



# CEs ON SAFARI - 2024

THE ULTIMATE KENYAN SAFARI EXPERIENCE

**14 DAYS, 25CEU'S | KENYA ITINERARY**

[www.ecotrailadventures.com](http://www.ecotrailadventures.com)

# Heather Graeme, MA, LMT

Heather Graeme is a licensed massage therapist, massage educator, and owner of the Therapeutic Massage Center in St. Petersburg, Florida (since 2003). She specializes in relieving muscle pain with a combination of neuromuscular, myofascial, and stretching techniques.

In 2010, she joined the faculty at the Cortiva Institute and taught a variety of massage courses for nearly ten years. Her passion for teaching led her to create continuing education courses for LMTs, which she teaches in Florida, Mexico, and Kenya (2023). See her website for dates. Heather also created a YouTube channel in which she shares short, instructional videos of techniques, as well as tips, guest instructors, and interviews.



# Nairobi

**FEBRUARY 20<sup>TH</sup> & 21<sup>ST</sup> | 2024**

- Arrive JKIA-Nairobi the entry way to Kenya.
- Meet your representative and transfer to your hotel.
- Spend the day free or relax by the pool.
- Evening program briefing dinner.
- Second day, city tour, Nairobi National park, Giraffe center and Karen Blixen
- Breakfast lunch and dinner Included.

**DAYS  
1-2**



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DAYS  
3-5

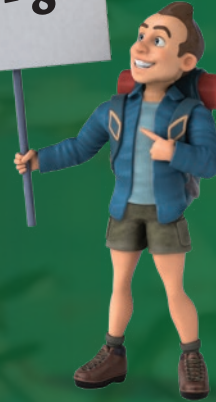


## Central Highlands

FEBRUARY 22<sup>ND</sup>, 23<sup>RD</sup> & 24<sup>TH</sup> | 2024

- This morning we depart for the lush green central highlands of Kenya. On a clear day, we can see the peak of Mt. Kenya rising to 17,000 feet and the evergreen forest of the Nyandarua mountain ranges.
- We will have two days of Class, but we will take time to hike and go on game drives while we enjoy the breathtaking views and fresh mountain air.
- Breakfast/lunch and Dinner.

DAYS  
6-8



# The Great Rift Valley Lakes

**FEBRUARY 25<sup>TH</sup>, 26<sup>TH</sup> & 27<sup>TH</sup> | 2024**

- Departing early morning from the highlands, we descend to the floor of the Great Rift Valley where we will spend three days at Lake Nakuru National Park.
- Two of the three days will be spent in Class.
- There will be time to go on game drives. In this park are rhinos, buffalo, lions, giraffes, cheetah among other wildlife.
- Lake Nakuru is also a Birdwatchers paradise with huge flocks of pelicans and flamingos.
- Breakfast/lunch and Dinner.

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## Masai Mara

**FEBRUARY 28<sup>TH</sup>, 29<sup>TH</sup>, MARCH 01<sup>ST</sup>, 02<sup>ND</sup> | 2024**

- Welcome to the Masai Mara. The world-famous wildlife reserve where you can view all the Big 5. The expansive wild open savanna is breathtaking in all ways.
- Enjoy daily game drives, visiting with the Masai Community and interacting with school children.
- Take a balloon Safari in the early morning (optional) and view the wildlife from above. A breathtaking aerial view of the park followed by a champagne breakfast surprise.
- Masai Mara is a photographer's dream venue, bring your camera along and immerse yourself in this picturesque environment, where no one shot looks like any other.
- We will take time to review the classes and catch up on any unfinished work.
- Breakfast, Lunch and Dinner

