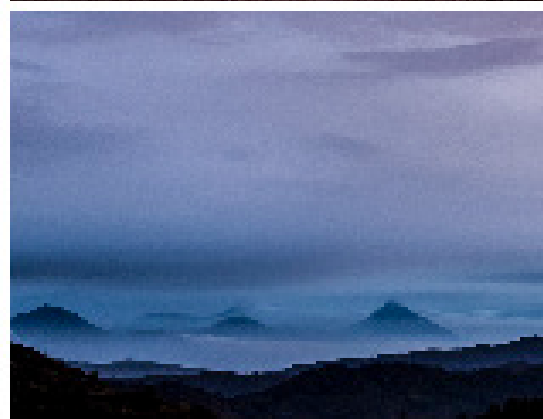


# Into the Wild **YOGA** Safari



## & Gorilla Trek



Join Whole Image Wellness, Go Farther Travel, and Kindred Safaris on an adventure across two of the most majestic locations in East Africa: Rwanda and Tanzania. In Northern Tanzania you will experience the greatest concentration of free roaming wildlife in the world as we visit the Serengeti and the amazing Ngorongoro Crater. In Rwanda you will be immersed in the culture and will explore its rain forest while following in the footsteps of primatologist Dian Fossey who studied the mountain gorillas of the Volcanoes National Park region.

The Into the Wild Yoga Safari & Gorilla Trek is a chance to explore your adventurous, wild side through yoga, meditation, breath work, and of course, animal safaris. Cultivate your wild spirit through an invigorating pranayama morning practice. Enliven your animal senses with game drive meditations. Cherish your connection to the landscape with intuitive flows set in these natural habitats.



### LOCATIONS

- Kigali, Rwanda
- Volcanoes National Park
- Serengeti National Park
- Ngorongoro Conservation Area



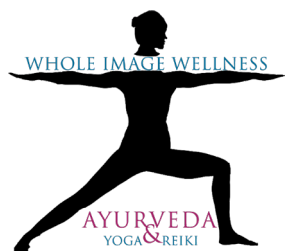
### SUMMARY

- Season: Peak
- Dates: August 3-13, 2026
- Accommodations: Tented Camps or Lodges and 5-star Lodges. Full Board.



### ACTIVITIES

- Yoga and Meditation
- Safari Game Drives
- Gorilla Trekking
- Wildlife Photography



Whole Image Wellness founder, Angelique, is a 500-hour Yoga Teacher and experienced Retreat Leader. Angelique holds a Master of Science in Ayurveda and Integrative Medicine and is a Certified Ayurvedic Practitioner. This is the 15th retreat she has planned.

[www.wholeimagewellness.com](http://www.wholeimagewellness.com)

### About your Retreat Leaders



Kindred Safaris is a family-owned tour operator based in New York, specializing in African adventures. The company offers personalized experiences, including safaris in Tanzania, Kilimanjaro treks, and primate experiences in Rwanda and Uganda. Kindred's guides are local and provide authentic insights into the region's wildlife, landscapes, and cultures.

[www.kindredsafaris.com](http://www.kindredsafaris.com)



### GO FARTHER TRAVEL

CUSTOM PLANS | EPIC VACATIONS

Go Farther Travel founder, Rochelle Avignon, specializes in customizing bougie-on-a-budget itineraries for multi-destination trips. Pulling from her previous experience in logistics, she focuses on getting travelers to the right place at the right time and for the right price. Rochelle has planned unique vacations around the world.

[www.gofarthertravel.com](http://www.gofarthertravel.com)

# Welcome to Tanzania - Karibu

## Arrival Day - Seronera Airstrip

**Arrival (Aug 3, 2026):** Upon early arrival at the Kilimanjaro International Airport (JRO; prior to 2 pm local time), you will be greeted by guides from Kindred Safaris who will transfer us to the Karatu region of Northern Tanzania (4 hr drive). We will pass by Mount Kilimanjaro and Mount Meru, arriving in time for dinner at the Ngorongoro Farmhouse nestled in the highlands just outside of the Ngorongoro Conservation Area. Dinner at the lodge will include a "Welcome Circle". Tomorrow begins our trip of a lifetime.

