



# ONE UMBRELLA RETREATS

travel that heals



# Mission

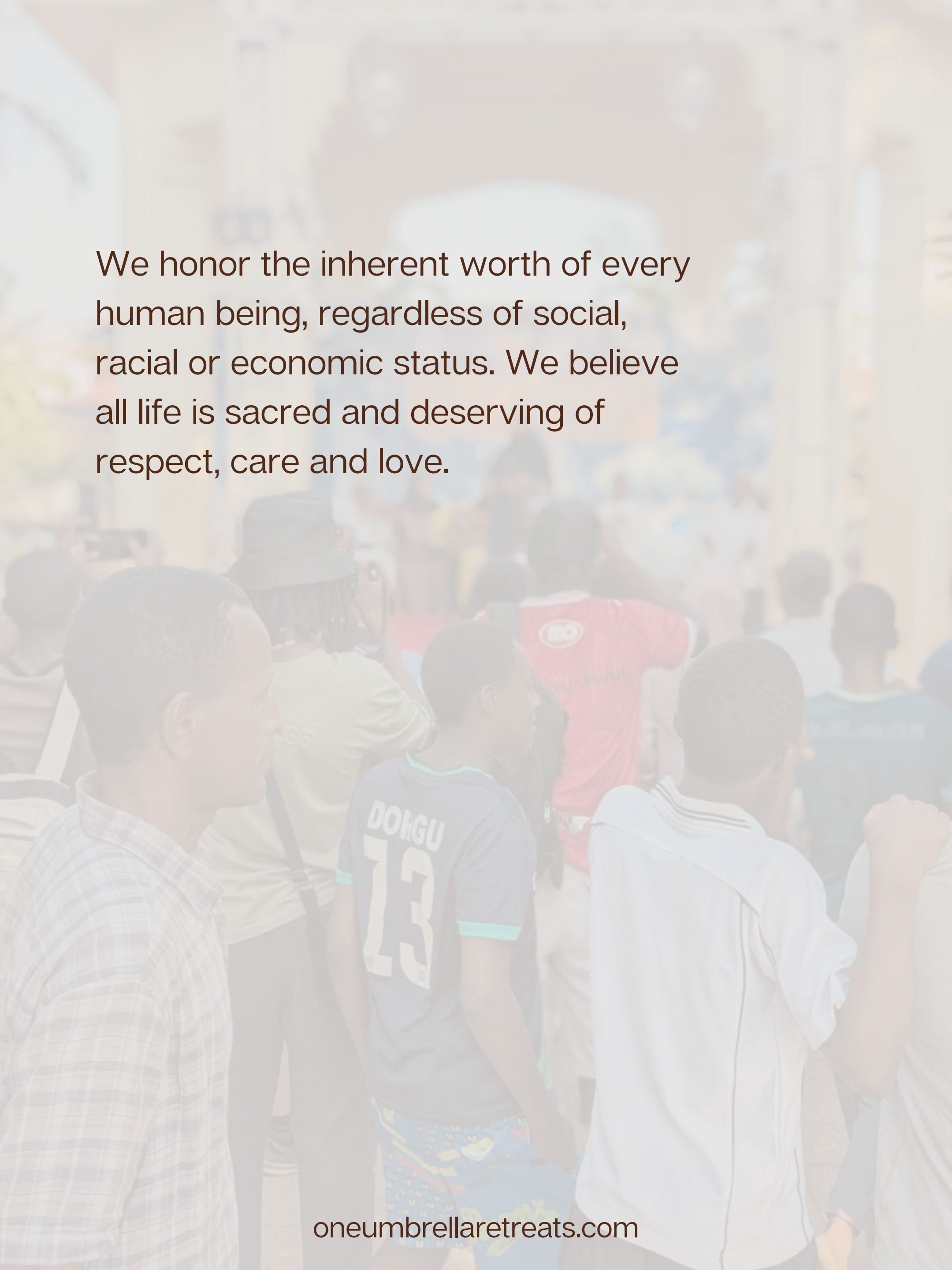
To create transformative wellness and cultural retreats in Africa that support members of the African diaspora in healing, reconnecting with their roots, and growing in community.



