



Kipepeo THE GRACE OF Longevity

FLEXIBILITY IN MIND, BODY & LIFE

WITH NATASHA & CHANIA



Kipepeo

THE GRACE OF

Longevity

FLEXIBILITY IN MIND, BODY & LIFE

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4 DAYS/3 NIGHTS

5 TO 8 JUNE 2025

CHEETAH TENTED CAMP OR LEOPARDS LAIR
LUMO CONSERVANCY - TSAVO WEST

Deep in the African bush, this four-day retreat brings together ancient wisdom and modern wellness practices. The wild sets our pace here, where mornings begin with Qigong and aerial yoga, and evenings end under stars. Our program moves between quiet moments and shared experiences. You'll practice meditation, join creative workshops, and receive healing treatments. Take guided walks among the trees, share stories by the fire, and watch the sun paint the sky at dusk during game drives. This is time for you - to rest, to think, to breathe. Whether you're writing in your journal, learning about herbal medicine, or simply sitting in nature's silence, each moment offers a chance to reconnect with yourself.





SOROI CHEETAH TENTED CAMP

LUMO CONSERVANCY - BORDERING TSAVO WEST



Tucked away within the untouched beauty of the LUMO Conservancy, on the edge of the vast Tsavo West, Soroi Cheetah Tented Camp is a tranquil retreat nestled in the heart of the captivating Taita Hills. Our 8 meticulously designed tents strike the perfect balance between adventure and comfort, offering an unforgettable safari experience. Easily accessible by train, road, or air, from Nairobi or the Coast and can easily be combined with Tsavo East/West.

WWW.SOROI.COM



MEET YOUR HOSTS



NATASHA



Natasha trained as a Pilates mat and reformer instructor in New York whilst dancing professionally for the National Dance Theatre Company in Jamaica in 2001. She has taught in Kenya for 20 years and owns her own studio called Creative Nest Studio in Karen. She teaches Aerial Yoga and Qigong along with all formalities of Dance, and is a Thai Yoga Massage therapist. She relies on her dance training and many years of Pilates practise to work with bodies of all ages and experiences to create health and longevity for a happy pain free life. Her great love of nature and movement is what brought her into the amazing world of Qigong which she intends on doing into her nineties!

CHANIA



Chania has 30 years experience as an Alternative Therapist. She has studied in many modalities ranging from Remedial Massage, Hot Stones Therapy, Aromatherapy, Counseling, Rebirthing, Energy Medicine, Reiki and Body Harmony. She works with clients on a one to one basis using her own unique method of combined modalities and Energy Medicine sessions. Chania also runs retreats and uses Vision Boards and creative activities to help participants find clarity and vision for every aspect of their lives. Chania's Passion is to empower others to discover their gifts and shine.



ITINERARY

DAY 1 - THURSDAY

NAIROBI - LUMO

- Departure at 8am from SGR to Voi
- 1:00 pm Arrive at Cheetah Tented camp for Lunch
- 4:30 Pm - Welcome Circle: Why we are here- pick a card...
- 5:00 Pm - Qigong to settle in and ground- 5 Animal Frolics
- 6:30 pm Meet by the fire with a healthy mocktail. Release ceremony around the fire.
- 7:30 pm Dinner

DAY 2 - FRIDAY

NAIROBI-LUMO

- 6:30 am Morning healthy bites(fruit/yogurt/Coffee/Tea
- 7:00 am Aerial Yoga- where do we hold our stress, where can we let go
- 10:30- 12:30- Workshop "FLEXIBILITY OF THE MIND/SPIRIT" workshop
- 1:00 pm Lunch
- 2-5 pm Rest - Journal
- 5:00 pm Qigong/Pilates Mix
- 6:30 Reflections of the day by the fireplace
- 7: 30 Dinner

DAY 3 - SATURDAY

LUMO CONSERVANCY

- 6:30 am Morning healthy bites fruit/yogurt/Coffee/Tea
- 7:00 am Bush walk into picnic breakfast
- 11:00 Workshop "FLEXIBILITY OF THE MIND/SPIRIT" second part
- 1:00 pm Lunch at the Lodge
- 2:00 pm Rest & Journal
- 4:30 pm Game Drive into Qigong class then Sundowner at 5:30
- 6:30 pm Reflection around the fireplace
- 8:00 Dinner

DAY 4 - SUNDAY

LUMO CONSERVANCY

- 6:30 am Morning Healthy Bites (fruit/yogurt/coffee/tea)
- 7:00 am Qigong short practise
- 7:30 am Breakfast
- 8:15 am Depart for train station



THE PROGRAM AND TIMINGS
MAY BE MODIFIED AS NEEDED



WORKSHOPS

FLEXIBILITY OF THE MIND/SPIRIT

PART 1



- Identify controlling habits in your life that no longer serve you
- Embark on a guided journey to release outdated patterns and cultivate emotional flexibility and longevity
- Engage in creative, explorative activities and journaling to uncover and release control
- Connect with your subconscious through Oracle cards, accessing deeper insight and guidance

PART 2



- Discover new ways to introduce flexibility into all aspects of your life
- Embark on a guided journey to anchor in adaptability and ease in your emotional and daily experiences
- Experience a creative painting fusion exercise to embody flexibility, creating pathways to resilience and longevity
- Use Oracle cards to connect with your inner wisdom, gaining clarity and guidance for life's challenges



FROM 5 TO 8 JUNE 2025

KSH 158,000/-

per person sharing

KSH 19,500/-

Single room supplement



INCLUDES

- Return SGR Tkt (first class if available) from Nairobi/Voi/Nairobi
- Transfer Voi - Cheetah Tented Camp
- 3 nights on Full Board Accommodation at Soroi Cheetah Tented Camp or Soroi Leopards Lair (3 meals per day)
- Tea, coffee and filtered water
- Activities mentioned in the program
- One afternoon game drive and Sundowner
- One Bush Walk
- Lumo Conservancy Park fees and Conservation Levy
- 2 Workshop and materials
- 5 Classes

EXCLUDES

- Drinks
- Items of personal nature
- Tips/gratuities for driver/guide and hotel staff
- Any extras not mentioned above, including extra meals, activities, and excursions not included in the program
- Extra game drives Ksh 8000/-

*Limited spots
available. Confirm
your spot with
Ksh 70.000/-
deposit and
Balance before
10th May 2025*

**Supplement for
afternoon departure
on request.**





FOR INFO AND BOOKINGS

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