


# AWAKENING THE SOUL WITHIN

A metaphysical safari  
to a new chapter in your life



KENYA, AFRICA  
MAY 22-31, 2023

A woman with long, light-colored hair styled in a braid is seen from behind, looking out of the open side of a safari vehicle. She is wearing a light-colored, sleeveless top. The vehicle's interior, including a seat and a camera, is visible. The background shows a savanna landscape at sunset, with a large tree in the center and a warm, orange glow from the sun. The text is overlaid in white on the image.

“Tell me, what is it you plan to do with your  
one wild and precious life?”

-Mary Oliver

# WHAT YOU'LL EXPERIENCE

A guided metaphysical journey to 'Awaken your Soul Within' using:

- \* Diagnostic movement
- \* Transformative writing
- \* Embodied dance
- \* Art meditation
- \* Chakra meditation
- \* And more...



# WHAT YOU'LL DISCOVER

How to:

- \* Slow down your excessive thinking and be fully in the richness of the present moment
- \* Identify the subconscious behaviours that hold you back from experiencing your deepest desires
- \* Transform your old patterns of being so that you experience more authentic connection in relationships
- \* Release your subconscious blocks to having abundance in all areas of your life



# WHAT YOU'LL DISCOVER

How to:

- \* Rewrite your limiting stories to open the door to a clearer purpose and deeper fulfilment in your life
- \* Transmute your feelings of being stuck into a new sense of ease, flow, and empowerment
- \* Open the energetic channels in your body so that you experience a state of physical vitality and emotional wellbeing
- \* Explore the divine archetypes of African tradition to awaken your primal senses, unleash your innate power of manifestation, and open a new chapter in your life story



“The ‘Travel Within Retreat’ blew all of my expectations out of the water.  
I am changed on a cellular level.  
I didn’t realize how deeply my soul needed it.

Marianna is the most incredible facilitator as she leads with so much  
heart and love.

She is pure magic and a true embodiment of this work.

She creates the most extraordinary sacred container for women to experience  
pleasure, deep nourishment and transformation.

My heart cracked wide open and I feel so much more deeply  
connected to my soul.”

-Kate Harlow



# YOU'LL ALSO EXPERIENCE

- \* African history, mythology, and culture
- \* Wildlife safaris
- \* Hiking and nature walks
- \* Fresh local organic cuisine
- \* Inspiration and creativity
- \* Play, laughter, and Fun
- \* Friendship and community



# LOCATION

Our retreat location is set in the foothills of Mt Kenya. The vastness of this land provides a beautiful, tranquil space for us to re-connect with nature, ourselves, and the local culture.

Here we are able to embrace a world where the day-to-day busy-ness of life can be forgotten. This remote and hidden gem is the perfect place for our experiential journey.

This region includes a dramatic landscape with open grassy plains, high altitude plateaus, acacia bushland, and forested valleys. It is home to one of the most stunning wildlife reserves in Kenya both in terms of landscape and variety of wildlife.





