

Last updated: 09:57 AM ET, Sat September 19 2015

# Extraordinary Journeys Takes Yoga to the Africa Bush

TOUR OPERATOR | DAVID COGSWELL | SEPTEMBER 18, 2015



PHOTO: A lion in Kenya. (photo by David Cogswell)

Pretty much everyone who goes on safari in Africa goes on two game drives every day, one as the sun rises, and the other in late afternoon, concluding with a "sundowner" drink in the bush as the sun sets. In the evening there is a festive meal, usually followed by socializing and entertainment in the form of singing, dancing or storytelling, and then an early night to prepare for that pre-dawn awakening for the next morning's game drive.

And then there are the free hours between two game drives when the

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sun beats down and heats up the plain like a huge frying pan, the predators disappear to sleep, and the safari travelers can do whatever they want, sleep, read, eat, drink, swim, lounge in their cottages, or, if you are traveling with Extraordinary Journeys, do some yoga in the grand setting of the African Bush.





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Extraordinary Journeys is offering a safari especially fashioned for yoga lovers. The program will cover the essentials for a first-time safari, but will also include opportunities to include yoga experiences along the way. It will provide a yoga instructor and opportunities to practice and learn yoga and meditation in the spectacular, breathtaking landscape of East Africa.


The safari takes place in Kenya, with stays in game lodges in the Masai Mara National Reserve and Samburu National Park. The program also includes time in the capital city of Nairobi, where the guests are headquartered at the home and coffee farm of Karen Blixen, the author of the book and the model for the character in the movie "Out of Africa." The Nairobi part of the trip also includes a yoga session at the Africa Yoga Project's Shine Center.

The price of the trip starts around \$6,000, not including transatlantic air.

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