
DISCOVER THE SEGERA STILLNESS SAFARI
Segera



It is 6am, and Segera is still held in darkness. The air is cool, the plains quiet. Guests leave the retreat in the company of an expert guide and Segera's wellness guide, Stoki. Together, you drive out into the vast, open landscape of the Laikipia Plateau.

Slowly, the horizon begins to breathe.

The first light of sunrise touches the sky before it touches anything else. Then it finds the acacia canopy, the long grass, the distant silhouette of Mount Kenya — and finally, it reaches the skin of those who are there to receive it.

This is where the Segera Stillness Safari begins.



This is not an ordinary game drive. There are no checklists, no rushing from sighting to sighting. The vehicle moves slowly, and so does time. The experience is one of quiet attention — to the birds calling across the plains, to the scent of the earth, to the warmth shifting as the sun rises, to the distant vibration that tells of large animals nearby. The senses, given space and silence, begin to sharpen. Guests notice what was always there.

At various moments during the drive, you are guided through simple breathing exercises — pauses in which the vehicle stops, the engine falls quiet, and all that remains is breath, body, and landscape. These moments of deliberate stillness have a paradoxical quality: the quieter a guest becomes on the outside, the more they begin to hear within. The calm, unhurried narration holds the space gently — not pushing, not instructing — simply accompanying each person toward themselves.



THE GUIDE WITHIN

The Segera Stillness Safari gently asks the guests attention to focus inward.

Stoki, a Baptiste Power Yoga teacher with over fifteen years of practice and a deep understanding of the relationship between movement, breath, and presence, has an uncommon gift for meeting guests exactly where they are. Whether a visitor arrives seeking peace, clarity, physical release, or simply something they cannot yet name, he creates the conditions for them to find it.

Nature does the rest. The light, the silence, the wind, the scent of the land, all of it conspires to slow the pace and bring each guest home to themselves.

INTO THE LANDSCAPE

The route is tailored to each guest, but the journey touches some of the most quietly breathtaking places on the conservancy.

COMBRETUM Sweeping views of Mount Kenya open before the visitor — one of those vistas that requires nothing but to stand and receive it.

WATERFALL & RIVER Guests step out to be close to moving water. The sound alone — steady, unhurried, indifferent to everything except its own flow — has a quality that words rarely capture. The body listens before the mind does.





EWASO NG'IRO AT KIBOKO The river carries a stronger current here, its voice deeper, more insistent. Something in the body responds to it.

THE OPEN PLAINS On the wide Laikipia plains, the sense of space is almost physical, a freedom the body understands before the mind finds words

At each stop, guests are invited to step out, stretch, and breathe. Stoki guides the movement, simple stretches that release what the body has been holding, combined with breathwork drawn from his years of practice in yoga and mindful movement. For those who wish to go further, a yoga sequence can be woven into the experience: a sun salutation at sunrise, a gentle flow on the open earth, a moment of complete alignment.





THE STILLNESS SAFARI AT A GLANCE

Every experience is designed around the individual guest, and will be for a maximum of 4 guests seeking stillness.

Departure	**6:00 AM (sunrise) or late afternoon (sunset)**
Duration	2–3 hours
Format	Vehicle-based journey with guided stops for stretching, breathwork, and stillness
Led by	Expert guide and Stoki, Segera's Wellness Guide & Yoga Instructor
Key elements	Sensory immersion · Breathwork · Guided stretching · Optional yoga extension · Moments of curated silence · Connection with landscape
Locations	Combretum · Waterfall & River · Ewaso Ng'iro at Kiboko · Wide open plains
Tailored for	Solo guests · Couples · Families and children · One-on-one wellness journeys · 4 Guests max



A NOTE ON SEGERA STILLNESS

There is something the Segera landscape does to people when they stop moving through it and simply let it move through them. The mind quiets. The senses open. Something that had been held, without their realising it, is gently released.

Segera Stillness is not a treatment or a class. It is an invitation to step outside, to breathe, and to remember what it feels like to simply be present. Segera will take care of everything else.

Segera Stillness is available by arrangement.

Segera