**DAYS  
10 - 13**

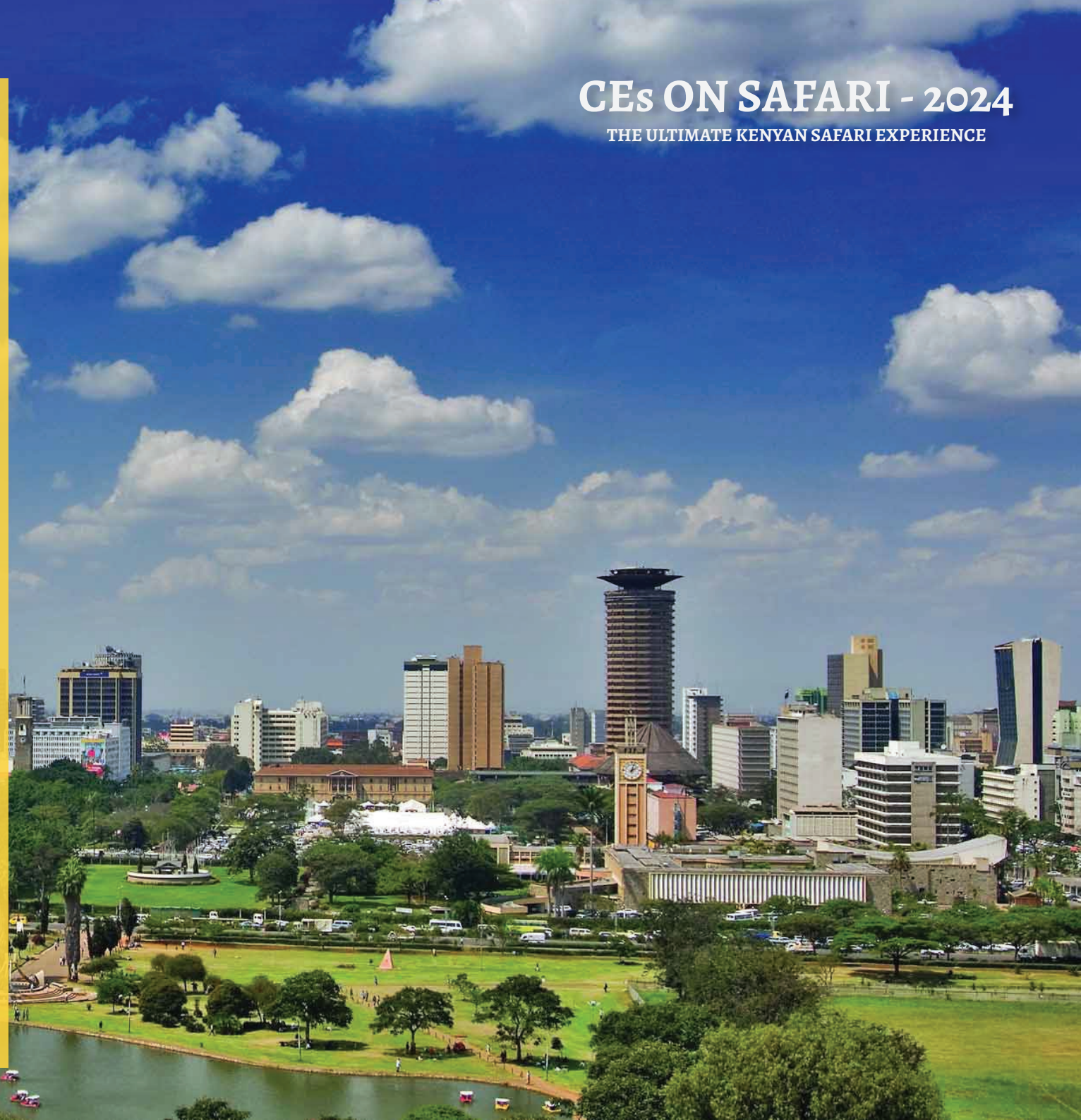


# Nairobi

**MARCH 4<sup>TH</sup> | 2024**

- After breakfast we depart from Lake Naivasha for Nairobi.
- Take time to do your final shopping in Nairobi and finish packing.
- Lunch is on your own today.
- This evening we will have dinner at the Famous Carnivore Restaurant, a real dining experience. Vegetarian food options are available.
- Breakfast and Dinner.
- You will be transferred to the airport after dinner for your flight back to the USA.

**DAY  
14**



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## What is included

- All ground transportation in Tour Minivans or Land cruisers.
- Airport transfers to & from your hotel.
- English speaking tour guides.
- All game Drives and park fees.
- Accommodation in Double Occupancy.
- All Meals as indicated in the itinerary.
- Bottled Water while on Safari.
- Class Binder/Study Material.
- 25 CE's (12Passive stretch series, 6-simple Psoas Sequence, 4 –spine integration, 3-Ethics).
- Certificate of Completion.



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## Not included

- Air Fare to and from Destination.
- Kenya Visa (E-Visa).
- Travel & Medical Insurance (strongly recommended).
- Covid-19 Vaccination Record or Negative Test record.
- Tips/Gratuity for your tour guide and other service providers (15-20% gratuity recommended).
- Activities not included in the itinerary
- Meals not included in the itinerary
- Laundry fees
- All expenses of personal nature not included in the itinerary

# Payments

**Total cost of the program:** \$6,300 – CE participants,  
Non-CE participants: \$5,650

**ALL COSTS ARE PER PERSON SHARING A DOUBLE ROOM**  
**Please contact us for single occupancy rate.**

## Pay in Full or Make Payment Plan

Get \$250 discount for the WMF participants registrants.

A Non-refundable Deposit of \$200 to save your spot by end of August 2023.

- Monthly, Biweekly and weekly payments options are available after your initial payment. Or pay on our website through affirm payment plan (subject to credit approval).
- Final payment due December 31<sup>st</sup>.
- **NEED AIRLINE BOOKING? CONTACT US BY SEPTEMBER 15<sup>TH</sup> .**



# Contact Us



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