

NARALI RETREATS

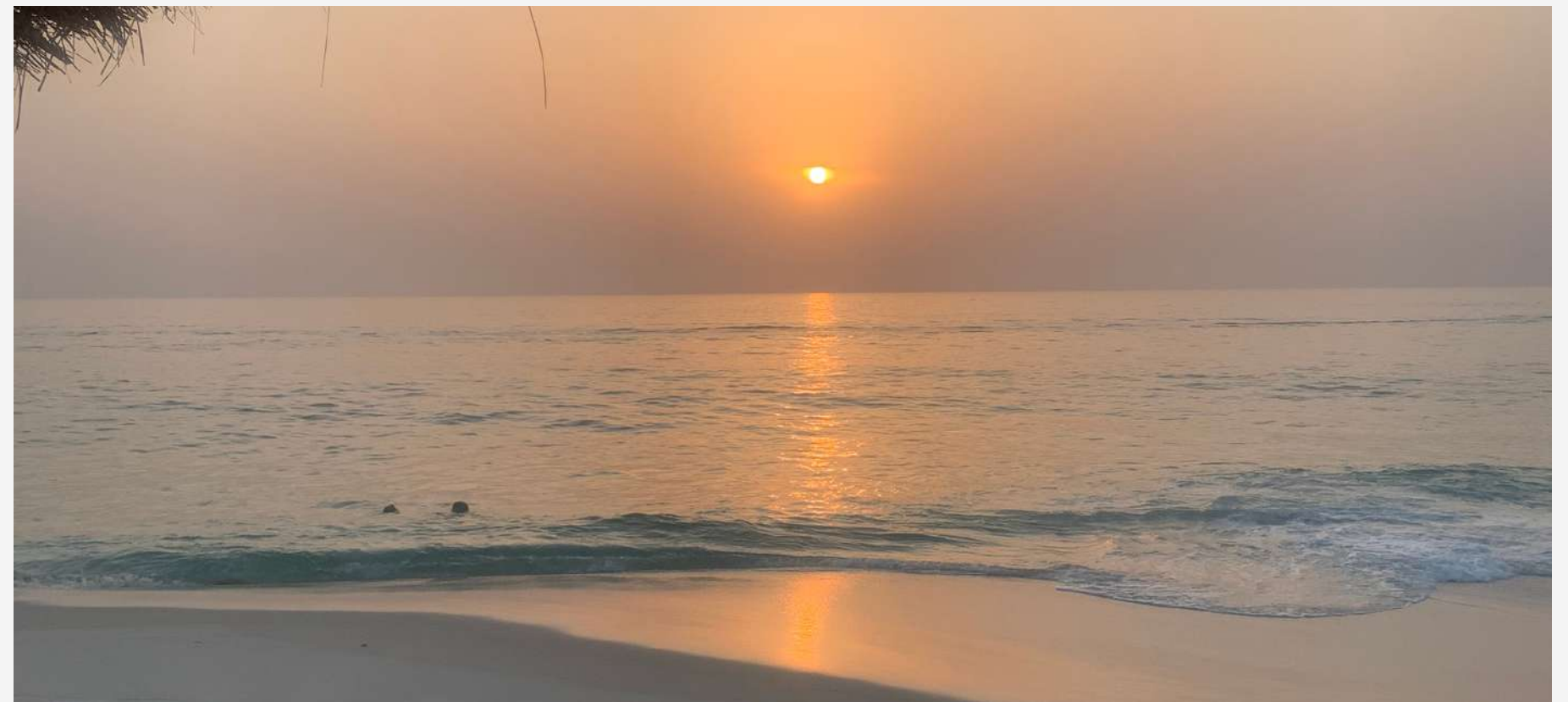
Sierra Leone

Because everything starts at home

22nd March - 1st April 2022

Take time to slow down

22nd March - 1st April 2022



Join Narali Retreats for 10 days of total tranquility in West Africa's secret beach destination.

Immerse yourself in your yoga practice, indulge in the space for your meditation. Slow down, unwind and take all the time you need to find your way back to yourself.

This retreat truly is a homecoming of mind, body and spirit.