## 5-Day Photo Safari

*About the trip: This experience offers significant opportunities for viewing and photographing wildlife and experiencing the culture across three regions within Northern Tanzania.*

**Day 1 (Aug 4):** Today we are off to the majestic Ngorongoro Crater. We will descend 600 meters into a massive epicenter of a collapsed volcano that hosts almost every species of wildlife present in East Africa. The Ngorongoro Crater is undoubtedly the best place in Tanzania to view black rhino, as well as large prides of lion that include magnificent black-maned males. An alkaline lake in the Crater floor provides a habitat for colorful flamingo and a variety of other waterfowl. After the game drive we will overnight at the [Ngorongoro Farmhouse](#).

**YOGA:** Evening Restorative Yoga.

**Days 2-3 (Aug 5-6):** Our trip transitions towards the Ndutu region of the Ngorongoro Conservation Area near the border of Serengeti National Park. Ndutu is peaceful this time of year due to the low travel season in this area, and Lake Masek and nearby Ndutu Lake are top safari locations in Tanzania due to resident and migrating animal herds. On the second day the group can split up - some may wish to have a leisurely wake up, and others may wish to go on an early morning game drive. We will spend two nights at the luxurious [Lake Masek Tented Lodge](#).

**YOGA:** Daily Yoga & Game Drive Mindfulness.

**Day 4 (Aug 7):** After an early breakfast, you will be transferred to the Ndutu airstrip to board a flight that will take you over the Great Rift Valley, the Ngorongoro Highlands, and then over the Serengeti. Upon landing around noon we are off to our first game drive in the Serengeti to catch up with the migration, with the hopes of witnessing a crossing at the River Mara. We will overnight at [Intimate Places Tented Camp](#).

**YOGA:** Evening Yoga.

**Day 5 (Aug 8):** Stretching from northern Tanzania to southwestern Kenya are the plains of the legendary Serengeti. In the native Maasai language, Serengeti aptly means "Endless Plains." As host to the largest mammal migration in the world, the Serengeti's diverse ecosystems are home to more than just great herds of wildebeest. Today we have another day in the northern Serengeti, experiencing the huge herds of wildebeest crossing the River Mara as they dodge lurking predators. If we haven't already spotted Africa's Big Five - Elephant, African buffalo, Leopard, Lion, and Rhinoceros - the northern Serengeti is a great place to check this off our list. Lodging in the Mara region will be at [Intimate Places Tented Camp](#).

**YOGA:** Daily Yoga & Game Drive Mindfulness.

**Departure (Aug 9):** This marks the end of our time in Tanzania, but we are off to our next location to experience the mountain gorillas of Rwanda. Today's journey will be exciting as we transfer to the Arusha region by plane, crossing over the Serengeti plains, the Ngorongoro highlands, and finally the Great Rift Valley. We will land at Kilimanjaro International Airport with hopes of seeing the peaks of Mount Meru (14,980') and Mount Kilimanjaro (19,431') in time for our early evening flight to Kigali, Rwanda.





# Welcome to Rwanda

## Arrival Day - Kigali International Airport and Kigali

**Arrival (Aug 8):** Upon arrival at the airport you will be driven to the hotel to rest as you wait for the fascinating adventures of the epic and beautiful country of Rwanda - nicknamed as the land of a thousand hills. We will overnight at the [Serena Kigali](#), an elegant sanctuary in Kigali City.

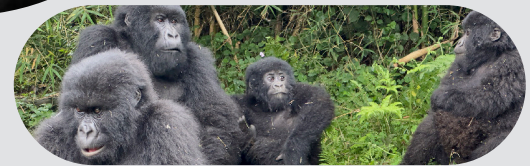
## 4-Day Rwanda Experience

*About the trip: This trip will focus on the primates of Northern Rwanda, with two mountain gorilla trekking excursions, a day with the golden monkeys that are unique to this region, and cultural immersion.*

**Day 1 (Aug 9):** After a leisurely breakfast, we will tour Kigali City and visit the Genocide Memorial that details the genocide that occurred in Rwanda three decades ago. This will be a profoundly moving and somber experience. The memorial provides a powerful insight into the events leading up to the genocide, its devastating consequences, and the process of healing and reconciliation that has followed. This time in Kigali will leave a lasting impression, and while it can be heartbreaking, it is also enlightening to how far the country has come, which you will be constantly reminded of as you experience the wonderful people of Rwanda. After the memorial, you will be treated to an amazing drive through the countryside as we transfer to Volcanoes National Park and check in at the [Five Volcanoes Boutique Luxury Lodge](#).

