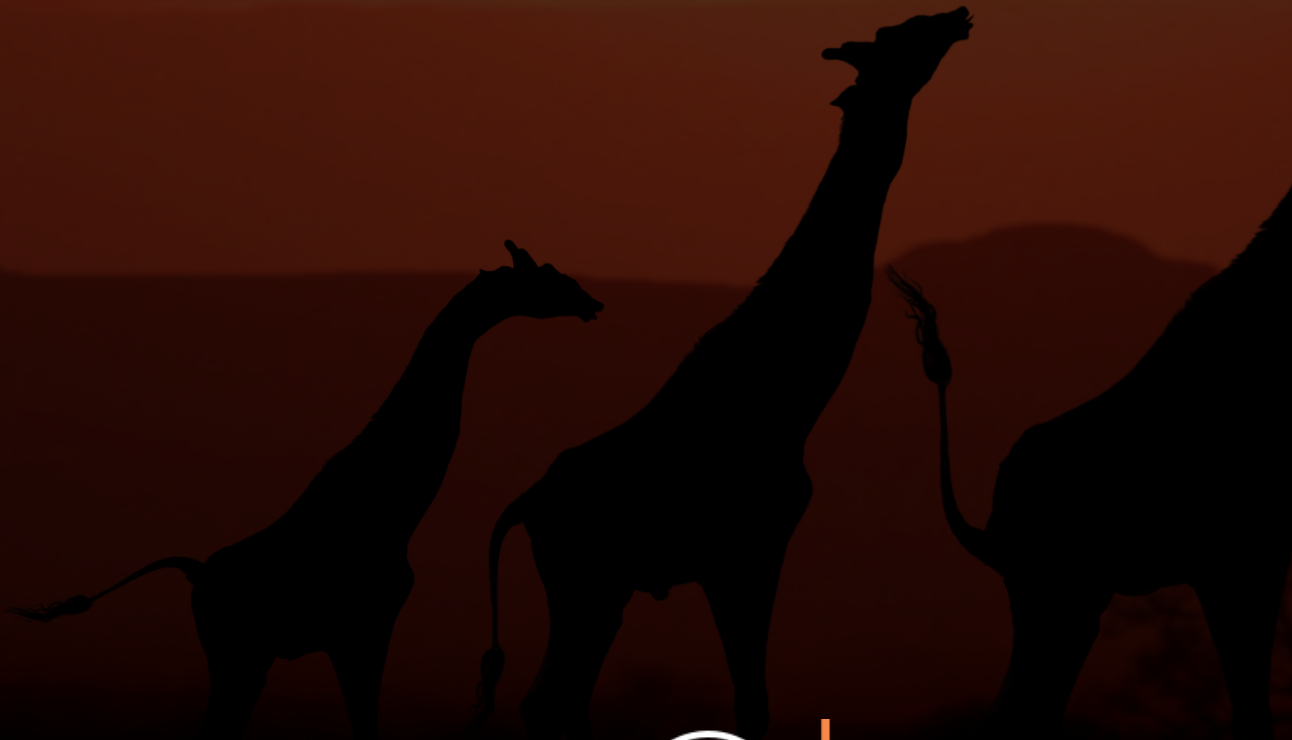


BIKRAMYOGAWORKS KENYA RETREAT ITINERARY

November 1 - 10, 2024



*Subject to Change



Dear Potential AdZENTure Retreat Participants,

Embark on an unforgettable AdZENTure in the stunning city and coastal landscapes of Kenya. This unique retreat combines the serenity of mindfulness practices with the thrill of adventure. Discover the art of balance as you delve into yoga amidst the beauty of Kenya's natural wonders. This is not just a retreat; it's an opportunity to find your inner peace while experiencing the thrill of exploration. Enclosed is the preliminary itinerary.

We are delighted to announce that registration is now open, and the links to secure your spot are live! This is your opportunity to embark on a journey of rejuvenation, exploration, and deep yoga practice. To ensure your place, please visit our website to pay your deposit at your earliest convenience.

Our team has carefully curated two unique retreat experiences designed to cater to your yoga aspirations and desire for relaxation and exploration. Whether you are looking to deepen your yoga practice, find tranquility, or simply explore new horizons, our retreats are designed to offer something special for everyone.

Spaces are limited to maintain an intimate and supportive atmosphere, so we recommend securing your spot as soon as possible. Should you have any questions or need assistance with your registration, our dedicated team is here to help you every step of the way.

Thank you for considering BikramYogaWorks as your partner in this journey of self-discovery and wellness. We cannot wait to welcome you and share in these transformative experiences together.

With warmth and excitement,
Kendra and the AdZENTure Retreat Team

P.S. Stay connected with us on social media for updates and insights as we approach our retreat dates. Let the countdown begin!



KENYA RETREAT

ITINERARY

FRIDAY NOV 1

Arrival & Check In + Breakfast
11:00 AM: Free Time
12:00 PM: Lunch + Bonding Time
3:00 PM: Giraffe Center Visit
8:00 PM: Dinner + Dance Social

Experience a seamless arrival and check-in process followed by breakfast at the hotel. Take your time to rest and settle in, enjoying some free time to explore and unwind. Join us for a special group lunch and special bonding time. Embark on a visit to the Giraffe Center, where you'll encounter these majestic creatures up close. Indulge in a delightful dinner followed by a lively dance social at Barrels & Stools.

