"Tell me, what is it you plan to do with your one wild and precious life?" -Mary Oliver



# WELCOME / KARBU !

We are thrilled to invite you to an adventure of a lifetime; A 9-Day heart-opening Kenya Luxury Safari Experience.

The connection and love that you seek lives in a place beyond words. It lives in your heart. It lives in the silence, in nature, in all that is wild and free.

This is the opportunity return home to your heart, in the birthplace of humanity. To stop time and connect with the timelessness of your soul, to listen to nature so deeply, it reveals your purpose.

This is a calling to awaken your wild spirit. To experience freedom beyond your limitations. To feel yourself expand in these African horizons and remember who you are.





Imagine yourself waking up to the sounds of exotic birds. You step outside and take a deep breath of clean, fresh air. You spot a herd of gazelle amongst the zebras in your distant view.

A family of elephants are coming over the horizon into the rays of the rising sun. A garden of flowers surrounds you, and the scent of roses permeates the air.

You realize you're in a paradise.

This is your heart. This is Kenya.





## ABOUT THE LOCATION

Our immersive experience location is set on the foothills of Mt Kenya. The vastness of this land provides a beautiful, tranquil space for us to reconnect 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 secret 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.







#### ABOUT OUR ACCOMMODATIONS

Our venue is the exclusive Olepangi Farm. A secret slice of paradise, Olepangi offers a luxury haven for travellers seeking a true sense of place 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 basque in the tranquillity of the surrounding gardens, an infinity pool, the river, horses, cows, wildlife, and vast nature. The luxury property has a number of books and art collected over the years from the owners' travels around the world.











## CUSINE & 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 us as we explore the land during a tour of the farm. They also grow their own flowers for the rooms and common spaces as they believe you can never have too many flowers.













#### WILDERNESS SAFARIS

We will be going on two separate day trip wildlife safaris. The areas we'll be exploring have outstanding views of Mount Kenya and the Aberdares.

The Lolldaiga range is one of the areas we will be travelling through. It 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.

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!







# 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
  - \* Creative Expression through Art
  - **\*** 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
  - \* 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









#### See you in Kenya! With Love, Marianna & Kate