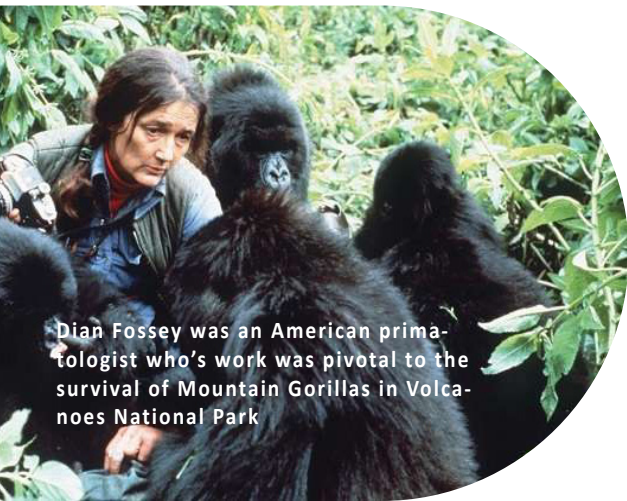
**Day 2 (Aug 10):** Today we will focus on trekking in Volcanoes National Park and experiencing one of 12 habituated Mountain Gorilla groups in the region. The day will start with a briefing with the local rangers where we will be placed in groups of 8 for trekking. On the trek you will learn about the people of this region, how they live, and of course plenty of information about Mountain Gorilla. Once we catchup to the trackers who are responsible for finding the gorilla groups, we are permitted one hour as we watch them play, stand guard, and forage. After trekking we will have lunch and will explore the region.

**Days 3-4 (Aug 11-12):** We are back in Volcanoes National Park, this time in search of the Golden Monkeys, which are only found in the highland forests of Rwanda, Uganda and the Democratic Republic of the Congo. Groups sizes vary, but can be as large as 100 individuals and are typically found at the base of the various volcanoes in the region. After lunch we are off to Kigali for one last overnight in Rwanda. On the last day in Kigali, we will have more time to explore the city as we prepare for our flights home, ending a trip of a lifetime.



## Additional Information

- » Dress in layers due to the high elevations (5,000 - 9,500 ft).
- » Laundry services are available.
- » Rain Gear
- » Light weight water resistant hiking boots, full calf wool socks, and gaiters (available for rent)
- » Trekking poles (recommend renting from locals)
- » Face masks will be required in close proximity of gorillas (provided).
- » Group will be separated into smaller groups of 8 during the gorilla trek. Full group will be together on the Golden Monkey trek.
- » Three trekking options: Mild, Moderate, & Strenuous.



Dian Fossey was an American primatologist who's work was pivotal to the survival of Mountain Gorillas in Volcanoes National Park



# TANZANIA LODGING

## Ngorongoro Farm House

Ngorongoro Farm House is an exclusive lodge situated on a 500-acre coffee plantation near Karatu, Tanzania, approximately 4 kilometers from the entrance gate to the Ngorongoro Conservation Area. Designed to evoke the ambiance of a colonial-era farm, the lodge offers guests a tranquil retreat with panoramic views of the coffee plantation and vegetable garden.



**Accommodations:** The lodge features 52 chalet-style rooms, each being spacious and tastefully decorated with local materials, providing a private terrace or balcony that overlooks the lush surroundings. Amenities include mosquito nets, tea and coffee-making facilities, and en-suite bathrooms.

**Facilities & Activities:**

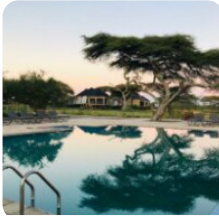
- Dining: The main building houses a restaurant and lounge with a large terrace. Meals are prepared using fresh produce from the farm's gardens, ensuring a farm-to-table dining experience.
- Swimming Pool: Relax by the outdoor swimming pool set amidst beautiful gardens.
- Massage Services: Offers various treatments to rejuvenate after a day of exploration.
- Farm and Coffee Plantation Tours: Guided walks around the farm and coffee plantation offer insights into organic farming practices and coffee production.
- Guided Walks: Explore the coffee plantation and gardens on foot.
- Sundowners: Enjoy cocktails and appetizers in a picturesque landscape.



