

Move.Dance.LIVE! in Southern Ghana: A Self-LOVE Focused Retreat & Exchange ITINERARY

Host: Tanita Fadyeyola

Ghana Ambassadors: Daniel Naayang, Nana Kwame Suntah, Joseph Nugbemado, Kwabena Naboui, Danette Frederick

Clients:

Arrival @ Kotoka Intl:

- 6 APR (Day 1:M)** Arrival/ Check-in: Somewhere Nice/Welcoming
Tailor: Measurements
Dinner: One Corner Garden
- 7 APR (Day 2:T)** **Breakfast:** Somewhere Nice
Tailor: Measurements – ½ Day City Tour – Visit Black Star Square, Kwame Nkrumah Memorial, W.E.B. Dubois Center for Pan African Culture and Makola Market for Fabrics, Arts Center
Evening Journaling & Intro to Twi Class
Tasting: Local Fruit & Fare **Dinner:** Abajo
- 8 APR (Day 3:W)** Early **Breakfast** & Checkout. Head to Cape Coast/Elmina
Tasting: Local Fruit & Fare, Nkatie, Grilled
Call in Dinner Orders! Assin Manso & Last Bath and the Reverential Garden, located at the river where enslaved Afrikans were given their last bath before being marched to Cape Coast & Elmina Castle Dungeons. **Lunch:** The Emperial Ital Joint
Cape Coast Castle Dungeon, Door of No Return
Check-in & Dinner: One Africa,
Washing of the Feet, Evening Journaling, chill, chat & reflect **Book Massages**
- 9 APR (Day4:TH)** Morning Yoga/**Breakfast** & Intro to Twi: One Africa, the Resort, Drum Class

Lunch: Hans Cottage, Oasis, Baobab, Coconut Grove

Call in Dinner Orders!

Dinner: One Africa; Evening Journaling, Drum Circle

10 APR (Day 5:F)

Early morning prayers, libation and tribute to our Ancestors on the beach. After **Breakfast:** One Africa depart for Krokrobite. **Lunch/Snack:** Patty & local fruits (Baobab) **Call in Dinner Orders! Check-in & Dinner:** Big Milly's. Traditional Drum & Dance Performance, Night Party: Dizzie Lizzie's

11 APR (Day 6:S)

Early Morning Yoga/Movement/Journaling. **Breakfast:** Big Milly's (client order) Leisure Day: beach, shopping...Afternoon Beachside Dance & Drum Class, LIVE! Evening Ent: Reggae Night!

Lunch: Dizzie Lizzie's/Zen Garden **Dinner:** Big Milly

12 APR (Day 7:S)

Early Morning Yoga/Movement/Intro to Twi. **Breakfast:** Big Milly's (client order) Leisure Day: **EASTER SUNDAY!** beach, shopping... Afternoon Beachside Dance & Drum Class,

Lunch: Big Milly's **Dinner:** Dizzie Lizzie's/Zen Garden

13 APR (Day 8:M)

Early **Breakfast** & Check-out: Big Milly's

Head to Boti Falls **Lunch:** On The Road

Call in Dinner Orders! Evening Check-in & **Dinner:** Afrikiko.

14 APR (Day 9:T)

Breakfast: Afrikiko.. Yoga/Movement/Journaling/& Intro to Twi Class ...Leisure Day: boat ride, shopping, relaxation... Evening Storytelling

Lunch: Afrikiko

Dinner: Afrikiko

15 APR (Day 10:W)

Breakfast: Afrikiko. Check-out. Head back to Accra. Artist Alliance Gallery Center in Osu or ...any last-minute shopping, try-on wears from tailor. Check-In Somewhere Nice. Pack

31 OCT (Day 11:Th)

Breakfast: Somewhere Nice.

Reflection/Meditation/Movement/Prayers. Farewell **Lunch:**

Depart for airport