



THE ROOTS & CULTURE YOGA RETREAT

Hosted By: The Kemetic Yogi Living Collective

Location: Togo & Ghana, West Africa

Dates: August 25th - September 5th 2023

Duration: 12 Days & 11 Nights

Capacity: Fifteen Retreat Participants

Accommodation: All accommodations are shared occupancy (Double). Optional single occupancy at the River Keeper Eco Village at an additional cost of \$100.

TOTAL COST: \$1919

- **Deposit Payment:** \$640 (Due By Dec 15th 2022)
- **Second Payment:** \$640 (Due On April 15th 2023)
- **Final Payment:** \$640 (Due On August 15th 2023)

MAKE DEPOSIT PAYMENT => <https://kemeticyogi.com/marketplace/ols/products/the-roots-culture-yoga-retreat-2023-deposit>

MAKE FULL PAYMENT => <https://kemeticyogi.com/marketplace/ols/products/the-roots-culture-yoga-retreat-2023-full-payment>

***TO JOIN OUR ONLINE INFORMATION SESSION VIA ZOOM ON NOV 10TH PLEASE EMAIL: (KEMETICYOGI@GMAIL.COM) FOR ACCESS INFORMATION* LEARN WHY YOU WON'T NEED TO GET A COVID VACCINE TO JOIN US!**

FOR MORE INFORMATION VISIT: WWW.KEMETICYOGL.COM

THE REGISTRATION FOR THE ROOTS & CULTURE YOGA RETREAT: (GHANA) CAPE COAST FESTIVAL SESSION FROM AUG 25th - SEP 5th 2023 IS NOW OPEN!! The retreat is for socially conscious travelers looking for a culturally satisfying 12 day tour experience that focuses on holistic wellness/sustainable living, gaining a deeper knowledge of local African culture and being of service to the local community. The retreat involves 2 days of volunteering in the communities to which we travel. The retreat provides jobs for over 30 local people, in addition to over 10 businesses ranging from transportation, cultural artists, hospitality and service workers from Togo to Ghana! The retreat begins in the capitol city of Lome in Togo. Participants begin the tour with a bit of Togolese vibes and some chill time in Lome. By day two, participants enter into Ghana from Lome at the Alfao border in the Volta Region and make their way up to North

Volta where they will lodge at the Riverkeepers Eco Lodge. There they will spend three days enjoying a beautiful natural environment, a rich Ewe immersion of language, music and dance, songs and a visit to the highest waterfall in West Africa, Wli Falls! While at the Riverkeepers Eco Lodge, participants can enjoy the pristine natural environment in the form of hiking, helping out in the garden or farm, swimming and/or canoeing in Lake Volta or just relaxing under the trees and enjoying the fresh mountain breeze. On the second leg of the tour, participants will experience the Fetu-Afahye Festival (Cape Coast Festival), meeting chiefs and queen mothers, mingling with the locals and soaking up Cape Coast culture. Participants will experience a Derba (a gathering of local kings/chiefs and queen mothers), a nighttime masquerade, beach parties and more! In addition, participants will also be able to experience transformational visits to Cape Coast and Elmina Slave Castles, a must see for all those returning from the Diaspora! Most importantly, the Roots & Culture Retreat was created with the intention to make this transformational international travel experience affordable and accessible for individuals & families alike. For that reason, a child that is 12 years old and under (accompanied by a paying adult) will attend for FREE!!! PLEASE NOTE: THERE IS A ONE CHILD LIMIT PER EACH PAYING ADULT (unless previously discussed with retreat organizer). Will you be joining us for the Roots & Culture Yoga Retreat 2023??

