

21ST - 31ST MARCH 2023

Sierra Leone 2023

21st - 31st March





Take Time To Slow Down

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

Immerse yourself in your yoga practice, and 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.



Home away from Home

“

Think about it

**THANK YOU FOR CREATING
SUCH AN INCREDIBLE
EXPERIENCE FOR US ALL. I HAD
THE MOST AMAZING TIME AND
HAVE MEMORIES THAT I SHALL
TREASURE FOREVER.**

J. STOTT



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 complimentary massage
- 🌸 Nourishing, organic and freshly prepared meals three times a day
- 🌸 Complimentary drinking water
- 🌸 Optional excursions
- 🌸 Closing beach BBQ & fire ceremony

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





The Space

Indoor & Outdoor

Space is held for sessions in our fully air-conditioned suite, as well as pool and beachside.

The Menu



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.

Room Choices

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



ROOMS



UPSTAIRS SEAFRONT SUITE

#AVAILABLE: 2

Single Occupancy:
£2400

Shared Occupancy:
£1750

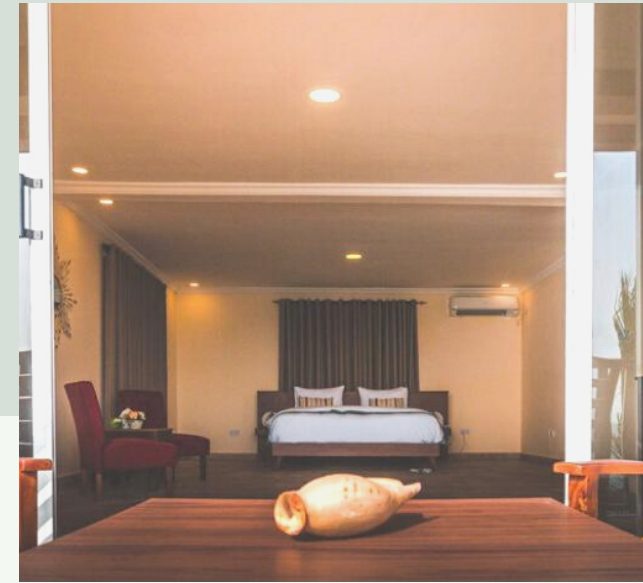


UPSTAIRS SEA VIEW SUITE

#AVAILABLE: 1

Single Occupancy:
£2300

Shared Occupancy:
£1650



UPSTAIRS SHARED VIEW SUITE

#AVAILABLE: 2

Single Occupancy:
£2150

Shared Occupancy:
£1650



UPSTAIRS GARDEN/POOL VIEW SUITE

#AVAILABLE: 2

Single Occupancy:
£2100

Shared Occupancy:
£1600

ROOMS



DOWNSTAIRS SEAFRONT SUITE

#AVAILABLE: 2

King Bed: £1750

Queen Bed: £1700



DOWNSTAIRS SEA VIEW SUITE

#AVAILABLE: 1

King Bed: £1650

Queen Bed: £1600



DOWNSTAIRS GARDEN/POOL VIEW SUITE

#AVAILABLE: 4

King Bed: £1600

Queen Bed: £1550

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 tranquillity. You are also free to purchase additional food and beverages to your villa which can be paid for on departure.

Detailed excursion details will be released in Autumn 2022



DEPOSIT

£500

Payable to:

R Ezzedine

Account Number:12836045

Sort Code: 04-00-04

PAYMENTS

**Payments in up to 6 instalments.
All payments complete 30 days
before departure**

T'S & C'S

**This deposit is non-refundable
unless the entire retreat is
cancelled. 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/ service provider
during your stay.**

Payment Details



Booking

Email: Info@naraliyoga.co.uk with your contact details & room preference & we will be in touch

Or fill out the online form here:

<https://www.naraliyoga.co.uk/retreats/sierra-leone-yoga-retreat/>

Talk to us!

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