

AFRI.MARA

20 - 27 MARCH '26

MOZAMBIQUE



JOIN US FOR AN UNFORGETTABLE WEEK FOCUSED ON
NURTURING YOUR BODY, MIND, AND SOUL. AFRI.MARA
REPRESENTS PURE, AUTHENTIC EXPERIENCES IN
HARMONY WITH NATURE AND LOCAL CULTURE.

**LET'S DIVE IN
TOGETHER!**

ESCAPE TO THE BREATHTAKING COAST OF MOZAMBIQUE
AND EXPERIENCE A UNIQUE RETREAT FILLED WITH RELAXATION,
INTROSPECTION, ADVENTURE AND CONNECTION TO THE LOCAL CULTURE

WHO ARE WE?

Amandine

HI! I'M AMANDINE, A 31-YEAR-OLD FROM BELGIUM. NICE TO MEET YOU BABY BABY!

PHOTOGRAPHY HAS BECOME MY PERSONAL THERAPY—A WAY TO HEAL AND EXPRESS MY EMOTIONS. THROUGH MY LENS, I DELVE INTO THEMES LIKE BODY IMAGE, FREEDOM, AND EXISTENCE, ENCOURAGING OTHERS TO REFLECT ON THEIR OWN BODY, JOURNEYS AND STORIES.

I HARNESS THE POWER OF (NAKED) PHOTOGRAPHY TO TRANSFORM HOW WE VIEW THE BODY AND MIND. MY MISSION IS TO BREAK THE STIGMA AROUND MENTAL HEALTH AND OTHER TABOOS IN THIS SOCIETY.

CAN'T WAIT TO CLICK CLICK YOUR BEAUTY IN FRONT OF MY LENS!



A silhouette of a person in a yoga pose, specifically a standing split (Urdhva Dhanurasana), against a warm, orange-hued sunset sky. The person's arms are raised, and their legs are split wide apart. The background shows a dark horizon line and a reflection of the person in the water below.

ISABEAU

HI LOVE, I'M ISABEAU, A FREE-SPIRITED SOUL WHO FINDS MAGIC IN SIMPLICITY. WHETHER IT'S CATCHING A SUNSET, FEELING THE OCEAN BREEZE, OR HEARING BIRDS SING — THAT'S WHERE I FEEL MOST AT PEACE.

I'VE ALWAYS BEEN DRAWN TO CREATION — POTTERY, WATERCOLOR, DRAWING... ART IS HOW I EXPRESS THE UNSPOKEN AND CONNECT TO SOMETHING DEEPER. YOGA FOUND ME ALONG THE WAY, TEACHING ME TO SLOW DOWN, BREATHE, AND LISTEN TO MY BODY.

FOR ME, CREATIVITY AND MOVEMENT ARE THE GATEWAYS TO PRESENCE. THEY REMIND US THAT HEALING DOESN'T ALWAYS HAVE TO BE LOUD — SOMETIMES, IT'S IN THE SOFT BRUSHSTROKE OR A DEEP INHALE.

DURING THIS RETREAT, I CAN'T WAIT TO GUIDE YOU THROUGH BOTH — RECONNECTING WITH YOUR INNER WORLD THROUGH ART, FLOW, AND STILLNESS. TOGETHER, WE'LL REDISCOVER PEACE, PLAY, AND THE BEAUTY OF BEING FULLY HERE.

COURTNEY

ESSENTIALLY A PERFORMER IN THE GREAT ARTS OF THE DIVINE', COURTNEY IS A TALENTED ARTIST, ACTOR AND MUSICIAN. SHE IS ESPECIALLY GIFTED IN HER SPONTANEOUS ABILITY TO APPLY HER ARTISTIC GIFTS AND MUSICAL TALENTS TO A GROUP DYNAMIC IN AID OF PERSONAL TRANSFORMATION AND CREATIVITY.

SINCE 1999 COURTNEY HAS WORKED PASSIONATELY AND INTENSIVELY WITH THE RESIDENT POD OF INSHORE BOTTLE NOSE DOLPHINS OF SOUTHERN MOZAMBIQUE AS HALO GAIA'S OWNER, PONTA MALONGANE'S OCEAN SAFARI GUIDE, LEADING DOLPHIN SWIM FACILITATOR AND DATA COLLECTOR. THROUGH HER INTIMATE RELATIONS WITH THE DOLPHINS, HER LOVE OF PEOPLE, THIS LOCAL COMMUNITY AND HER LOVE OF THE OCEAN, COURTNEY OFFERS AN EXTRAORDINARY OCEAN AWARENESS PROGRAM.





AFRI.MARA WAS BORN
OUT OF A PASSION FOR
THE BEAUTY OF
AFRICA'S NATURE AND
CULTURE, COMBINED
WITH HOLISTIC AND
CREATIVE EXPERIENCES.

