

7 - 14 July 2024



InRetreat
TRANSFORMATIVE JOURNEYS

Great Rift Valley Retreat



A safari, culture & yoga immersion in the Great Rift Valley of Kenya



Anticipate a journey that begins with a charter safari flight into the remotest corner of Kenya, deep in the heart of the Great Rift Valley.

Our retreat location is an oasis, fed by crystal clear springs running off the Loita and Ngurumann escarpment, forming an abundant, unfenced natural corridor for the passage of more wildlife species than anywhere else in East Africa. Here, you are invited to disconnect from the pressures of the everyday and be completely immersed in a pristine ecosystem - delight in a luxurious suite with a private plunge pool and lounge, with views of mountains, savannahs, and even the UNESCO protected healing salt-water lakes of Natron and Magadi in the distance. Feel energized with daily yoga and meditation, dine on local organic food and deepen your connection to this majestic location with bespoke, meaningful cultural and nature encounters.



Your InRetreat guide



Nina Butler

Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.

She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business, and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.

Anticipate a journey...



AUTHENTIC MASAI CULTURE

Stay on land responsibly leased from the local Masai community, and be delighted by colourful cultural encounters including a 'Boma' visit to meet local elders and community members who play a pivotal role in tourism and conservation in the area. The lodge staff is 95% local Masai and so every day is an opportunity to learn and discover.

CONSERVATION IN ACTION

Lentorre lodge is on 23,000 hectares of privately owned land, known as the Olkirimatian Conservancy. The bordering ranch, Shompole Conservancy, comprises 60,000 hectares. We will have access to both properties for safaris with the freedom to roam and no other vehicles or lodges nearby. A huge portion of the costs for staying here go directly to the preservation of these pristine wilderness areas.



NEXT LEVEL LUXURY

The lodge has only 6 villas, two of which have double bedrooms. Each villa is slightly unique, but all have a private plunge pool and terrace, with enormous, airy open plan living areas and bathrooms. There are different views from each villa, some of mountain ranges, some overlooking a watering hole and photography hide. The lodge also has a main pool, a gym and many open air dining areas.





EPIC ADVENTURES

Aside from daily guided safari drives, we have many epic excursions planned. Anticipate tubing down a river (crocodile free!); two hikes with a Masai guide and views of the Rift Valley, Nguruman escarpment and the Loita hills; half-day tours to Lake Natron and Lake Magadi, two UNESCO protected lakes with healing properties and from hot water springs fed from a volcano.

EXPERT PLANNING

Every aspect of this 8 day wilderness experience has been expertly planned and accounted for. We believe that in order to receive the magic of travel and nature we have to be in the right mindset. We invite you to let your mind rest and your body feel energised - access the present moment and drink in the magnificent views knowing that every minor and major detail is taken care of.



WELLBEING & RELAXATION

Thrive on daily yoga and meditation in inspiring settings with Nina. Let the rhythm of your breath and body in mindful movement soothe you and open your heart to the unique magic of the ancient Great Rift Valley. This retreat experience is going to be totally immersive - an invitation to you to disconnect from the pressures of everyday life, and reconnect with your wild-ness.



Retreat location

Great Rift Valley

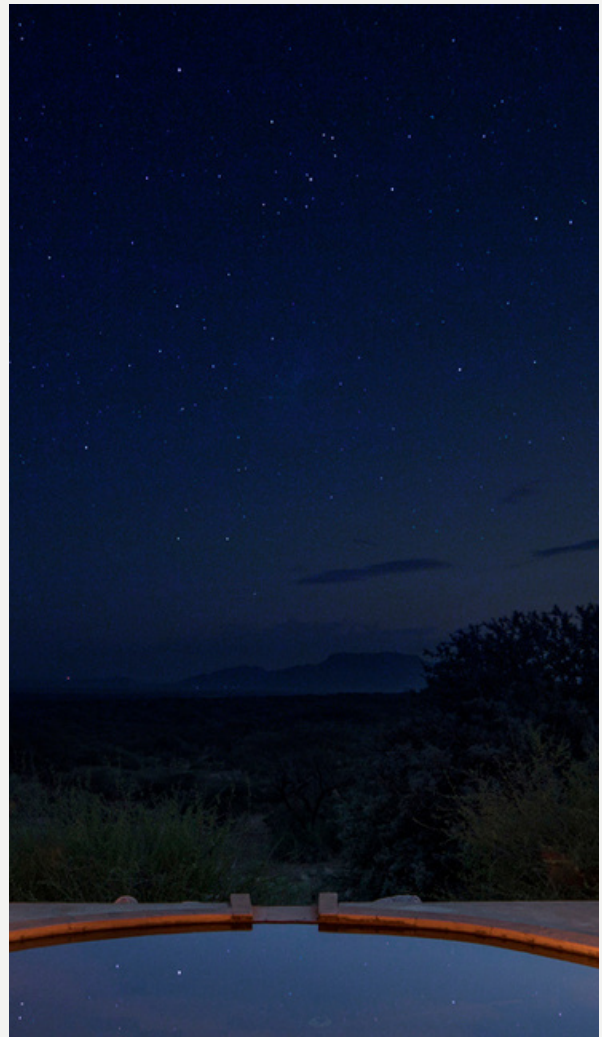
Our retreat location is deep in the heart of the Great Rift Valley, beyond the volcanic lunar landscape surrounding the soda lakes of Magadi and Natron on the southern border between Kenya and Tanzania. This area is home to some of the most incredible scenery and biodiversity you could ever wish for - salt lakes to fresh water rivers and springs, salt pans to savannah, mountains and rocky escarpment to dense forest. It is a corridor for the natural migratory patterns of more species than anywhere in the whole of East Africa, and has the second highest density of lions in Kenya. It is also the ancestral home of the Masai community, who continue to live here with their traditional lifestyle and heritage intact thanks to the responsible tourism and sustainable conservation of the area. The Rift valley is high altitude and remains temperate year round. Expect average temperatures in June: maximum 25°C / 77°F - minimum 10°C / 50°F