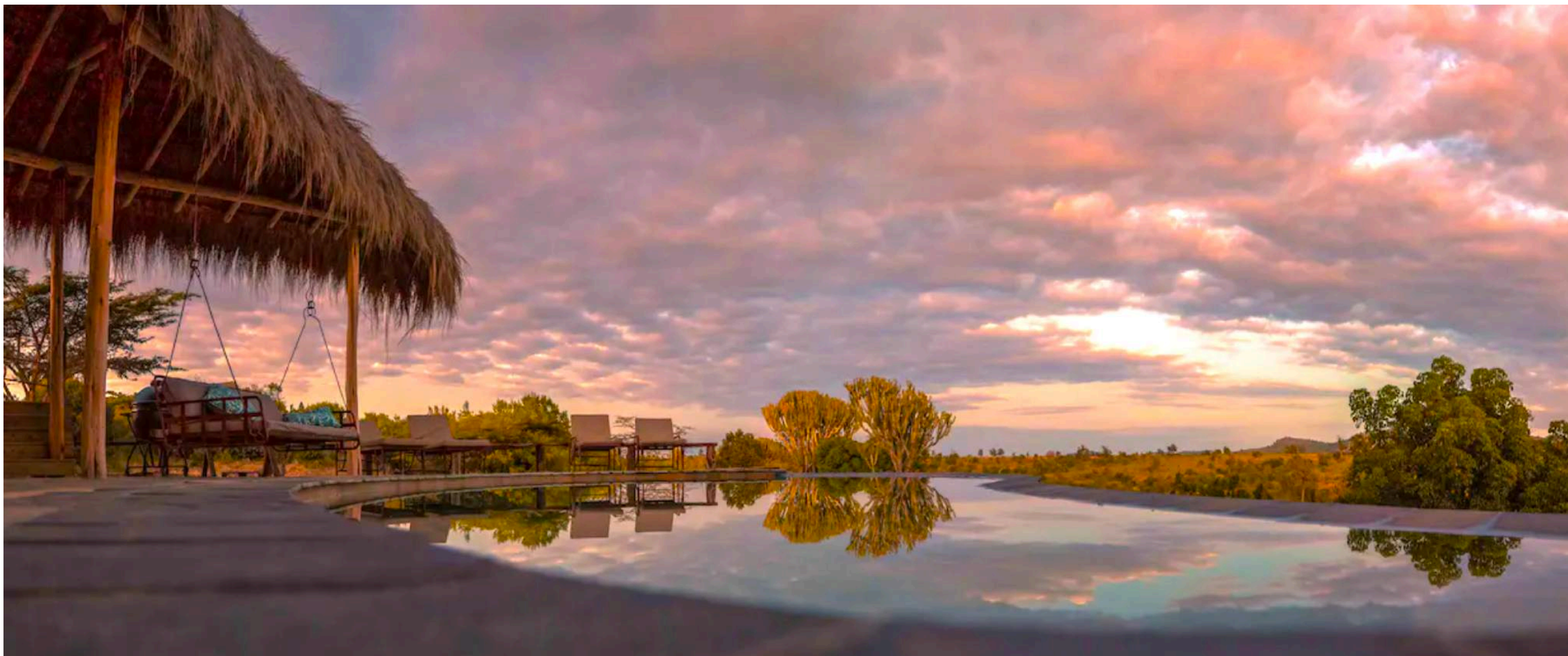
# ACCOMMODATION

Our retreat venue is the exclusive Olepangi Farm. A secret slice of paradise, Olepangi offers a luxury haven for travellers seeking a true sense of peace in their surroundings. Totalling 120-acres, the farm has astonishing views of Mt Kenya, the second highest mountain in Africa at more than 17,000 feet.

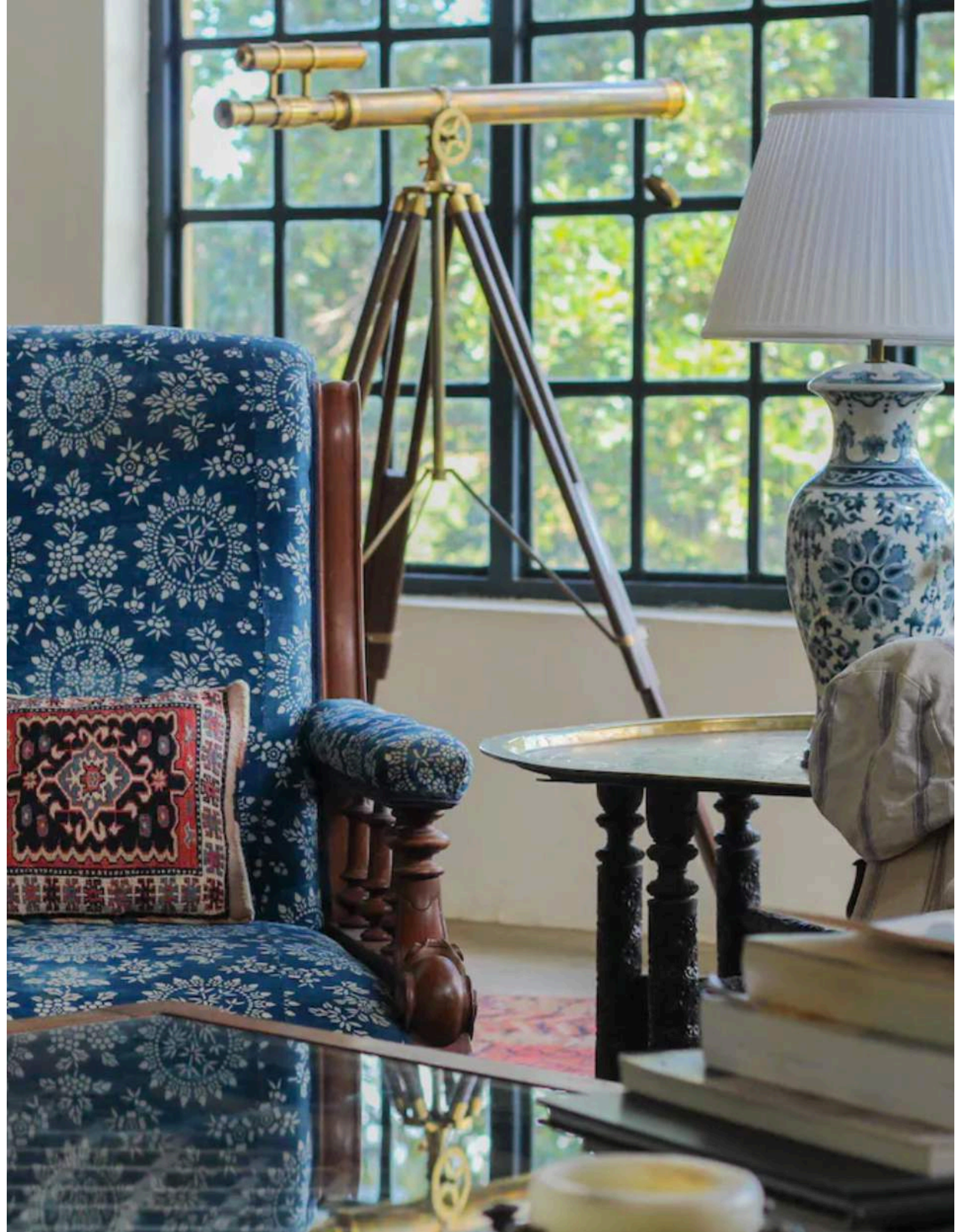
As guests we will bask in the tranquillity of the surrounding gardens, the infinity pool, the river, the wildlife, and the ancient mysticism of the birthplace of humankind.