OUR MISSION IS TO
BRING PEOPLE CLOSER
TO THEMSELVES WHILE
SUPPORTING LOCAL
COMMUNITIES AND
TREATING THE
ENVIRONMENT WITH
RESPECT.

INCLUDED

EMBARK ON A TRANSFORMATIVE 7-NIGHT RETREAT WHERE OCEANIC ADVENTURES, SOULFUL PRACTICES, AND CREATIVE EXPRESSION COMES TOGETHER TO CREATE AN UNFORGETTABLE EXPERIENCE.

ACCOMMODATION & COMFORT

- 7 nights in a luxurious single or shared room.
- Unlimited tea and coffee to keep you refreshed throughout the day.

CULINARY DELIGHTS

- 5 home-cooked dinners lovingly prepared by a chef at home
- 7 nourishing brunches, to start your day with vibrant energy.
- 2 dinners out in the local village, at your own expenses

OCEAN & NATURE ADVENTURES

- 4 dolphin swims, immersing you in the beauty of marine life.
- Snorkeling sessions with full gear provided (except for wetsuits)
- Yoga sessions and tranquil beach walks.

CREATIVE & CULTURAL EXPLORATION

- A walk to the local village for an authentic cultural experience.
- 2 art sessions, to indulge yourself in the peacefulness that comes with it.

MIND & SOUL CONNECTION

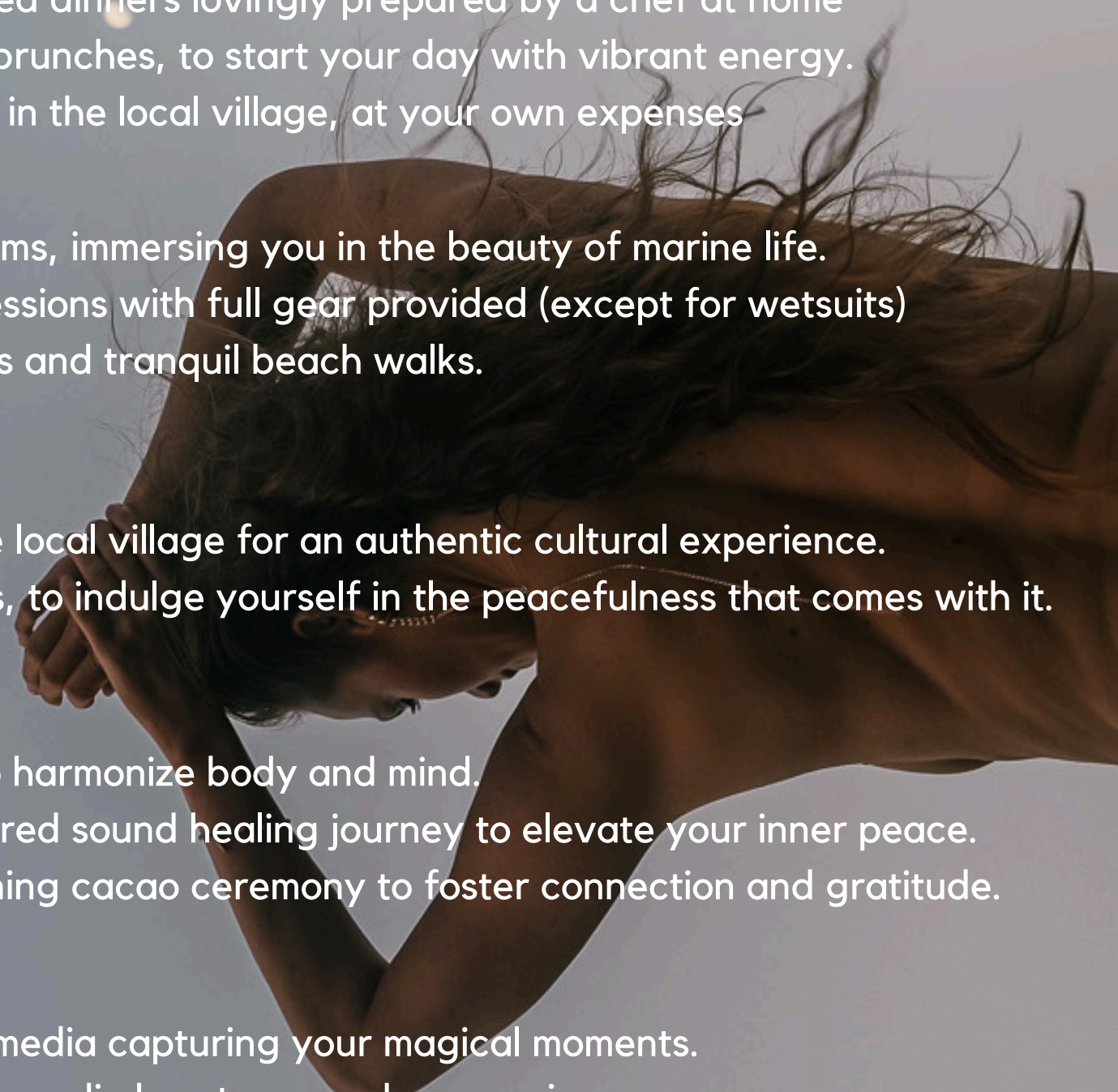
- Daily yoga to harmonize body and mind.
- A blissful sacred sound healing journey to elevate your inner peace.
- A heart-opening cacao ceremony to foster connection and gratitude.