# Vision

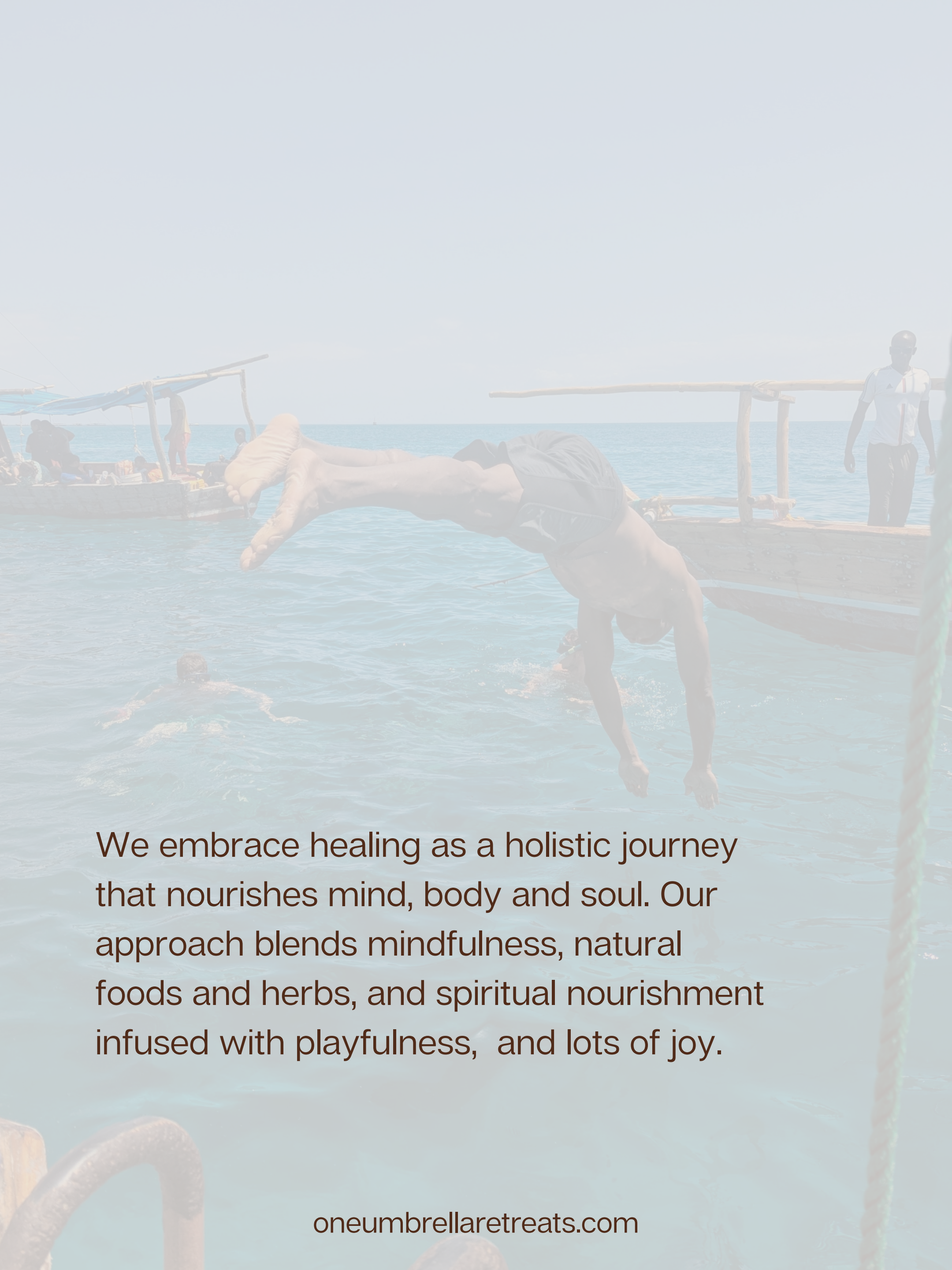
A world united in healing, collaboration and collective well-being for the African diaspora and all marginalized communities.





We honor the inherent worth of every human being, regardless of social, racial or economic status. We believe all life is sacred and deserving of respect, care and love.




A person is captured mid-dive, falling from a wooden boat into the turquoise ocean. The diver is wearing dark swim trunks. In the background, another boat is visible with several people on board, and a man in a white shirt stands on the right boat. The scene is set against a clear blue sky and calm water.

We embrace healing as a holistic journey that nourishes mind, body and soul. Our approach blends mindfulness, natural foods and herbs, and spiritual nourishment infused with playfulness, and lots of joy.


[oneumbrellaretreats.com](http://oneumbrellaretreats.com)



A woman wearing a white headscarf and a blue and white patterned short-sleeved shirt is focused on her work. She is leaning over a large blue bowl filled with a thick, white, dough-like substance. Her hands are actively shaping the dough. To her left, there is a purple bowl and a yellow plastic bottle. The background is slightly blurred, showing an outdoor setting with a stone wall and some greenery. The overall tone of the image is warm and focused.

We work in collaboration with local African partners and communities, creating meaningful employment, exchanging skills and knowledge, and supporting locally owned businesses.





We travel with humility and intention, nurturing a respectful relationship with the Earth and its people. We choose simplicity over excess and connection over consumption, honoring the land that sustains us.





Hope to see you in  
September!

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