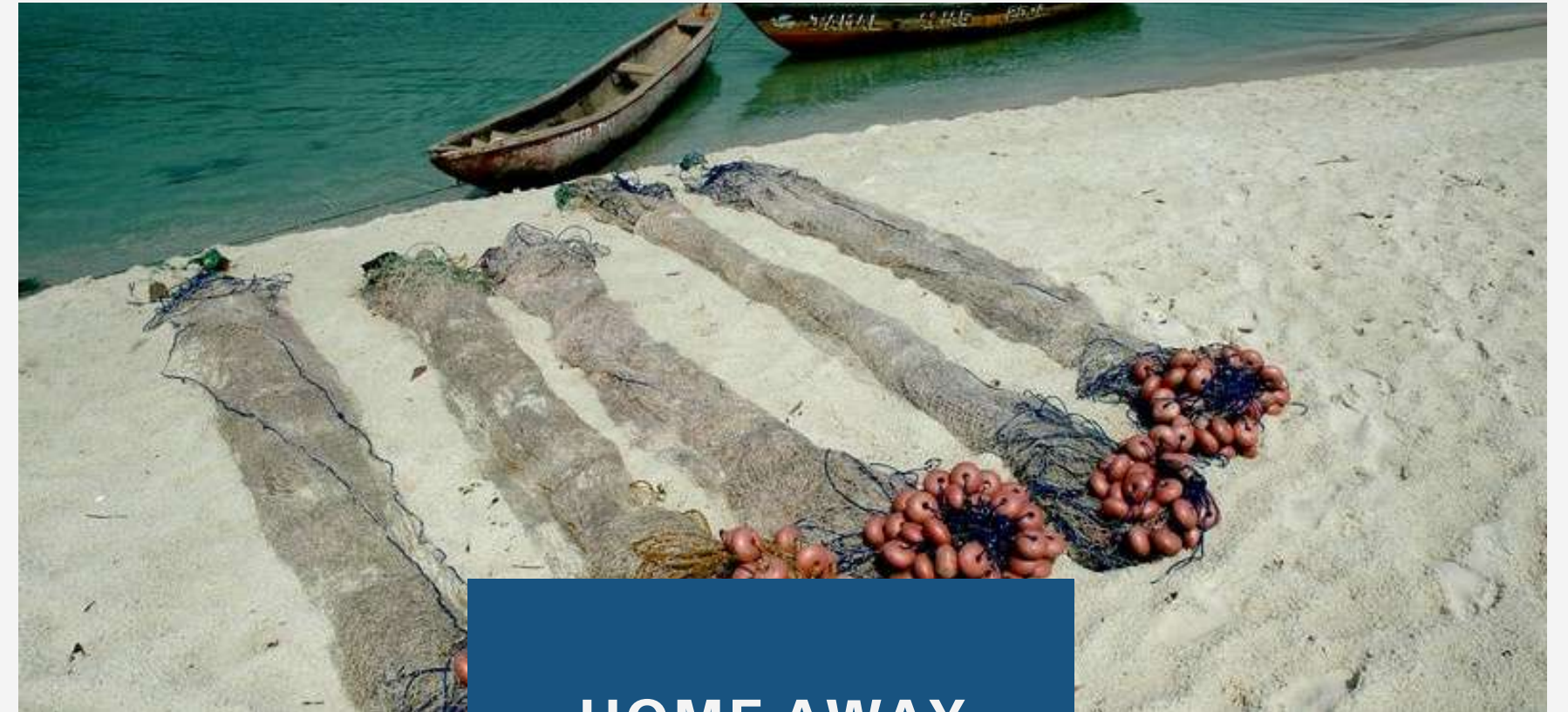
Welcome to Tokeh Beach

Sugar white sands rise from the soft waters of the Atlantic, with the backdrop dressed in sun-stained hues & rainforest green.

This is Africa like you've never known. Come and indulge in the warm hospitality offered by Rania's family on the shoreline of Tokeh Beach nestled on the edge of Western Area National Park.

