

# Kilimanjaro Yoga Retreat



## Kilimanjaro Yoga Retreat with GMExpeditions and Julia Greiwe-Martínez

July 2-10, 2019

7-Day Kilimanjaro Climb - Rongai Route, with optional add-on safari and/or Zanzibar

For more information, please email: [elizabeth@gmexpeditions.com](mailto:elizabeth@gmexpeditions.com) or call or text: +1-603-581-6387 or check out: [www.gmexpeditions.com](http://www.gmexpeditions.com)

# Your Team



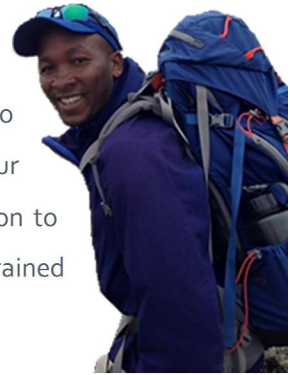
## **Julia Greiwe-Martínez:**

Inspired by her teachers from a variety of traditions, in particular Pranakriya, Julia Greiwe-Martínez, E-RYT 500, infuses her classes with a blend of challenge and playfulness to assist her students on the path of discovery and well-being. Additionally, Julia cultivates a state of mindfulness and loving-kindness through meditation, breath and body awareness which she integrates into yoga on and off the mat. As a teacher, Julia draws from her background in education and the healing arts. She has been practicing for over 20 years and teaching for 15

years. Julia is bilingual in Spanish/English.



**GMExpeditions** offers you the unique opportunity to climb Mt. Kilimanjaro and to explore Tanzania with an exceptional native team that offers top quality "large tour operator" service and safety with "local tour operator" knowledge and attention to detail. **Godlisten Moshi** and his team give you the opportunity to work directly with local guides who are trained to offer top level safety and service and provide you with an adventure of a lifetime.



## **Itinerary:**

July 2: Arrival in Tanzania, overnight at Masailand Safari Lodge

July 3: Start climb – morning yoga at the gate, as the porters prepare the gear, sunset yoga at Simba Camp\*

July 4: Morning yoga at Simba Camp, afternoon yoga/meditation at Second Cave

July 5: Morning yoga at Second Cave, afternoon/sunset yoga/meditation at Kikelewa Camp

July 6: Morning yoga at Kikelewa Camp, afternoon/sunset yoga/meditation at Mawenzi Tarn Hut

July 7: Morning yoga at Mawenzi Tarn Hut, afternoon meditation at Kibo Camp

July 8: Kibo Camp to Summit to Horombo Huts – sun salutations at the Summit of Kilimanjaro, evening meditation at Horombo

July 9: Horombo Huts to Marangu Gate and back to Arusha, overnight at Masailand Safari Lodge – morning yoga at Horombo

July 10: Optional onward journey (Zanzibar or Safari) or departure to return home

\*The yoga practice is based on Pranakriya, concentrating on breathing, poses and meditation, emphasizing a calm mind and strengthening of the spirit and the physical body both of which are essential for a successful Kilimanjaro climb. Daily practice will vary according to the environment of each camp, the weather and the skill level of the students and the energy of the group.

## **Price:**

\$2950/person

## **Included:**

12 sessions of yoga and/or meditation/mindfulness

All Park Fees, including the 18% VAT

Airport transfers, Transport to and from the hotel and the trailhead/gate

Hotel accommodation in Arusha the night before and the night after the climb

Tents on the mountain (high quality Mountain Hardwear) and other communal equipment (eg. mess tent, private chemical toilet with toilet tent, table and chairs, etc)

All meals while you are on the mountain (can accommodate vegetarian and gluten-free, please advise, as needed)

Salaries and tips for guides, cooks and porters

## **NOT Included:**

Airfare to Tanzania, visas

Sleeping bags, sleeping pads and other personal gear

Lunch or dinners at the hotel in Arusha

Laundry

Travel Insurance or Medical Insurance