The luxury property has a number of books and art collected over the years from the owners' travels around the world.









“There simply isn’t enough space to express the extent of excellence about Marianna’s retreats. The venues, the people, and the food are always amazing.

Most of all Marianna who is a kind, fun, and supporting teacher of great breadth and depth having masterful knowledge about what she easily imparts to others.

I left there with freshly instilled confidence which I never really knew I had. I cannot recommend these retreats highly enough.  
10 out of 10!”

-Andrea Juneau



# CUISINE & THE FARM LIFE

"Activity" at Olepangi Farm is about discovery, self-reflection, and a deep awareness of your relationship to the world.

The chefs and garden team begin the day gathering fresh organic produce from the garden, which will miraculously appear on your plate at lunch and dinner.

The Olepangi team are happy to share their sustainable agricultural practices with you. They also grow their own flowers for the rooms and common spaces as they believe you can never have too many flowers.

You are welcome to join the chefs in the heart of the farm . . . the kitchen . . . for their daily bread making. Be the first to taste the fresh bread as it comes out of the oven!









# WILDLIFE SAFARIS

There will be two separate day trip wildlife safaris scheduled into the retreat. The areas we'll be exploring have outstanding views of Mount Kenya and the Aberdares.

The area we'll be travelling through is an ancient land form, comprising of a series of magnificent high folding hills, cedar forests, open grassland and wooded valleys.