What To Expect:

- ❁ Morning guided meditation
- ❁ Up to 6 hours of yoga, daily
- ❁ Complete freedom to choose how much or how little practice you join
- ❁ 1 complementary massage
- ❁ Nourishing, organic and freshly prepared meals three times a day
- ❁ Complementary drinking water
- ❁ Optional excursions
- ❁ Closing beach BBQ & fire ceremony



**HOME AWAY
FROM HOME**



The Yoga



**DAILY YOGA & MEDITATION
LED BY RANIA & JOHN**

Hatha - Vinyasa - Power & Yin

**INDIVIDUAL & GROUP
PRANAYAMA & KRYIA**

Breathe - Cleanse - Control

**DEDICATED ASANA
WORKSHOPS**

Strengthen - Balance - Bind







BREAKFAST

Wake up to hand-picked fruit, a continental style array of accompaniments with a selection of freshly squeezed juices, herbal teas & coffee, served either on your balcony or at the communal table



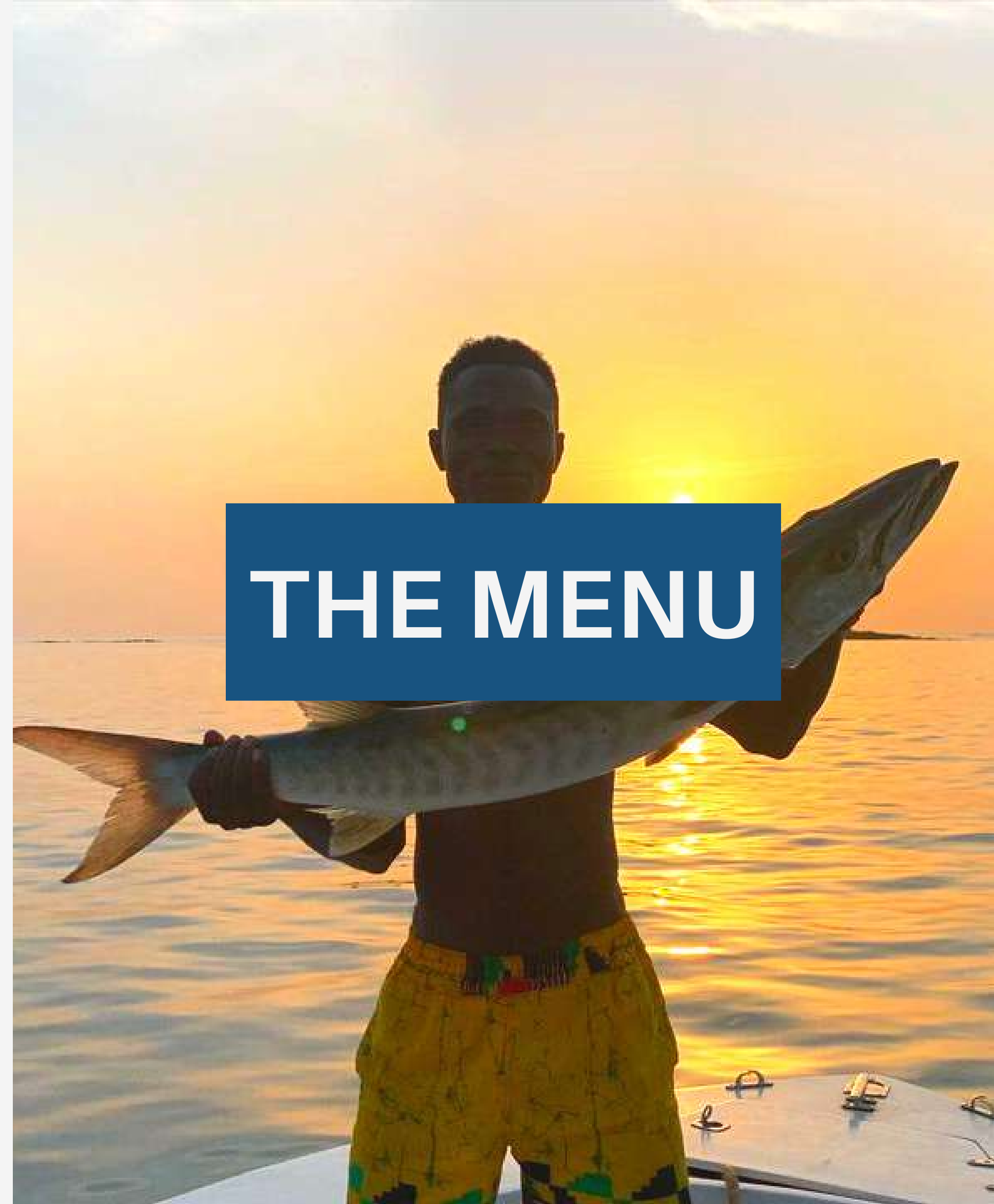
LUNCH

Enjoy an array of local salads, grills and snacks all served at a communal table.



