nairobi Airport.*

DEPARTURE

*Our safari ends at the Nairobi International
Airport (NBO) in the afternoon on 4 April.*

*We will have an air flight that morning from
Malindi, direct to NBO.*

*Any additional travel you may desire can be
organised, just ask :-)*



Retreat package

WHAT'S INCLUDED

- 3 nights accommodation at Tawi Lodge
- 5 nights accommodation at Watamu Treehouse
- 4 domestic air flights with Safarilink
- All ground transfers between airports and lodges, as well as to/from excursions.
- All meals, snacks & beverages, including alcoholic beverages.
- Yoga and meditation daily with Nina
- All private guided safari drives in Amboseli National Park and Tawi conservancy.
- A special bush dinner set up in the middle of the wilderness under the stars.
- Guided tidal float through a protected mangrove estuary.
- Guided SUP/kayak adventure along Watamu coastline and a fun SUP yoga class!
- Day tour in Nairobi on 10 April - including tickets to visit the giraffe sanctuary, and a local crafts centre.
- 1hr full body massage at Watamu Treehouse.
- Flying Doctors Emergency Evacuation Cover.
- All conservancy, tourism taxes and park fees.
- VIP service at Nairobi airport upon arrival. Direct transfer to your hotel.
- Gift bag

NOT INCLUDED

- Flights to/from JKIA Nairobi International airport
- Visas
- Additional spa treatments
- Gifts/curio shopping
- Gratuities
- Travel insurance



All the options ...

Retreat investment 27 March - 4 April 2025



SHARING ROOM PACKAGE

Sharing per person
US\$ 6499

Deposit required to secure booking
US\$ 2000



SINGLE ROOM PACKAGE

Single per person
US\$ 8499

Deposit required to secure booking
US\$ 2500





CONTACT US

nina@inretreat.co

+4792206221

inretreat.co