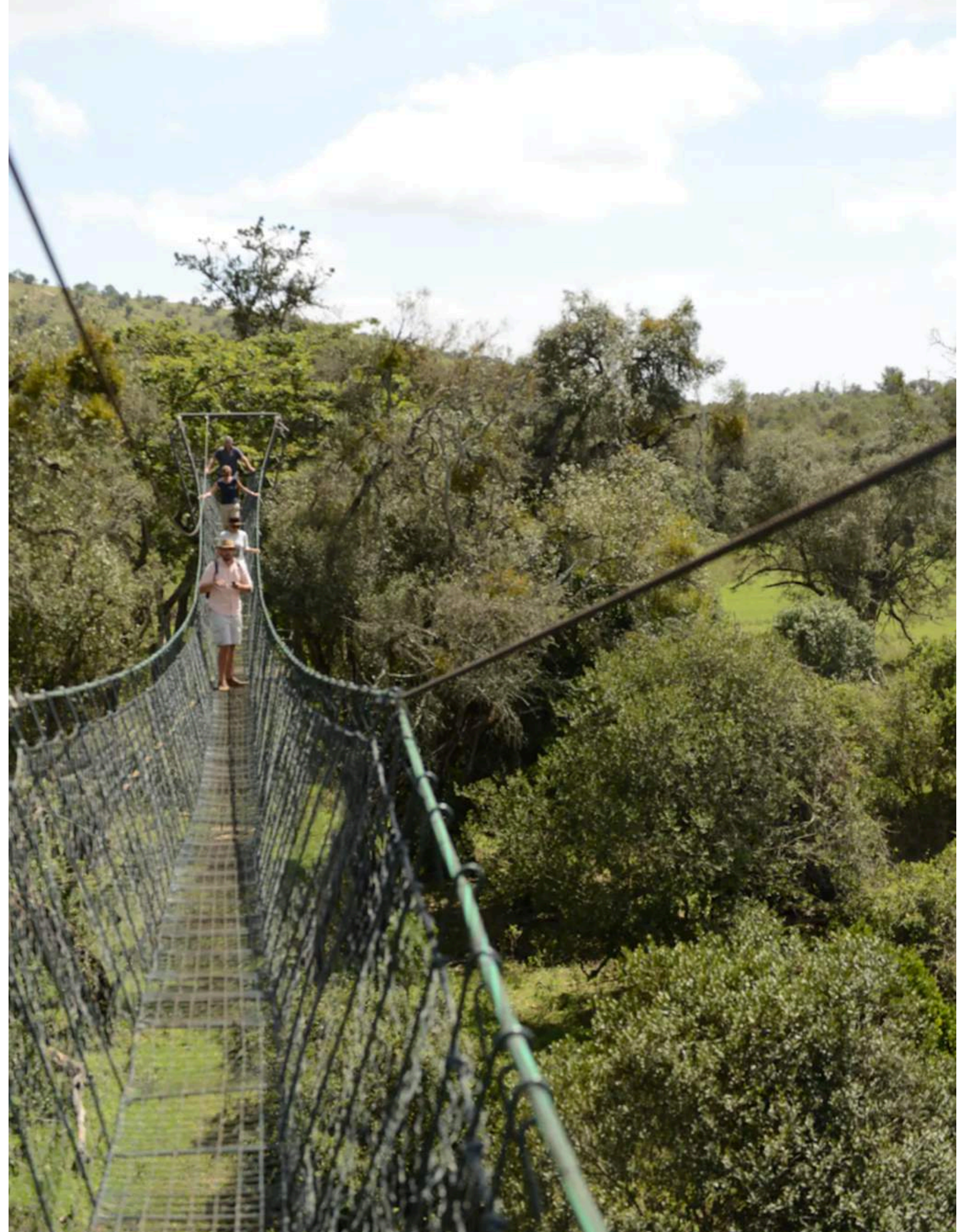
A well documented series of archaeological finds, cave paintings and burial mounds show that this area has been a treasured home since early mankind.

With between 500-700ml of rainfall every year and a vastly varied topography, Lolldaiga provides a home for a huge number of wildlife and bird species. Frequently spotted animals include elephant, buffalo, lion, hyena, jackal, giraffe, zebra, vervet monkeys and baboons. And if we're lucky, leopard and cheetahs!