DINNER

Our evening menu will change daily depending on the catch of the day & seasonal delicacies available from the local market.



THE MENU



Accommodation & Logistics

Single or Shared Occupancy Room Choice

Budget-Conscious Room Options

Fully Managed Flights & Visa Service*

Inclusive of Transfers

(transfer to villas is approx 1hr 30 minutes via boat
and then private taxi - refreshments will be
provided)

Full concierge service for optional excursions



Villa Prices & Room Sizes





THERE ARE 7 VILLAS AVAILABLE WITH THE FOLLOWING ROOM CHOICES:

Beachside Penthouse Suite (2 Rooms available)

1 x Superking size bed, private lounge & balcony right on the beach.

Single Occupancy £2350pp

Couple/ Shared Occupancy £2000pp

Beachside Suite, Shared Room (2 Rooms Available)

1 x King Size Bed, private lounge & balcony on the beach

£1900 pp

1x Queen Size Bed, private lounge & balcony on the beach

£1700pp

Beach View Suite (3 Rooms Available)

1 x Upstairs King suite; King size bed, private lounge & balcony with sea view

Single Occupancy - £2250 pp

Couple/ Shared Occupancy - £1900pp

Beach View Suite, Shared Room (3 Rooms Available)

1 x Downstairs double bed, private lounge & balcony with sea view

Single Occupancy - £1700 pp

1x Queen Size Bed, private lounge & balcony with sea view

£1500pp

THERE ARE 7 VILLAS AVAILABLE WITH THE FOLLOWING ROOM CHOICES:

Pool View King Suite (2 Rooms Available)

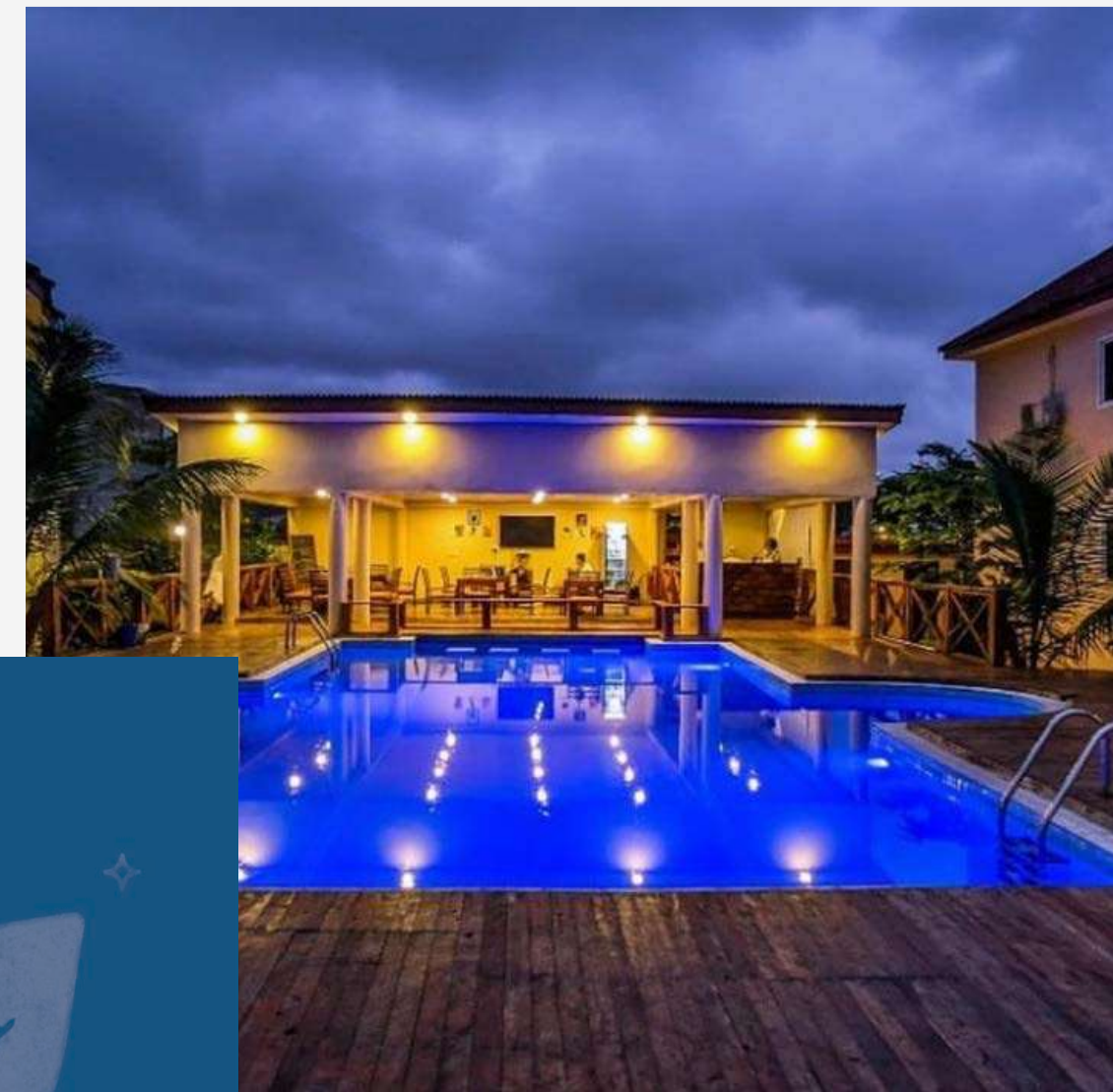
1 x King size bed, private lounge & balcony overlooking the pool
Single Occupancy £2100pp
Couple/ Shared Occupancy £1700pp