MEMORIES & MEMENTOS

- Underwater media capturing your magical moments.
- A thoughtful goodie bag to remember your journey.
- Photos taken throughout the week to celebrate our unique moments

ADDITIONAL HIGHLIGHTS

- Reef tax included to support marine conservation.



HOW TO GET THERE

TRAVEL INFORMATION

YOUR RETREAT ADVENTURE BEGINS IN **MAPUTO**, THE VIBRANT CAPITAL OF MOZAMBIQUE.

FROM HERE, WE'LL ORGANISE A TRANSFER TO OUR SERENE RETREAT LOCATION IN THE HEART OF A LUSH GREEN NATIONAL PARK.

TRAVEL DETAILS:

- STARTING POINT: MAPUTO
- MODE OF TRANSPORT: PRIVATE CAR TRANSFER
- DURATION: APPROXIMATELY 2 HOURS
- COST: €30 PER PERSON, DEPENDING ON THE AMOUNT OF PEOPLE IN THE CAR.

WHAT TO EXPECT UPON ARRIVAL:

ONCE YOU ARRIVE, YOU'LL BE WARMLY WELCOMED WITH REFRESHMENTS AND INTRODUCED TO THE RETREAT SCHEDULE. RELAX, SETTLE IN, AND PREPARE TO DIVE INTO THIS LIFE CHANGING WEEK.



DAILY SCHEDULE OVERVIEW

HERE'S A GLIMPSE OF WHAT YOUR RETREAT DAYS COULD LOOK LIKE:

1. EARLY MORNING OCEAN SAFARI WITH WILD DOLPHINS
2. ENJOY A RICH BRUNCH AT HOME
3. HAVE A REST AND ENJOY SOME ME-TIME
4. RELAX, TAKE A WALK ON THE BEACH OR PARTICIPATE IN AN ART WORKSHOP
5. REJUVENATING YOGA SESSION
6. DINNER AT HOME OR IN A LOCAL RESTAURANT
7. SHARING CIRCLE TO CLOSE OFF THE DAY

WHAT TO BRING

TO ENSURE A COMFORTABLE AND FULFILLING
RETREAT, WE RECOMMEND BRINGING:

- A YOGA MAT, COMFORTABLE CLOTHING FOR YOGA AND ART WORKSHOPS.
- SWIMWEAR AND A LIGHT WETSUIT (OPTIONAL FOR SNORKELING).
- SUNSCREEN, HAT, AND SUNGLASSES.
- JOURNAL OR NOTEBOOK FOR REFLECTIONS.
- ANY PERSONAL ESSENTIALS (E.G., MEDICATION).



