



THE MOST ADVENTUROUS YOGA HOLIDAY!

A Yoga & Safari Retreat in Tanzania

2 - 9, August 2022

8 DAYS, 7 NIGHTS

On this once-in-a-lifetime trip, you will re-center yourself with the yoga practice while experiencing the Maasai culture, African arts, and the most beautiful wildlife and nature of East Africa.

The Itinerary

DAY 1. Welcome to Tanzania

We pick you up from Kilimanjaro International Airport (JRO) or Arusha city center at 5 pm from where our Maasai staff will be waiting for us all to transfer us together to Karatu. Dinner and overnight will be in the picturesque Baghayo Garden Suites, which is also a coffee plantation.

DAY 2. Mto Wa Mbu village

8:30 Coffee, tea, freshly squeezed juice

8:45 - 9:45 Morning yoga in a tropical garden

10:00 Breakfast

After breakfast, we go trekking to Wiwaleni waterfalls in Mto Wa Mbu village. We eat a picnic lunch at the waterfalls. Then we visit a Chagga- village where we see how Chagga people make traditional banana beer and we have banana beer tastings. We also visit a local banana plantation and meet local farmers. You will get an inside look into Chagga culture and traditions. We return to our lodge for an evening yoga practice and dinner.

17 - 18 Evening yoga in a tropical garden

20:00 Dinner

DAY 3. Tarangire National Park

Today you'll wake up early for breakfast. Today we head to Tarangire National Park which is famous for its incredible diversity of landscapes, large herds of elephants, majestic and ancient Baobab trees, birding, and authentic safari atmosphere. Unspoiled Tarangire is dominated by the impressive valley of the Tarangire River. We have a picnic lunch by the river. We return to our lodge for relaxing evening yoga and dinner.

17 - 18 Evening yoga in a tropical garden

20:00 Dinner

DAY 4. African Arts

8:00 Coffee, tea, freshly squeezed juice

8:30 - 9:30 Morning yoga in a tropical garden

10:00 Breakfast

Today we discover African arts by attending two visual culture workshops. No prior knowledge or skill is required! The first workshop is painting with a local artist who tells us about Tinga Tinga visual painting tradition. After lunch, we join an African dance workshop where we have fun by learning rhythms and dancing with Ngoma drums.

17 - 18 Evening yoga in a tropical garden

20:00 Dinner

DAY 5. Maasai village

8:00 Coffee, tea, freshly squeezed juice

8:30 – 9:30 Morning yoga in a tropical garden

10:00 Breakfast

Today we spend all day in an authentic local Maasai homestead (boma). We have a unique chance to stay in a boma and explore the fascinating pastoralists' lifestyle and join their everyday life, for example, joining women to fetch firewood or water. We have a picnic lunch in the Maasai village and we return back to the lodge in the afternoon for our relaxing evening yoga practice.

17 – 18 Evening yoga in a tropical garden

20:00 Dinner

DAY 6. Ngorongoro Conservation Area

After early morning breakfast, we continue towards Ngorongoro Conservation Area which is on the UNESCO's World Heritage List. Welcome to one of the natural wonders of the world! The Ngorongoro Crater is the world's largest intact caldera from a long-extinct volcano, Ngorongoro, which is home to about 25,000 wild creatures, including 26 black rhinoceros, who live within the safety of the caldera walls. There are 7,000 wildebeests, 4,000 zebras, 3,000 eland, and 3,000 Grant's and Thomson's gazelles. We will have a memorable day in the Crater. We have a picnic lunch by the hippo pool and return to our lodge for relaxing yoga practice and dinner.

17-18 Evening yoga in a tropical garden

20:00 Dinner

DAY 7. Lake Manyara National Park

7:00 Coffee, tea, freshly squeezed juice

7:30 – 8:30 Morning yoga in a tropical garden

09:00 Breakfast

After breakfast, we go to Lake Manyara National Park. Ernest Hemingway called this lake 'the most beautiful lake in all Africa.' The Lake Manyara national park features a ground-water forest, acacia woodland, and Maji Moto hot springs. The park is well known for its unusual tree-climbing lions and large herds of elephant herds it was established to protect. After picnic lunch, we return to our lodge for relaxing by the pool or reading a book in the garden before dinner.

20:00 Dinner

DAY 8. Kilimanjaro Airport

8:00 Coffee, tea, freshly squeezed juice

8:30 – 10:00 Morning yoga wrapping up the week's practice in a tropical garden

10:30 Breakfast

After breakfast, we say goodbyes to our lovely lodge as we head to Arusha. On the way back to the airport, we can stop in local souvenir shops. We arrive at Kilimanjaro International Airport (JRO) in the afternoon at 3 pm. You can book an evening flight or extend your stay in Tanzania.

PRICE - 3500€ / Min. 8 travelers

The booking is binding after paying EUR 480 booking fee. The rest needs to be paid 32 days before the departure.

Including:

- Pick up and return to and from Kilimanjaro Internal Airport (JRO)
- Private transport and wildlife viewing in 4x4 Land cruiser with open roof hatches
- Entrance fees and game drive in the Ngorongoro Conservation Area and the Ngorongoro Crater, Tarangire National Park, and Lake Manyara National Park
- Government Taxation
- 7 nights accommodation in local 4 stars Baghayo garden Suites lodge (twin-share)
- All-inclusive food (breakfast, lunch, dinner. Most of the lunches are served as picnic lunch)
- All activities mentioned in the itinerary
- Yoga classes by Zohar.Yoga.Flex
- Anthropological insights and guiding Anniina Sandberg
- Give back - program to indigenous people

Excluding:

- International flights
- Visa fees
- Travel insurance
- Tips for local staff
- Drinks at lodge

Flight recommendations

The nearest airport is Kilimanjaro International airport (JRO).

Transfer from and to Kilimanjaro airport is for the whole group. The departure on arrival day 2st August is at 5 pm and transfer back on the final day 9th arrives at 3 pm to Kilimanjaro airport. We recommend the Qatar Airways flight which arrives at Kilimanjaro airport on 2nd August at 16:10 and departs from Kilimanjaro on 9th August at 17:25. From Kilimanjaro airport, it takes about three hours to arrive at our final destination in Karatu. If you want to travel to Karatu at your own cost, we are happy to recommend transport options.

ABOUT OUR GIVE BACK PROGRAM

We promote sustainable, authentic, and conscious traveling. With every trip the local indigenous hosts get benefits. We also give back to broader indigenous communities by purchasing health insurance for the most vulnerable indigenous families with every booking made with us.



TRAVEL WITH US

ZOHAR PALACIO

Zohar is an Entrepreneur, founder of Zohar.Yoga.Flex, and passionate about health and people. She is a qualified Yoga teacher and Flexibility coach, and she has vast experience working with adults with different levels. Through her practice she helps students connect deeper with their mind and body. During the retreat she will be teaching Ashtanga Vinyasa inspired flows, where she adds elements of Flexibility technique. She will not only help you to reset and enjoy the days in Tanzania, but also to come back from the retreat completely renewed and energized!



ANNIINA SANDBERG

Anniina is a founder of Visit Natives which promotes sustainable indigenous tourism. Anniina has an MA in African Studies and she has lived among the Maasai. Besides running the Visit Natives, Anniina is a Swahili interpreter and she will be our guide on the trip giving some anthropological insights during the journey. We will also visit a Maasai boma where Anniina stayed while conducting her fieldwork - the trip is all about connecting with people, cultures and inner happiness.