Pool View Villa, Shared Room (2 Rooms Available)

1 x Double Bed, private lounge & balcony with pool view
£1500 pp
1x Queen Size Bed, private lounge & balcony with pool view
£1400pp

All room rates are inclusive of:


- *The room for the duration of the retreat
- *Daily cleaning, linen & towel change
- *3 Meals daily, drinking water, soft drinks in the afternoon & light snacks
- *Transfers to and from the airport
- *All yoga, workshops & guided meditation during the retreat





EXCURSIONS & EXTRAS


You can customise your retreat with optional daily excursions. All excursions are individually priced and will be organised by the concierge team at Two Seasons. You can choose to venture out daily or stay at the villas and enjoy relaxing in your own haven of tranquility. You are also free to purchase additional food and beverages to your villa which can be paid for on departure.


EXCURSION OPTIONS


 **Banana Islands'** Take a day trip out exploring the three islands, snorkel the reef at Mes-Meheux or hammock hop down these pristine white beaches.


 **Overnight wild camping & snorkelling experience to Turtle Islands.** This is a completely off the grid experience to uninhabited islands. You will take all your supplies with you as there is no mains water or electricity available. Camping will be under simple canvas on the beach, cooking over an open fire and a completely unique opportunity to switch off from the world.

 **Spear Fishing with local guides** Take to the teeming waters of the Atlantic to try your hand at spear fishing.

 **Day trip into Freetown** Visit the Big Market, The Cotton Tree (one of Sierra Leone's most famous landmarks), St Georges Cathedral, The National Museum & finish the day people watching on Lumley Beach.

