



*Adventure, Healing & Transformation on Safari
as the Great Wildebeest Migration begins
(wonder of the world)*

Wild Soul Retreat

Where Luxury Meets Wellness

**EMBOO
RIVER**

**MAASAI MARA, KENYA
23RD - 26TH JUNE 2023**

travel4purpose.com/wildsoulretreat/

Brought to you by:

*Conscious Kenya + Travel4Purpose + Emboo River Camp
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Raise your consciousness in the wilderness of Africa's savannah



Safari Njema

Karibu

Wild Soul is an embodiment of our essence...

Dreamed up by two wild wanderers of this world and the realms beyond -

This fun and soulful retreat will be held in the wild and beautiful landscape of the Maasai Mara surrounded by lions, leopards, elephants, giraffes, zebras, buffalo, wildebeest and the wise Olchurrai and Olng'aboli trees (acacia and spiritual fig). We will be hosted at a luxurious eco-lodge in pristine wild nature.

The Great Migration; a Wonder of the World, starts around the time of our retreat - so if we're lucky we may catch herds of wildebeest crossing the savannahs and rivers beset with hungry lions and crocodiles, while others are born along the way in a beautiful circle of life.

The practices and ceremonies will take you on deep inner journeys to access ancient wisdom, and into the light-hearted play of the child in each of us, while on raw adventure in a land whose voice, magic and vibration is so powerful it cannot fail to transform you.



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Highlights

BREATHTAKING GAME DRIVES IN SILENT SOLAR-POWERED CARS

SOUND HEALING UNDER THE STARS OF THE SAVANNAH

LUXURY ECO-LODGE IN THE HEART OF NATURE

SCENIC YOGA, BREATHWORK & MEDITATION

CONNECTING WITH LIKE-MINDED CONSCIOUS COMMUNITY

BUSH MEALS, BUSH WALKS, SUNDOWNERS

MINDFUL PLAY TO AWAKEN YOUR INNER CHILD

TRADITIONAL MAASAI VOCAL SOUND CHANTING CIRCLE

SENSORY DINNER IN THE DARK EXPERIENCE

INTIMATE CONNECTIONS WITH THE HEARTBEAT OF NATURE





Your Hosts

NARISSA FROM CONSCIOUS KENYA



Sound healer, conscious community builder, writer, backpacker, meditator on rocks, giver of loving hugs, simple soul of love.

Narissa is a sound healing practitioner trained in Nepal and Kenya. She works with the Himalayan singing bowls, Indian bamboo flute (bansuri), African kalimba, rattles, Vietnamese dragon gong, and voice as tools of vibrational medicine. She also loves to teach Pranayama, mindfulness in every moment, various forms of meditation and Hatha yoga. She works with the earth energy as guide and channel, and will connect with you from a deep space of love.

When she is not hiking or sitting on a rock meditating, Narissa can be found scribbling away in nooks and crannies for her books and blog, nomadgirltales.com, or gathering conscious community in the forest for sharing of wisdom and collective awakening.

She has been living independent of mainstream norms for 6 years and has never looked back. She has co-founded Conscious Africa, soon expanding beyond its local pilot form Conscious Kenya.

SHAM FROM TRAVEL4PURPOSE IMPACT ADVENTURES

Sham discovered mindfulness while working for a large corporate bank in the UK, to ensure she lived more in the present moment while listening to her mind and body. Staying consistent with these practices has helped her discover a whole lot including her purpose...

In 2020 she chose to quit her corporate job and move back to Kenya to start a purpose-led travel company. She founded Travel4Purpose with the aim to use travel as a force for good to create a positive impact. She now genuinely wakes up with a smile every single day.

Sham is also a meditation and mindfulness practitioner who has completed her training in Goa, India. Sham's gift to you will focus on the following themes: mindfulness, play and stepping into the unknown. During the retreat she'll dive deep into facilitating meditations to connect with nature, mindful play to awaken your inner child and host workshops designed to elevate self-awareness.

Sharing these practices with others and noticing the significant positive impact it has on lives gives her so much joy, hence why she feels so honoured to organise and co-host this incredibly magical retreat!

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Location

Maasai Mara, Kenya

The Maasai Mara is one of Africa's most famous and important wildlife conservation areas, world-renowned for its populations of lion, leopard, rhinos, elephant, giraffe, cheetah, hippo, buffalo, diversity of elegant antelope families and over 600 species of wild birds.

Emboo River Camp

Hidden in a forest along a river in the heart of Kenya's Maasai Mara, lies Emboo River Camp. It is the perfect spot to explore the wild, rugged and beautiful African savannah, with wildlife roaming around the lodge, while enjoying exquisite luxury facilities and scrumptious healthy meals.