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## Masek Tented Lodge

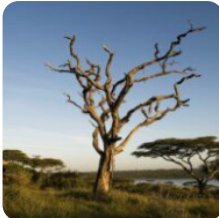
Lake Masek Tented Lodge is a luxury safari camp situated in the Ngorongoro Conservation Area of northern Tanzania, overlooking the serene Lake Masek. This prime location offers guests an immersive wildlife experience. Committed to sustainability, Lake Masek Tented Lodge operates on solar power and collects rainwater during the wet season. All products used are biodegradable, ensuring minimal environmental impact.



**Accommodations:** The lodge features 30 spacious tents, each elevated on wooden platforms to provide panoramic views of the lake and surrounding landscape. Designed with comfort in mind, these tents are equipped with en-suite bathrooms that include both indoor bathtubs and outdoor showers, allowing guests to enjoy a refreshing shower under the stars.

**Facilities & Activities:**

- Dining: The main building houses a restaurant and lounge area with a large terrace overlooking Lake Masek. Meals are prepared using fresh, locally sourced ingredients, and guests can choose to dine indoors or al fresco on the terrace.
- Swimming Pool: An outdoor swimming pool provides a refreshing retreat after a day of safari adventures.
- Walking Safaris: Guided walks with Maasai guides provide an intimate experience of the flora and fauna, and insights into local culture.
- Cultural Visits: Engage with local communities to learn about Maasai traditions and lifestyles.



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## Intimate Places - Zebra Camp

Intimate Places Zebra Camp is a mobile safari camp located in the Mara Region of northern Tanzania, close to the Serengeti National Park. It is designed to provide guests with an intimate and luxurious experience while following the Great Migration, offering a unique opportunity to witness one of the world's most spectacular wildlife events. The camp is strategically set up to move with the migration, ensuring guests are always close to the action.



**Accommodations:** Spacious and comfortable tented suites, each elevated for optimal views and features en-suite bathrooms with flush toilets and hot showers. Enjoy private verandas with outdoor sitting areas where guests can relax and observe the surrounding wilderness. Options are available for families or small groups, offering interconnected tents with shared living spaces.

**Facilities & Activities:**

- Dining Tent: Meals are served in a communal dining tent, with menus featuring fresh, locally sourced ingredients. Guests can enjoy indoor or al fresco dining experiences.
- Campfire Evenings: Each evening, guests gather around the campfire to share stories and enjoy the sounds of the African night.
- The camp operates with eco-friendly practices, utilizing solar energy for lighting and minimizing its environmental footprint.



Intimate Places Zebra Camp is ideal for travelers seeking an immersive and luxurious safari experience in the heart of the Mara Region, close to the Great Migration's most thrilling moments.



## Rwanda LODGING

### Serena Kigali

Kigali Serena Hotel is a distinguished 5-star establishment located in the heart of Kigali, Rwanda, just a five-minute walk from the central business district. The hotel seamlessly blends Rwandan heritage, art, and culture with contemporary luxury, offering a serene retreat for both business and leisure travelers. Situated on an enchanting boulevard in Kigali, the hotel provides easy access to the city's attractions and is approximately 10 kilometers from Kigali International Airport, ensuring convenience for international travelers.



**Accommodations:** The lodge features 52 chalet-style rooms, each being spacious and tastefully decorated with local materials, providing a private terrace or balcony that overlooks the lush surroundings. Amenities include mosquito nets, tea and coffee-making facilities, and en-suite bathrooms.

**Dining Options:**

- *Milima Restaurant:* Offers a diverse menu featuring both local Rwandese delicacies and international cuisine, catering to a variety of palates.
- *Sokoni Restaurant:* A relaxed and stylish venue surrounded by tropical gardens, renowned for its colorful cocktails, global dishes, and vibrant live music.