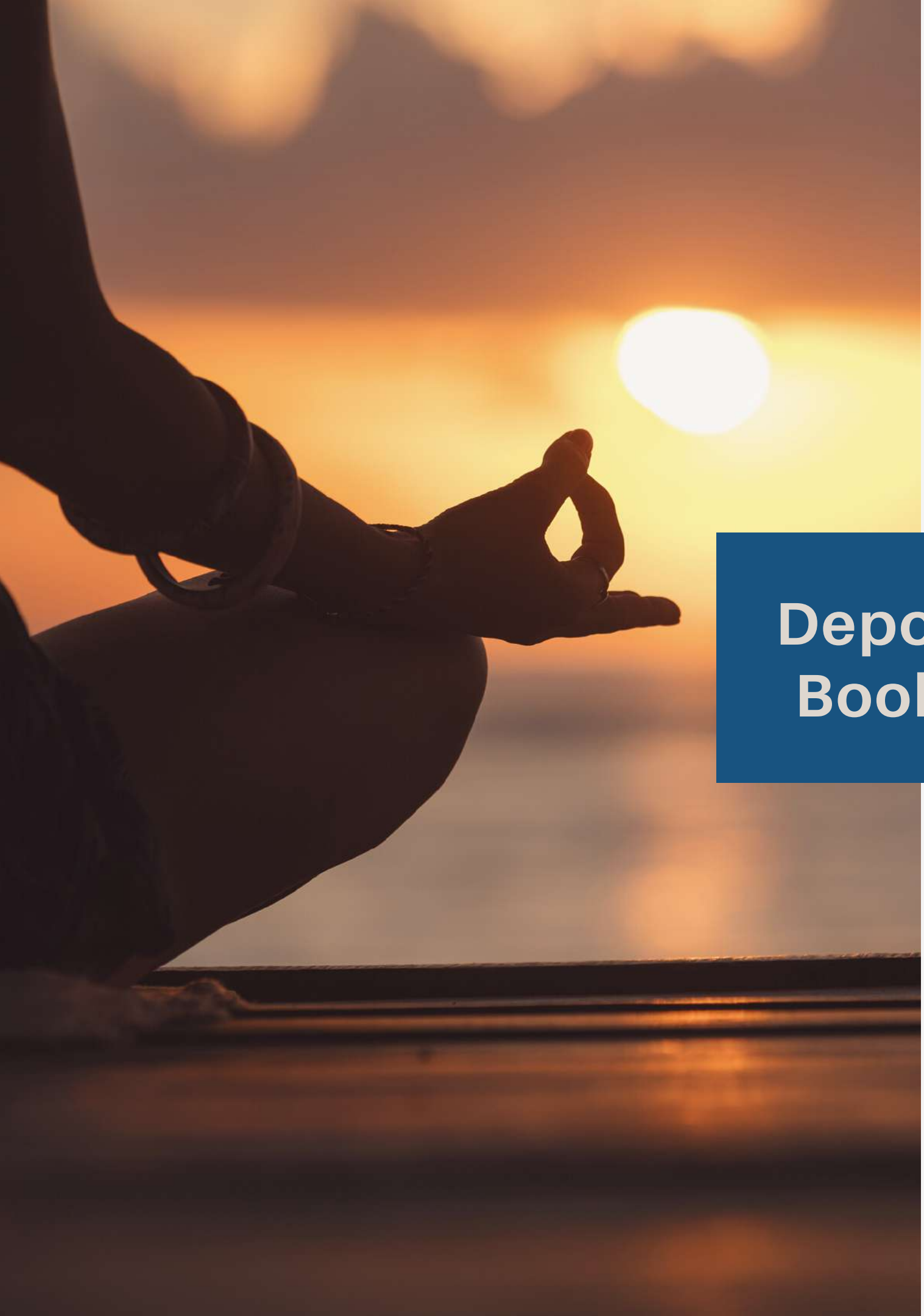
 **Bunce Island** Steep yourself in history at the site where more than 50,000 people were shipped to the Americas as slaves.

 **Tacugama Chimpanzee Sanctuary** The sanctuary cares for around 100 chimps and began as a project to help enforce wildlife laws and rehabilitate chimpanzees that had been orphaned.

 **Outamba-Kilimi National Park** If you want your safari fix, here you can see animals such as colobus monkeys, chimpanzees, hippos, elephants and birds.

Other activities can be arranged on request (Game Fishing, Scuba Diving, Sea Kayak, Paddle Boarding & Surfing)





Deposit & Booking

£250 Security Deposit

All deposits are to be paid by bank transfer to the following account:

Account Number: 12836045

Sort Code: 04-00-04

This deposit is non-refundable unless the entire retreat is cancelled

Reserve your space at no charge through the Narali Yoga App or online at:

www.naraliyoga.co.uk/retreats/sierra-leone-yoga-retreat/

To be taken straight to the reservation page; hover your camera over the QR code:



Payment in 3 installments via bank transfer

All payments complete 30 days before travel (22/02/22)

If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid

Optional extras paid for directly to the venue at the end of your stay



**"All good things are
wild & free"**
-Henry David Thoreau



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