

Soulcation Saturdays 2026

A guided Tigoni experience every Saturday - tea-farm rides, forest walks, waterfalls and scenic cafés, each one closing with yoga, breathwork and mindfulness. 45 minutes from Nairobi.

August 2026

SAT 1	Kawamwaki Farm Moderate Horse ride through the tea + grounding session
SAT 8	Brackenhurst Beginner Indigenous-forest walk + grounding session
SAT 15	Green's Green Retreat Beginner Waterfall, dam & gardens + grounding session
SAT 22	Nifty Café Beginner Valley-view lunch, sunset + grounding session
SAT 29	Kawamwaki Farm Moderate Horse ride to the twin waterfalls + grounding session

September 2026

SAT 5	Brackenhurst Beginner Forest loops & gardens + grounding session
SAT 12	Green's Green Retreat Beginner Kayaking on the dam + grounding session
SAT 19	Nifty Café Beginner Slow café day with a view + grounding session
SAT 26	Kawamwaki Farm Moderate Tea-farm ride + grounding session

October 2026

SAT 3	Brackenhurst Beginner Birdsong forest walk + grounding session
SAT 10	Green's Green Retreat Beginner Waterfall & garden lunch + grounding session
SAT 17	Nifty Café Beginner Sundowner Saturday + grounding session
SAT	

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Kawamwaki Farm

Moderate

Forest ride + grounding session

SAT

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Brackenhurst

Beginner

Season finale forest walk + grounding session

Reserve: **+254 796 616557** · soulcation.co.ke

Escape. Restore. Return Renewed.