**Amenities and Services:**

- *Maisha Mind Body & Spirit Spa:* Provides a range of treatments, including Mayan-inspired hot stone massages and nature-based body wraps, promoting relaxation and well-being.
- *Swimming Pool:* A tropically landscaped pool area offers a tranquil setting for leisure and relaxation.

Kigali Serena Hotel is celebrated for its exceptional service, luxurious accommodations, and commitment to showcasing Rwandan culture, making it a premier choice for visitors seeking an unparalleled experience in Rwanda's capital city.

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### Five Volcanoes Boutique Hotel

Five Volcanoes Boutique Hotel is a luxury lodge located in Musanze (Ruhengeri), Rwanda, along the road to Kinigi. Its proximity to the Volcanoes National Park headquarters makes it an ideal base for exploring the park's attractions, including gorilla trekking and golden monkey tracking. Five Volcanoes Boutique Hotel combines luxury accommodations with exceptional service, making it a preferred choice for travelers seeking to explore the natural beauty and wildlife of Rwanda's Volcanoes National Park.



**Accommodations:** The hotel offers a variety of accommodations to suit different preferences:

- *Deluxe Rooms:* Nine rooms available in double, twin, or triple configurations, each featuring a king-size bed or two separate beds, a bathroom with a rainfall shower and bathtub, and a changing room.
- *Family Suite:* Comprising two spacious bedrooms, each with a private bathroom, and a shared sitting room, ideal for families or groups.
- *Honeymoon Cottage:* Designed for couples seeking privacy and comfort.
- *Volcano Manor:* A luxurious option accommodating up to six guests, offering exclusive amenities and services.

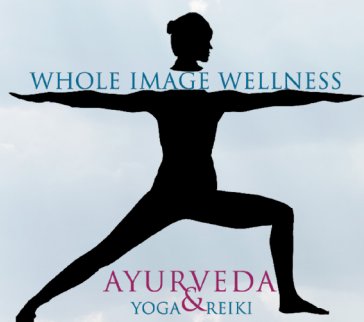
**Amenities:**

- *Dining:* An on-site restaurant serves a variety of dishes, including local Rwandan cuisine, prepared by skilled chefs.
- *Swimming Pool:* An outdoor pool set amidst beautifully landscaped gardens provides a refreshing retreat.
- *Spa Services:* A massage hut, sauna, and steam room are available for guests seeking relaxation after a day of exploration.
- *Laundry Services:* Available upon request to ensure guests' comfort during their stay.
- *Complimentary Shoe Cleaning:* After activities like gorilla trekking, the hotel offers complimentary cleaning of dirty shoes, allowing guests to relax and enjoy other amenities.

**Activities:**

- *Gorilla Trekking:* Experience an unforgettable hour with mountain gorillas in their natural habitat.
- *Golden Monkey Tracking:* Explore the bamboo forests to observe these unique primates.
- *Volcano Hiking:* Embark on guided hikes to the peaks of the Virunga Mountains.
- *Cultural Visits:* Engage with local communities to learn about Rwandan culture and traditions.





## Trip Summary

### Selected Accommodations

#### Tanzania

- [Ngorongoro Farmhouse](#)
- [Intimate Places - Zebra Camp](#)
- [Lake Masek Tented Lodge](#)

#### Rwanda

- [Serena Kigali](#)
- [Five Volcanoes](#)

### Pricing

- BASE COST: \$13,420 (sharing room), single supplements available, but limited.
- Deposit: \$500
- \$1,000 discount if booked prior to 4/30/2025
- Inquire for individual location pricing

### WHAT'S INCLUDED?

- National Park Fees
- Accommodations (double occupancy and 3 meals/day with the exception of Serena Kigali)
- Beverages (water ). House beer and wine at some lodges (Safari only).
- All in country travel

### WHAT'S NOT INCLUDED?

- International airfare
- Passports and visas
- Extra meals/drinks
- Personal items and other services (e.g., laundry)
- Extra Tips: Guides, lodges, extra activities
- Extra baggage fees

### USEFUL ONLINE LINKS

- [Rwanda International Travel](#)
- [Online Rwanda Tourist Visa](#)
- [Health Information for Rwanda](#)
- [Tanzania International Travel](#)
- [Online TZ Tourist Visa](#)
- [Health Information for TZ](#)