Your retreat accommodation

Lentorre

Lentorre is a family owned and operated lodge situated in a 35,000 hectare private conservancy that overlooks the Great Rift Valley, Nguruman escarpment and the Loita hills. The land is responsibly leased from the local Masai community, and 95% of the staff on site are Masai. The lodge consists of just six large suites, two of which have double bedrooms. Each suite has its own plunge pool, private deck, lounging area, enormous open-plan bathroom and bedroom with king-sized poster beds. Each suite has a unique view towards mountains, savannahs and lakes. Lentorre is renowned for its professional photography hide and game viewing opportunities. The magic of this place is its remoteness - a totally immersive and exclusive wilderness retreat.





All the retreat details

Getting there



ARRIVAL

For your international flights to Kenya, fly into JKIA Nairobi International Airport (NBO). We have arranged VIP meet and greet service for you upon arrival at the airport to speed you through customs and baggage and to take you directly to your taxi.

Our adventure begins on 7 July at 09:00. We will meet at Wilson Airport Nairobi (WIL) at 09:00 for a charter safari flight to Lentore. We can assist in arranging transfers from your hotel to Wilson Airport on 7 July.

We advise everyone to arrive in Nairobi the night before. We advise you to stay at Four Points Sheraton Nairobi Airport Hotel, or a luxury option of Hemingways Nairobi in Karen.

DEPARTURE

We bid farewell to Lentore after yoga and breakfast on 14 July. We will board our private charter flight back to Nairobi Wilson Airport.

Relax and enjoy your retreat, knowing all details are taken care of. Please let us know if you need assistance in planning further travel in Africa; let us help you plan an incredible journey!

Retreat package

WHAT'S INCLUDED

- 7 nights luxury accommodation in exclusive lodge
- All meals, snacks and all beverages; alcohol included
- A return private charter flight Nairobi - Rift Valley
- Daily Yoga and meditation sessions with Nina Butler
- Daily guided private safari drives
- Unique cultural encounter with the Masai community
- River tubing adventure
- 2x hikes with a Masai guide
- Guided tour of Lake Natron
- Guided tour of Lake Magadi
- All tourist taxes and conservation fees
- Ground transfers
- VIP meet and greet service at NBO upon arrival
- Gift bag

NOT INCLUDED

- Flights to/from Nairobi and overnight accommodation in Nairobi
- Visas
- Tips and Gratuities
- Spa treatments

TERMS

- A non-refundable 30% deposit is required to secure your spot.
- The balance payment is due by 7 May 2024.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.



This retreat in review

“Nina’s trip to Kenya highlighted both the safari and the beach, both hosted by the most humble and genuine human beings I have ever met! The group was so amazingly matched and just gelled! The adventures were both challenging and fun and a great time was had by all. And of course, the yoga was inspirational and enlightening as Nina has a way of making each one think she is speaking to them every time! I cannot wait until the next adventure.”

~ Kelly, USA 2023

“This has to be the best organized tour I have ever been on. The blend of Yoga, healthful eating, and amazing excursions are nothing short of extraordinary. The accommodations and activities left me with one of a kind experience that I shall cherish forever.”

~ Vasu, USA 2022

“An experience of a lifetime!”

~ Martin, Denmark 2023



*Discover the wonders of a wild
landscape, deep in the heart of
Africa.*





CONTACT US

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