PRICE

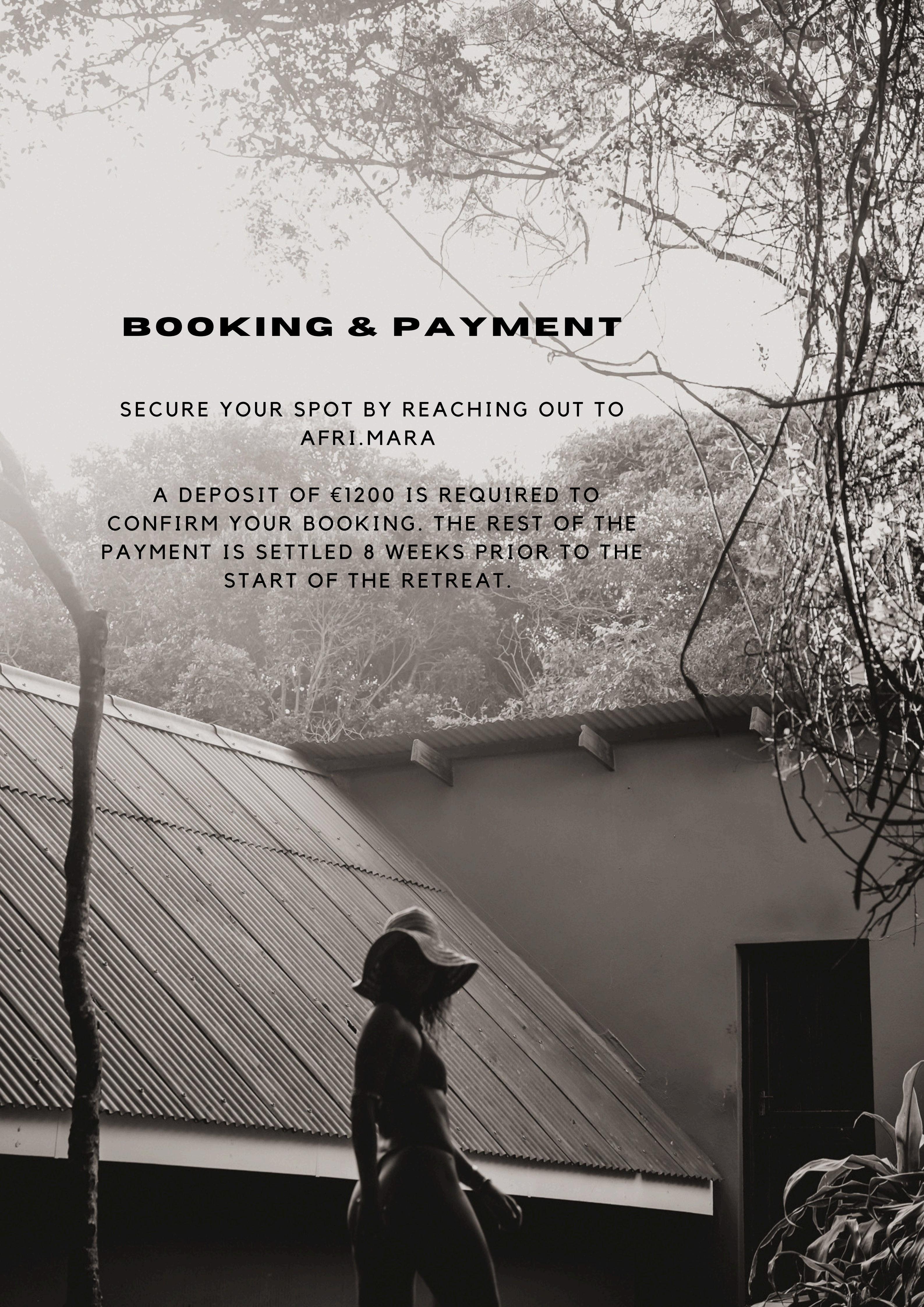
DELUXE SINGLE ROOM

€ 2799

COSY SHARED ROOM

€2649





BOOKING & PAYMENT

SECURE YOUR SPOT BY REACHING OUT TO
AFRI.MARA

A DEPOSIT OF €1200 IS REQUIRED TO
CONFIRM YOUR BOOKING. THE REST OF THE
PAYMENT IS SETTLED 8 WEEKS PRIOR TO THE
START OF THE RETREAT.

FAQ

1. DO I NEED PRIOR EXPERIENCE FOR THE ACTIVITIES?

NO PRIOR EXPERIENCE IS NEEDED FOR YOGA, SNORKELING OR ART SESSIONS. OUR TEAM WILL GUIDE YOU THROUGH EACH ACTIVITY AT A COMFORTABLE PACE.

2. WHAT ABOUT TRANSPORT TO MOZAMBIQUE?

YOU CAN FLY TO MAPUTO WITH ETHIOPIAN AIRLINES OR QATAR. ONCE YOU'VE DECIDED TO JOIN OUR RETREAT, WE CAN HELP YOU OUT WITH THE RIGHT FLIGHTS.

3. WHAT IF I HAVE DIETARY RESTRICTIONS?

OUR CHEFS ARE HAPPY TO ACCOMMODATE DIETARY PREFERENCES OR RESTRICTIONS. PLEASE LET US KNOW IN ADVANCE.

4. WHAT IS INCLUDED IN THE GOODIE BAG?

THE GOODIE BAG CONTAINS LOCALLY INSPIRED KEEPSAKES, A JOURNAL, AND SMALL WELLNESS ITEMS TO ENHANCE YOUR RETREAT EXPERIENCE.

5. IS THE RETREAT SUITABLE FOR SOLO TRAVELERS?

ABSOLUTELY! MANY OF OUR GUESTS JOIN SOLO AND FIND IT A WELCOMING AND INCLUSIVE ENVIRONMENT.

6. WHAT IS THE WEATHER LIKE?

EXPECT WARM, TROPICAL WEATHER. WE RECOMMEND LIGHT, BREATHABLE CLOTHING AND SUN PROTECTION.

CONTACT

INSTAGRAM: AFRI.MARA
AFRI.MARA.25@GMAIL.COM







With all
the love
we have,

