



THE SANCTUARY
AT OL LENTILLE

Yoga week – 1st September 2019

5 night all inclusive yoga retreat

US\$3425 pp double occupancy

US\$4110 pp single occupancy



Sunday 1st September

Arrival for lunch at pool. All meals taken as a group with 2 yogis

2- 4 PM Spa treatments and relax at pool

4.45 -7PM Thirty minute walk to viewpoint for evening yoga (60 minutes) meditation (20 minutes) followed by sundowners

7.00- 7.30 PM Night game drive back to lodge

8pm Dinner at Library

Monday 2nd September

6.30 -7.00am Meditation at Pool Deck

7.00 -8.15 Yoga

Breakfast

10.00 Walk 30 minutes to local School (Nkiloriti Primary)

10.30- 12.15 Assist AYP and yogis giving yoga lessons to young children (ages 6-12 years)

12.30 Return by car to lodge

1.00-2.00 Lunch

2.00-5.00 Pool/Spa/Archery

5.15- 6.45 Yoga at pool deck

6.45-7.15 Evening Meditation by Lamplight

Dinner

Tuesday 3rd September

6.30 - 7.00 Meditation at pool deck at sunrise

7.00 - 8.30 Yoga

8.45 breakfast together at Chiefs house

10.00 - 12.00 visit by car to local market (moveable according to day of the week)

1.00 -2.00 lunch

2.00 -5.00 Pool/Spa/Archery

5.15 - 6.45 Yoga at pool deck

6.45 -7.15 Evening Meditation by Lamplight

Dinner

Wednesday 4th September

6.30 Early morning game drive to Ol Lentille rock

7.00- 8.30 Hike up Lentille, meditation on rock at 1977 metres

Walk down to Yoga spot

8.40 -9.40 Yin Yoga

9.45 - 10.30 Picnic Breakfast on the rocks

10.30- 11.00 Game drive back to lodge

11.00 - 2.00 Pool/Spa

2.00 - 3.00 Lunch

3.00- 5.00 Pool/Spa

5.15- 6.45 Yoga at pool deck

6.45-7.15 Evening Meditation by Lamplight

Dinner

Thursday 5th September

6.30 -7.00 Meditation at Pool Deck

7.00 -8.15 Yoga

Breakfast

10.00 Drive 20 minutes to Ngabolo Primary School (a different nearby school)

10.30- 12.15 Assist AYP and yogis giving yoga lessons to young children (ages 6-12 years)

12.30 Return by car to lodge

1.00-2.00 Lunch

2.00- 3.00 Pool/Spa

3.00-5.00 Optional Visit to local village "Manyatta" (cost to manyatta of 30 USD pp)

5.00- 6.15 Yoga at pool deck

6.30 Walk to Bush Dinner

7.00- 8.30 Bush Dinner and drive back

Friday 6th September

Early morning meditation and yoga

Breakfast

Departure

Diet

All food will be vegetarian, with vegan diet offered (vegan diet booked in advance). Fresh fruit and vegetable juices throughout. Wine and beer included

Instruction

Yoga offered will be in accordance with the group needs but it will be a variety of Hatha yoga to include Yin and Vinyasa Flow. It may also include Power yoga, Kundalini yoga or Acroyoga. Qualified and Certified Yoga Alliance teachers including Kenyan yogis from the Africa Yoga Project

For more information please email reservations@ol-lentille.com

www.ol-lentille.com