WHAT IS INCLUDED:

- Transportation throughout Ghana
- Accommodations in the Volta Region at The Riverkeepers Eco Lodge, At Boabab Guesthouse in Cape Coast and a private luxury guesthouse in the Osu area of Accra.
- Visit to Wli Falls, Agbozume Kente Market, Kwame Nkrumah Memorial Park, Arts Center, Makola Market, Agbe Alafia Shrine, Cape Coast Castle, El Mina Castle and more!
- Daily sunrise yoga & meditation
- Hiking, grounding and energy clearing activities
- River Swimming & Canoeing
- Mud Bath & Sweat Lodge (Optional)
- Community integration time with like-minded people
- Accra Nightlife Activities!
- 3 healthy vegan and vegetarian meals daily (only in for the first five days while in the village..day six to twelve only includes breakfast and lunch)
- Fresh coconut water & fruits for snacking
- Bon Fire Rituals, Body Art & More!!

WHAT'S NOT INCLUDED:

- Transportation To & From Togo From Your Respective Country
- Visa (Togo Multiple Entry/Ghana Single Entry) or Covid Testing Fees
- Travel Insurance (Please Purchase Travel Insurance When Booking Your Flight)
- Personal Items (Including but not limited to yoga mats, yoga blocks, soap, blankets, towels, etc.).
- Additional expenses arising from the delay or extension of a trip due to weather, political disputes, sickness, failure of transportation, or other causes beyond our control.

WHAT TO BRING:

- Hiking Shoes
- Bug Repellant
- Party Clothing For Accra & Cape Coast Festival
- Yoga Mat & Accessories
- Personal Item for Nature Altar {something of sentimental value e.g. crystal, picture, etc.}.
- Flashlight or Head Lamp
- Hammock
- Positive Attitude & Open Mind
- Personal Items and Toiletries
- Personal Snacks
- Towel & Washcloth
- Any necessary medications

RETREAT SCHEDULE:

Day One (Friday, Aug 25th)

- Arrival in Lome
- Settle In Guesthouse
- Orientation/Opening Circle
- Group Dinner/Night Beach Chill

Day Two (Saturday, Aug 26th)

- Breakfast
- Depart For Ghana
- Visit Agbozume (Weavers & Kente Market)
- Settle In Guesthouse (Riverkeepers Eco Lodge)
- Dinner
- Bon Fire/Drumming

Day Three (Sunday, Aug 27th)

- Rising Yoga & Meditation
- Breakfast (8am)
- Ewe Lesson
- Drum & Dance w/ Agbe
- Lunch
- Volunteer w/ Riverkeepers Foundation Youth
- Dinner
- Bonfire/Drumming

Day Four (Monday, Aug 28th)

- Rising Yoga & Meditation
- Breakfast
- Ewe Lesson
- Depart For Wli Falls (Day Trip)
- Back To Riverkeepers Eco Lodge
- Dinner
- Bonfire/Drumming

Day Five (Tuesday, August 29th)

- Rising Yoga & Meditation
- Breakfast
- Ewe Lesson
- Drum & Dance w/ Agbe
- Lunch

- Volunteer w/ Riverkeepers Foundation Youth
- Dinner
- Bonfire & Drumming

Day Six (Wednesday, August 30th)

- Rising Yoga & Meditation
- Breakfast
- Ewe Lesson
- Depart For Accra
- Settle In Guesthouse
- Group Dinner & Chill In Osu (Accra)

Day Seven (Thursday, August 31st)

- Rising Yoga & Meditation
- Breakfast
- Group Meeting
- Nima Tour (Visit Alafia Shrine @ Agbe House)
- Lunch
- Return To Guesthouse
- Local Style Dinner

Day Eight (Friday, September 1st)

- Rising Yoga & Meditation
- Breakfast
- Intro To Fante Twi Lesson
- Depart For Cape Coast
- Settle In Guesthouse
- Dinner
- Nighttime Masquerade (Cape Coast Festival Activity)

Day Nine (Saturday, September 2nd)

- Rising Yoga & Meditation
- Breakfast
- Fante Twi Lesson
- Cape Coast Castle Tour
- Lunch
- Cape Coast Festival Activities
- Dinner
- Night Beach Chilling

Day Ten (Sunday, September 3rd)

- Rising Yoga & Meditation
- Breakfast
- Fante Twi Lesson
- Visit El Mina Castle
- Lunch
- Depart For Accra
- Settle In Guesthouse
- Dinner