Eco-Luxury & Sustainable Travel

Emboo River Camp is a pioneer of conscious safaris, as the only lodge in the country with silent solar-powered vehicles that do not disturb the wild animals. The safaris are not only carbon-neutral, but take it a step further to be carbon-negative.

At Emboo River you will enjoy a unique experience of luxury in the heart of raw, pristine nature - including silent safaris, dinner under the stars without a generator humming in the background, delicious meals with organic ingredients prepared on biogas, rain showers overlooking nature and knowing that every drop of water is filtered and reused, and so much more.

Emboo River has won international awards for regenerative travel, sustainable travel/tourism and are rated Gold standard by Eco Tourism Kenya.

Food - Farm to Fork

The Emboo River Chefs prepare finger-licking meals with clean, nutritious food, mixing Maasai and international flavours, as well as tradition and innovation. Our retreat menu will include vegan, vegetarian, gluten-free and lactose-free options as well as the choice of meat, all sourced locally and prepared on biogas. Superfoods, fresh juice, local top-quality tea & coffee, and kombucha galore. Guests will have the opportunity to explore the hydroponic farm and pick their own ingredients for their next meal!

Culture

Emboo River is deeply integrated with the local Maasai community who are the guardian tribe of these savannahs. In fact, the lodge's highly motivated and talented staff come almost exclusively from within our own community. Various community projects are ongoing in coordination with the neighbouring communities.

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What Awaits You

Day 1 - Getting Wild

- Welcome Circle & Briefing
- Grandmother Tree Ceremony
- Eco Tour at Camp
- Game Drive
- Sundowner in the Bush
- Dance & Flow under the Stars



Day 2 - Connecting Within & Without

- Optional Sunrise Game Drive
- Barefoot Walk in the River Bed
- Mindful Play
- Camp Lunch
- Medicinal Herb Bush Walk
- Sunset Game Drive
- Sundowners in the Bush
- Sensory Night - Surprise Dinner
- Sound Bath Under the Stars
- Fire Gazing



Day 3 - Going Beyond

- Silent Sunrise Game Drive
- Yoga & Meditation in the Wild
- Bush Breakfast
- Maasai Community Visit with Surprise
- Life Analysis Workshop
- Sunset Game Drive
- Sundowners in the Bush
- Starlit Dinner on Sandbank
- Celebration Jam Night at Bonfire



Day 4 - Harmony

- Sunrise Game Drive
- Pranayama and Play in the Wild
- Bush Breakfast
- Closing Circle & Hugs
- Tree Planting



* Each day includes some 'free time' for you to enjoy the spa, swimming pool (chemical-free), nature spaces and be in your own zen.

* Note all sessions are optional.



Investment in your Bliss

Early Bird Rates:

(only 4 tickets available at this price, first come first serve basis)

International:

Sharing Room: \$2,400pp

Single Room: \$2,880pp

Kenyan Residents:

Sharing Room: 248,000/- kshs

Single Room: 298,000/- kshs

Regular Rates (post Early Bird):

International:

Sharing Room: \$2,640pp

Single Room: \$3,180pp

Kenyan Residents:

Sharing Room: 272,800/- kshs

Single Room: 328,000/- kshs

Inclusions:

- *Luxury Tented Accommodation*
- *All Wellness Sessions, Workshops and Ceremonies*
- *Chefs Table Meals, Full-board Basis*
- *Drinks such as Smoothies, Herbal Teas, Kombucha throughout the Day*
- *Sundowners including Drinks and Snacks*
- *Game Drives in Silent Open Vehicles*
- *Maasai Community Visit + Transfers*
- *Connecting with like-minded conscious community*
- *Surprise Events*
- *Camp Fires*
- *Bush Meals*
- *Bush Walks*
- *Eco Tour*
- *Tree Planting Experience*
- *WiFi*
- *Swimming Pool*
- *Laundry*
- *Welcome Gifts*

Exclusions:

- *Transport To and From the Maasai Mara*
- *Park Fees*
- *Travel Insurance*
- *Spa Treatments*

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How to Join the Pride

Go to <https://travel4purpose.com/wildsoulretreat/> and reserve your spot in 4 mins!

Simple as that and we will follow up with a payment link for you to secure your space.

Any Questions?

Chat to Narissa on +254-717-685-161 or narissa@consciouskenya.com

Chat to Sham on +254-796-890-444 or hello@travel4purpose.com

~ It's time to set your soul free to dance as the wild thing that you are! ~

Big big love,
Narissa & Sham



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