SATURDAY NOV 2

7:30 AM: Bikram Yoga
9:00 AM: Breakfast
11:00 AM: Tea Farm Tour/Lunch
4:00 PM: Free Time
7:00 PM: Dinner

Start the day with an invigorating early morning Yoga session, setting the tone for a day. Following this, we'll have breakfast at the hotel. Experience the rich heritage of tea with a captivating tour of Kiambethu Tea Farm, followed by lunch. Enjoy a leisurely afternoon, whether it's exploring the surroundings or simply unwinding. As evening falls, savor a delectable dinner at a location to be determined.

SUNDAY NOV 3

8:00 AM: Bikram Yoga
10:30 AM: Shopping
1:00 PM: Lunch
3:30 PM: Cultural Performance
7:00 PM: Dinner or Dance Social

Begin the day with a serene Yoga session. Dive into the vibrant atmosphere of the Maasai Market at Yaya Center, where local artisans showcase their crafts (Optional). Recharge with a delightful lunch at the hotel. Experience Kenya's rich heritage with optional cultural performances at Bomas of Kenya. The evening presents a choice: Enjoy dinner and free time on your own or a Dance Social at Wine & Bottle,

MONDAY NOV 4

8:00 AM: Bikram Yoga
9:00 AM: Breakfast + Free Time
11:00 AM: Optional Activity
1:00 PM: Lunch + Free Time

We'll start with an early morning Yoga session, followed by breakfast and personal time. For the adventurous souls, an optional sky cycling and other thrilling activities await. Afterward, recharge with a delectable lunch at the hotel, followed by a free afternoon to explore or simply relax as you desire.

TUESDAY NOV 5

Day Trip to Ol Pejeta
Conservancy

Experience the wonders of wildlife conservation with a captivating day trip to Ol Pejeta Conservancy. Set against the backdrop of Mount Kenya, this renowned sanctuary offers an unparalleled opportunity to encounter some of Africa's most iconic animals.

WEDNESDAY NOV 6

7:00 AM: Breakfast + Checkout
2:00 PM: Flight to Diani
4:00 PM: Arrival in Diani/Check-in
6:00 PM: Dinner

Fuel up for the day with breakfast at the hotel before check out. Next, we embark on the next leg of our adventure and board a flight from JKIA to Diani. Upon arrival, we'll check into the hotel and later enjoy dinner served at the hotel. With the evening at your leisure, unwind and indulge in the pleasures of relaxation or explore the vibrant nightlife of Diani.

KENYA RETREAT

ITINERARY

THURSDAY NOV 7

7:00 AM: Bikram Yoga
8:30 AM: Breakfast
9:30 AM: Free Time
3:30 PM: Sunset Canoe Ride
6:00 PM: Dinner

Start your day with yoga followed by a delicious breakfast. With the morning at your leisure, take advantage of free time to relax and explore the surroundings before indulging in an early lunch at the hotel. As the day progresses, embark on a breathtaking sunset canoe ride along the Kongo River, winding through mangrove forests and immersing yourself in the beauty of nature. Conclude your day with dinner at Estuary Beach Lounge.

FRIDAY NOV 8

6:00 AM: Early Breakfast
7:30 AM: Pick-Up For Day Tour
ALL DAY: Activities/Lunch
6:00 PM: Dinner +Free Time

Start the day with an early morning breakfast at the hotel. Next, get chauffeured to the much-anticipated Kisite Marine Park & Wasini Island Day Tour. Step aboard a traditional dhow and enjoy sailing, snorkeling, marine sightings, and swimming. Refuel with lunch served onboard. As the day draws to a close, return to the comfort of your hotel for dinner. With the evening at your leisure, unwind and embrace the freedom to relax or explore.

SATURDAY NOV 9

7:00 AM: Bikram Yoga
8:30 AM: Breakfast
10:30 AM: Free Time
4:30 PM: Sunset Bikram Yoga
6:30 PM: Dinner

We'll begin with an early morning yoga session at the hotel/beach. Then treat yourself to breakfast at the hotel. With free time at your disposal, indulge in the luxury of leisure. Later, join us for a sunset yoga session on the beach. Afterward, tantalize your taste buds with a delightful dinner experience at Funky Monkey, a vibrant cocktail bar and restaurant renowned for its eclectic menu and live music.

SUNDAY NOV 10

8:00 AM: Breakfast + Checkout
11:30 AM: Flight to Nairobi
2:00 PM: Hotel Check-In
5:00 PM: Yoga En Blanc Dinner

Begin your day with a delicious breakfast before bidding farewell as you check out and catch a flight back to Nairobi. Upon arrival, settle into the hotel and take a moment to prepare for the enchanting evening ahead. Tonight, immerse yourself in the elegance and tranquility of the Yoga En Blanc Dinner at Ankole Grill.

MONDAY NOV 11

Participants depart from Nairobi to their various destinations.

As the journey draws to a close, participants bid farewell to Nairobi, each setting off on their individual paths to diverse destinations with hearts full of memories and experiences.