Day Eleven (Monday, September 4th)

- Rising Yoga & Meditation
- Breakfast
- Visit Kwame Nkrumah Memorial & Arts Center
- Lunch
- Visit Makola Market
- Dinner In Town
- Prepare For Departure

Day Twelve (Sunday, September 8th)

- Rising Yoga & Meditation
- Breakfast
- Closing Circle
- Departures

Terms, Conditions & Cancellations

RESERVATION & CANCELLATION POLICY:

Kemetic Yogi Living is not responsible for additional expenses arising from the delay or extension of a trip/experience due to weather, political disputes, sickness, failure of transportation, or other causes beyond our control.

CANCELLATION AND REFUNDS

- If cancellation is made more than 121 days before the start of the experience, the deposit will be returned minus a 15% administrative fee. Any additional payments that have been made will be returned minus a 10% administrative fee.

- Any cancellation made between 90 and 120 days before the start of the experience will result in the loss of your deposit. Any additional payments that have been made will be returned minus a 25% administrative fee.
- Any cancellation made between 60 and 89 days before the start of the experience will result in the loss of your deposit. Any additional payments that have been made will be returned minus a 50% administrative fee.
- Any cancellation made between 45 and 59 days before the start of the experience will result in the loss of your deposit. Any additional payments that have been made will be returned minus a 75% administrative fee.
- If cancellation is made less than 45 days before the start of the retreat, all payments are non-refundable and non-transferable.
- *We reserve the right to cancel an experience for any reason including but not limited to Pandemic, *Force majeure*, and if it is not meeting the minimum number of attendees. If we do so your payments, will be refunded, minus 13% administrative and processing fees. (*ALSO SEE BELOW*)
- *Covid-19 Insurance including Trip cancellation and medical is now mandatory. If you choose to not obtain insurance, Kemetic Yogi Living reserves the right to deny you entry into experiences with no expectation of refunds or transference of funds to another retreat.
- All cancellations must be made in writing via email, and any refund requests must be made in writing within 30 days of the retreat's end date. Please send written requests to: contact@kemeticyogi.com
- *KEMETIC YOGI LIVING* reserves the right to cancel any trip/experience prior to departure for any reason whatsoever, including *Force majeure*, Pandemic, an insufficient number of participants, or logistical problems (e.g. acts of God, war, strikes, etc.), which may impede trip operations. The refund of all payments as described in the paragraph above shall release *KEMETIC YOGI LIVING*) from any further liability. A trip/experience cancellation due to insufficient numbers would normally occur at least a month prior to departure, unless acts of God, war, strikes, or other events impede our departure causing large numbers of participants to opt to cancel participation on the journey in the last days before departure. *KEMETIC YOGI LIVING* must make substantial payments to suppliers (including providers of land travel far in advance of the scheduled date on which we embark. If a trip is canceled due to forces beyond our control (acts of God, war, labor strikes, earthquake, flooding, etc.), *KEMETIC YOGI LIVING* will promptly refund the portion of the trip cost not advanced to suppliers. *KEMETIC YOGI LIVING* will use its

best efforts to recover advance payments as promptly as possible, and will refund you the amount recovered if any. However, *KEMETIC YOGI LIVING* does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceeding in foreign lands. This policy applies to trip cancellation by client choice following any necessary increase in trip costs.

- Deposit credit must be used within 12 months.

- ***TRAVEL INSURANCE**

Trip Cancellation Insurance or Trip Interruption insurance is mandatory for *KEMETIC YOGI LIVING* trip/experiences. Travel insurance is designed to reimburse you for non-refundable expenses in case of trip cancellation as well as for other provisions such as missed flight connections, medical expenses/emergency assistance coverage (if something happens to you personally), baggage & personal effects coverage (if they are lost or stolen), baggage delay (if your bags do not arrive with your flight and you have to buy clothing, and personal items) which could possibly be very costly. Please note that insurance policies vary tremendously and have various critical exclusions. We recommend you choose carefully based on your personal situation.

Thank you for joining us on this journey and for your cooperation & understanding!