

Program overview



Program

Title: Kenya: Mindful Self-Compassion (MSC)
A Center for Mindful Self-Compassion training retreat

Program Itinerary

Day	Place	Highlights	Hotels & meals
Day 1 (Sat)	Nairobi & Limuru	Personal welcome at the airport, transfer to the hotel, check-in Welcome dinner	Brackenhurst Hotel (D)
Day 2 (Sun)	Nairobi	Program briefing and general introduction to the destination Exploration of Nairobi including (among others): Visit to the Sarakasi Trust, a performing arts development organization, for an introduction, show and interaction with the youth Visit to the Giraffe Center of the African Fund for Endangered Wildlife Pre-dinner presentation about mental health in Kenya and group dinner	Brackenhurst Hotel (B/L/D)
Day 3 (Mon)	Limuru	Welcome at the Brackenhurst Conference Center and start of the training Group dinner with local program participants	Brackenhurst Hotel (B/L/D)
Day 4 (Tue)	Limuru	Second training day Remainder of the day for own exploration	Brackenhurst Hotel (B/L/D)
Day 5 (Wed)	Limuru	Third training day Remainder of the day for own exploration	Brackenhurst Hotel (B/L/D)
Day 6 (Thu)	Limuru	Final training day and certificate ceremony Remainder of the day for own exploration	Brackenhurst Hotel (B/L/D)
Day 7-8 (Fri-Sat)	Mara Naboisho Conservancy	Transfer to the Maasai Mara for a highly exclusive two-night safari in the sought-after Mara Naboisho Conservancy The Camp: Built to the highest eco-standards, traditional safari-style Encounter Mara is hidden under a magnificent canopy of acacia trees – it blends so seamlessly with the bush that there is an excellent chance you'll encounter giraffe or zebra strolling through camp. Activities: Game drives, bush walks, bush picnics, cultural visits to Maasai communities (the landowners of the Conservancy), leisure All meals and drinks are included	Encounter Mara Safari Camp (B/L/D)
Day 9 (Sun)	Nairobi	Transfer to Nairobi, optional activities depending on departure time Transfer to the airport and personal farewell	(B/L)

Optional extension:

Day 1-2 (Sun-Mon)	Mara Naboisho Conservancy	Spend two more days and nights at the exclusive Mara Naboisho Conservancy to dive deeper into the culture of the Maasai host communities and to enjoy further game drives, bush walks, bush picnics and leisure time	Encounter Mara Safari Camp (B/L/D)
Day 3 (Tue)	Nairobi	Transfer to Nairobi, optional activities depending on departure time Transfer to the airport and personal farewell	(B/L)

Program Prices and Terms & Conditions

Main program	Price per person: US\$ 2,280
	Center for Mindful Self-Compassion registration: US\$ 500
	Single occupancy supplement: US\$ 400
	Included: accommodation (shared twin rooms), meals (7 lunches and 7 dinners, all with 1 non-alcoholic drink), transport (with mineral water on the vehicle), all activities and entrance fees, training with certification, guiding, 24/7 emergency support from our local program office Excluded: international transport (flights, airport taxes etc.), visas, travel and medical insurance, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
Optional extension	Price per person: US\$ 700
	Single occupancy supplement: US\$ 200
	Included: accommodation (shared twin rooms), meals (2 lunches, 2 dinners, all with 1 non-alcoholic drink), transport (with mineral water on the vehicle), all activities and entrance fees, guiding, 24/7 emergency support from our local program office Excluded: international transport (flights, airport taxes etc.), visas, travel and medical insurance, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
Early arrival / late departure (Nairobi)	- Accommodation at Brackenhurst Hotel: US\$ 60 per room per night - Private airport transfer: US\$ 40 per person
Payment details	- US\$ 500 non-refundable deposit payment at the time of the registration - Payment of the remainder not later than 60 days before the start of the program
Refund policy	- 45 or more days prior to the start of the program: 80% of price is refundable. - 44-15 days prior to the start of the program: 50% of price is refundable. - 14 or less days prior to the start of the program: 0% of price is refundable.
Terms & conditions	GEI's general Terms & Conditions apply to this program: www.global-engagement.org/TCs