

MONIKA LAMU ✦ LAMU ISLAND ✦ KENYA

# WOMEN'S WISDOM RETREAT

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*Five days to slow down, breathe, and return to yourself.*



14–19 July 2026 · Banana House  
monikalamu@gmail.com

# ABOUT MONIKA LAMU

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For over 25 years, I have lived on Lamu Island one of the oldest, most unhurried places on earth. I built *Banana House & Wellness Centre* here, founded the *Lamu Yoga & Wellbeing Festival*, and have spent more than two decades creating spaces for transformation, rest, and inner reconnection.

I have been a yoga teacher since 2000 and have practised the Art of Living for 25 years, it is the foundation of how I live.

Over the last seven years, I have gone deeper still, into somatic work, holistic therapy, and Taoist principles, learning to listen to what the body holds and what the mind alone cannot reach.

I have held women's retreats on Lamu before. After a pause of two years, I return to this work now, carrying everything I have learned and lived in the meantime. I work with a small number of women at a time. This is intentional. The work deserves proper care and attention, and so do you.



# THE RETREAT

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14 — 19 July 2026      Lamu Island, Kenya  
Hosted at **Banana House & Wellness Centre**  
*Opening on the New Moon*

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*Five days to slow down, breathe deeply, and return to the wisdom that has always lived inside you.*

Lamu Island does something to a person. Its pace is different. The air, the ocean, the ancient streets, they invite you to stop performing and simply be. There are no cars here. Time moves differently. And it is in exactly this kind of place that real inner work becomes possible.

This retreat opens on the New Moon of 14 July: a natural moment of stillness and new beginning. Over **five nights**, a small group of women will gather at Banana House to breathe, move, rest, and reconnect with their bodies, with each other, and with something deeper in themselves.

The programme weaves together the Art of Living Happiness Programme, somatic work, yoga, sound healing, and the living beauty of Lamu itself, early morning walks over the dunes, a silent swim through themangroves at high tide, a sunset sail on a traditional dhow, a Swahili dinner, and a closing circle by the fire.

*This is not a holiday. And it is not a workshop. It is something in between: an experience that holds both depth and delight, both inner work and outer beauty. **Space to learn, and space to simply be.***



## WHAT IS INCLUDED

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- 5 nights accommodation at Banana House, Lamu Island
- All meals: breakfast, lunch and dinner throughout
- Art of Living Happiness Programme — 3 breathwork sessions
- Daily morning yoga
- Feminine & Masculine workshop with Monika & Lella
- One massage treatment per person
- Sound healing with Marcella
- Sunset dhow sail with drinks and snacks
- Early morning experiences — beach, mangroves, dunes
- Closing circle and beach fire dinner
- Support of the Banana House reusable sanitary pads project.

## YOUR HOSTS

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**Monika Lamu:** Retreat lead · Art of Living · Somatic work · Feminine & Masculine workshop.

**Lella:** Co-facilitator · Feminine & Masculine workshop

**Marcella:** Sound healing.

**Yoga teachers:** Morning yoga sessions throughout the retreat.

# PRACTICAL

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The retreat is held at Banana House & Wellness Centre, Lamu Island, Kenya. Lamu is accessible by flight from Nairobi or Mombasa.

The group is intentionally small: between **8 and 12 women**, with a maximum of 15. This ensures that every woman feels seen, and that the space remains intimate and safe.

# INVESTMENT

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€ 1,490

*Budget room + all inclusive*

€ 1,590

*Standard room + all inclusive*

€ 1,490

*Standard room Sharing + all inclusive*

€ 2,095


*Penthouse single occupancy + all inclusive*

A deposit of €500 secures your place. Places are limited.

If this retreat speaks to you, I warmly invite you to reach out. I am happy to answer any questions before you decide.

 [monikalamu@gmail.com](mailto:monikalamu@gmail.com)

BOOK: <https://www.bananahouse-lamu.com/>



*Five days. A small group of women.  
The oldest island in East Africa.  
And the ocean, always the ocean.  
You don't need to become someone else.  
You simply return to what has always been there.  
— Monika Lamu*

