



SAFARI WELLNESS EXPERIENCE



Immerse yourself in a three day wellness escape in the **African wilderness** that guarantees to leave you feeling more connected and recharged. Our wellness retreat is inspired by mind and body stimulating activities through morning hikes, collective nutritious meals, mindful exercises, meditation and yoga practices.

Relax, Rejuvenate & Refresh yourself at Chyulu Spa and Wellness Centre with splendid views of the majestic Chyulu Hills. Our luxurious spa facility is complete with a yoga deck, two air conditioned treatment rooms, an infinity spa pool, indoor and outdoor shower facilities, a hammam and a relaxation area.



Inhale, Exhale, Trust the Yoga.

Yoga at camp is practiced at our elevated yoga deck that opens up to nature, connecting body and mind through yoga and meditation practices.

We are proud partners with **Africa Yoga Project – AYP**; our instructors are graduates of the renowned AYP program.



ITINERARY

DAY 1

- Arrival at camp at 8:30AM.
- Check in.
- Light breakfast.
- Wellness retreat orientation and briefing.
- Yoga & Meditation at the Pool. – 1hr 30 mins.
- Cooking class (featuring healthy dishes).
- Poolside Lunch.
- Detox Scrub & Mask (Pressure Point Massage) - 1 hour.
- Steam - 20 mins.
- Evening Game Drive.
- Cocktails at the Boma w/Maasai culture expert.
- Dinner at the Fine Dining Room.

DAY 2

- Early morning yoga at the yoga deck overlooking Chyulu hills – 1 hour.
- Bush Meditation.
- Bush Breakfast.
- Nature Walk.
- Lunch at the Pavilion.
- The Mzima Spring Facial - 1 hour.
- Steam - 20 mins.
- Sundowner overlooking Mt. Kilimanjaro.
- Dinner under the Stars with stargazing.

DAY 3

- Early morning game drive.
- Healthy Breakfast.
- Mzima Springs visit & Meditation.
- Picnic Lunch at Roaring Rocks & drive through Shetani Lava.
- Body Massage - 1hour 30 mins (optional: Swedish, hot stone, deep tissue).
- Steam - 20 mins.
- Sunset yoga at the yoga deck overlooking Chyulu hills.
- Dinner at the Pavilion.

DAY 4

- Early morning yoga and meditation – 1 hour.
- Healthy Breakfast.
- Depart on 8:30AM flight to Wilson.



PRICE: US\$ 3,950 PER PERSON SHARING

RATE INCLUSION:

- Domestic flights
- Accommodation
- All meals
- All drinks (excluding premium wines and spirits)
- Scheduled activities (including game drives, bush breakfast & sundowners)
- Laundry
- Use of Spa (including 1 treatment per day)
- Cooking class featuring healthy African dishes
- Applicable park entrance fees
- AMREF Flying doctors evacuation services

EXCLUSION:

- International flights in and out of Nairobi
- Visa, travel insurance and Gratuities
- Personal expenses such as curio shop expenses, phone calls etc
- Optional activities



BOOKINGS & ENQUIRIES: TEL: +254 (0) 720 444 419, +254 (0) 20 3577500
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LUXURY CAMP



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