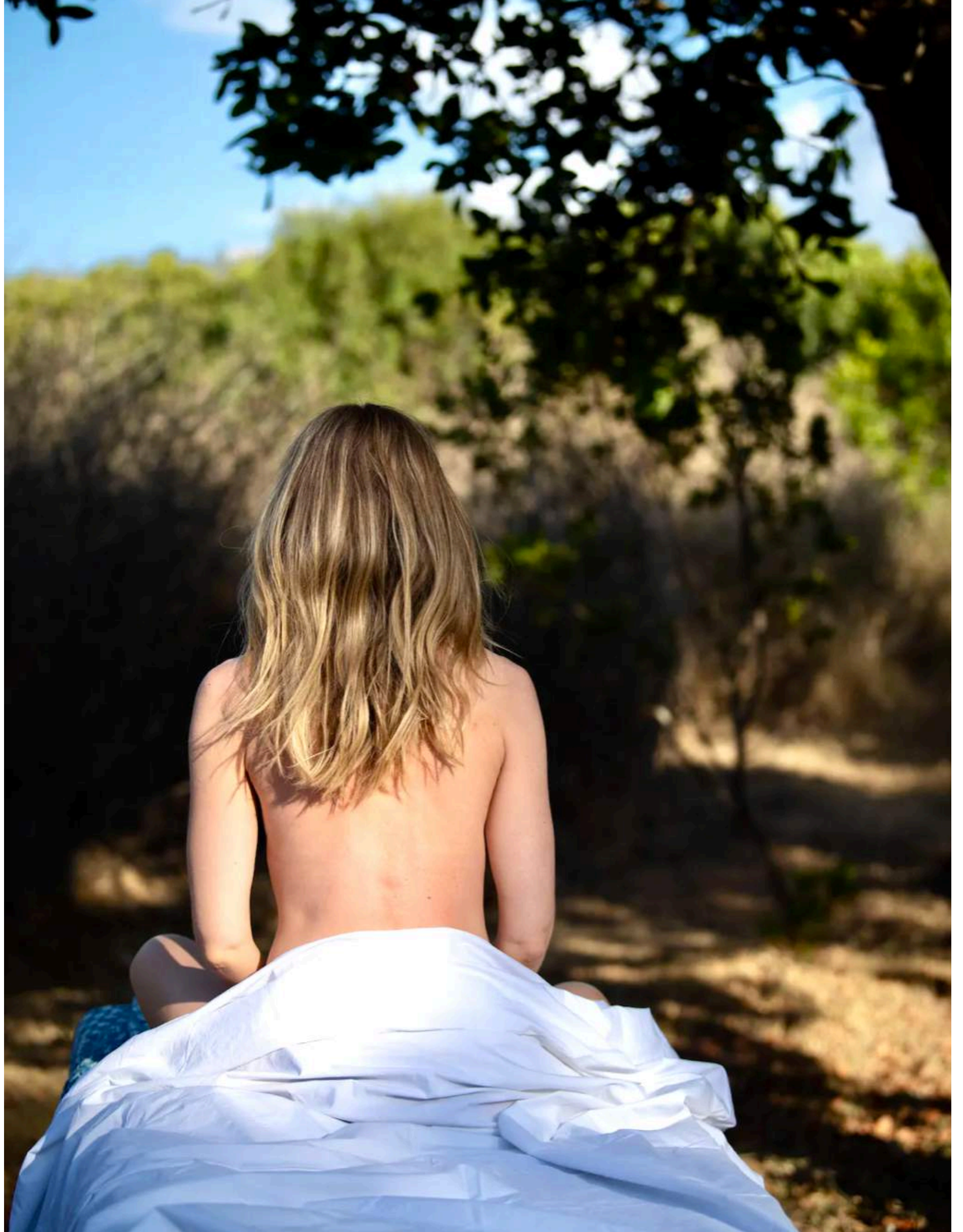


# MASSAGE

Included in the retreat is an hour-long massage in an outdoor setting down by the river where a masseuse will pamper you with locally grown oils and lavender grown on the farm.

Then relax and integrate in the shade of trees by the Ngishishi river or soak in an herbal flower bath of bliss.





# A TYPICAL DAY AT THE RETREAT

As you enjoy this retreat, a typical morning format for the non-safari days will include:

- \* A delicious, healthy breakfast prepared by our private master chef
- \* A workshop involving
  - \* Diagnostic movement
  - \* Transformative writing
  - \* Embodied dance
  - \* Art meditation
  - \* Chakra meditation
  - \* Guided discovery discussion
  - \* And more
- \* A sumptuous, nurturing lunch prepared by our private master chef



# A TYPICAL DAY AT THE RETREAT

As you enjoy this retreat, a typical afternoon format for the non-safari days will include:

- \* The afternoon free to choose your own activities, including
  - \* Exploring the natural surroundings.
  - \* Hiking and nature walks with a local elder
  - \* Painting
  - \* Massage
- \* A flavourful, rejuvenating dinner prepared by our private master chef
- \* A gathering under the stars for sharing personal insights and breakthroughs from the day, storytelling, and game playing





The retreat allowed me to be myself more fully and freely. After doing the workshops, I felt more open and was able to see my potential.

Having meals with everyone made it feel like family. I learned so much from the other participants and how to connect more deeply in relationships.

Most of all, I appreciated the way Marianna was able to show the group their subconscious stories and perceived blocks with compassion and love.

I felt Marianna's participation helped me feel she was part of our great transformation, and a partner in this greater community.

-Sandy Kolegue Spalaris



# YOUR INVESTMENT

Your investment includes:

- \* 9 nights' luxury accommodation with a private room
- \* Round trip transportation from the Nairobi airport to Olepangi (Approx. 3 hours)
- \* 6 days of metaphysical transformation workshops
- \* All home cooked meals by the Olepangi chefs using fresh, organic produce straight from the farm
- \* Drinks (filtered water, cleansing teas, replenishing juices)
- \* 2 wildlife day-trip Safaris
- \* 1 hour energy massage
- \* Nature walk guided by a local native elder
- \* Custom writing Journal



# LOGISTICS

Due to the exclusive nature of this retreat, investments will be accepted on a first come, first served basis.

Secure your place with a 50% non-refundable deposit.

The remaining balance is due no later than April 20th, 2023.

Only 7 spaces are available.





**SEE YOU SOON!**

**-MARIANNA**