



**ONE
UMBRELLA
RETREATS**

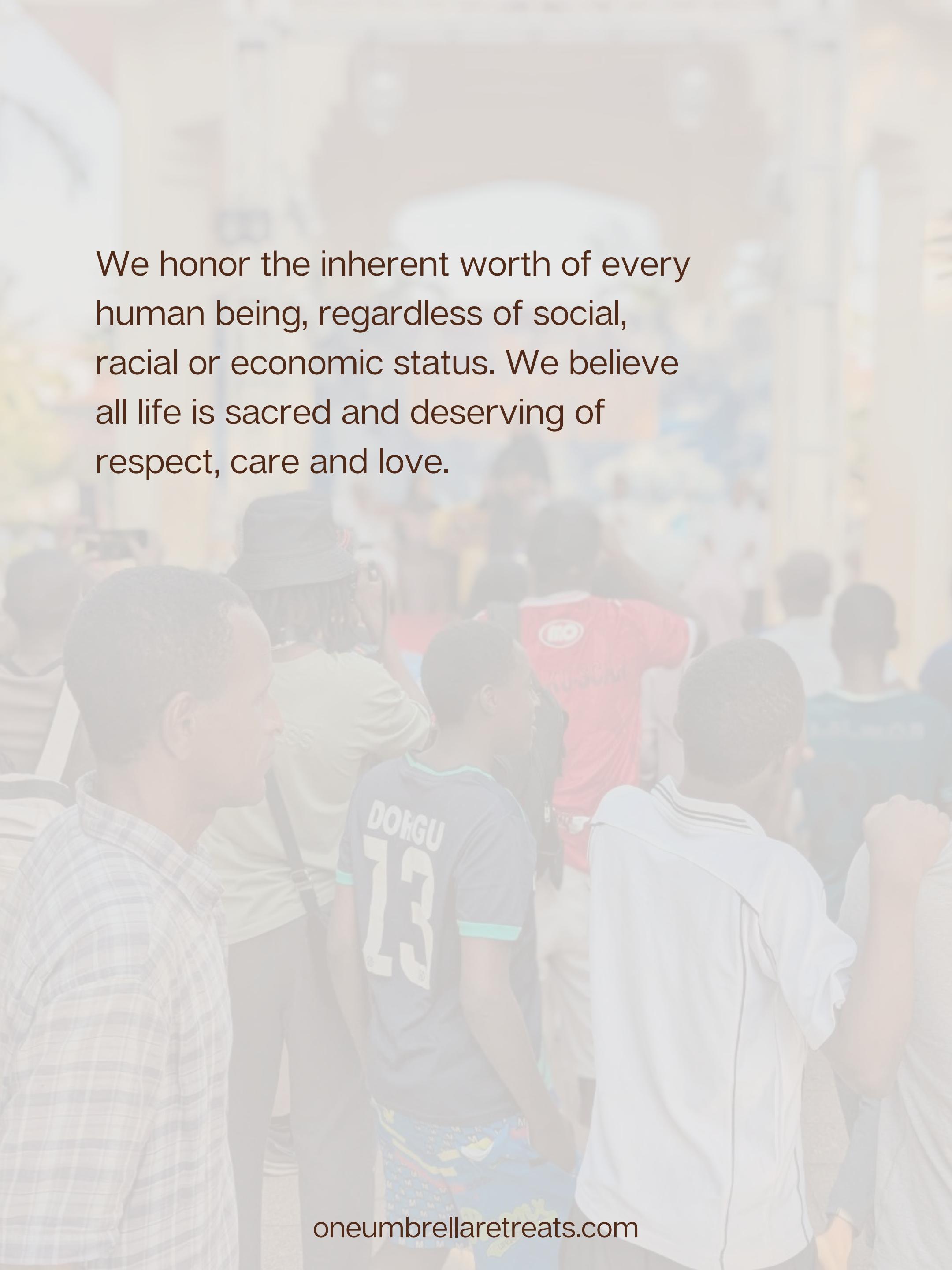
travel that heals

Mission

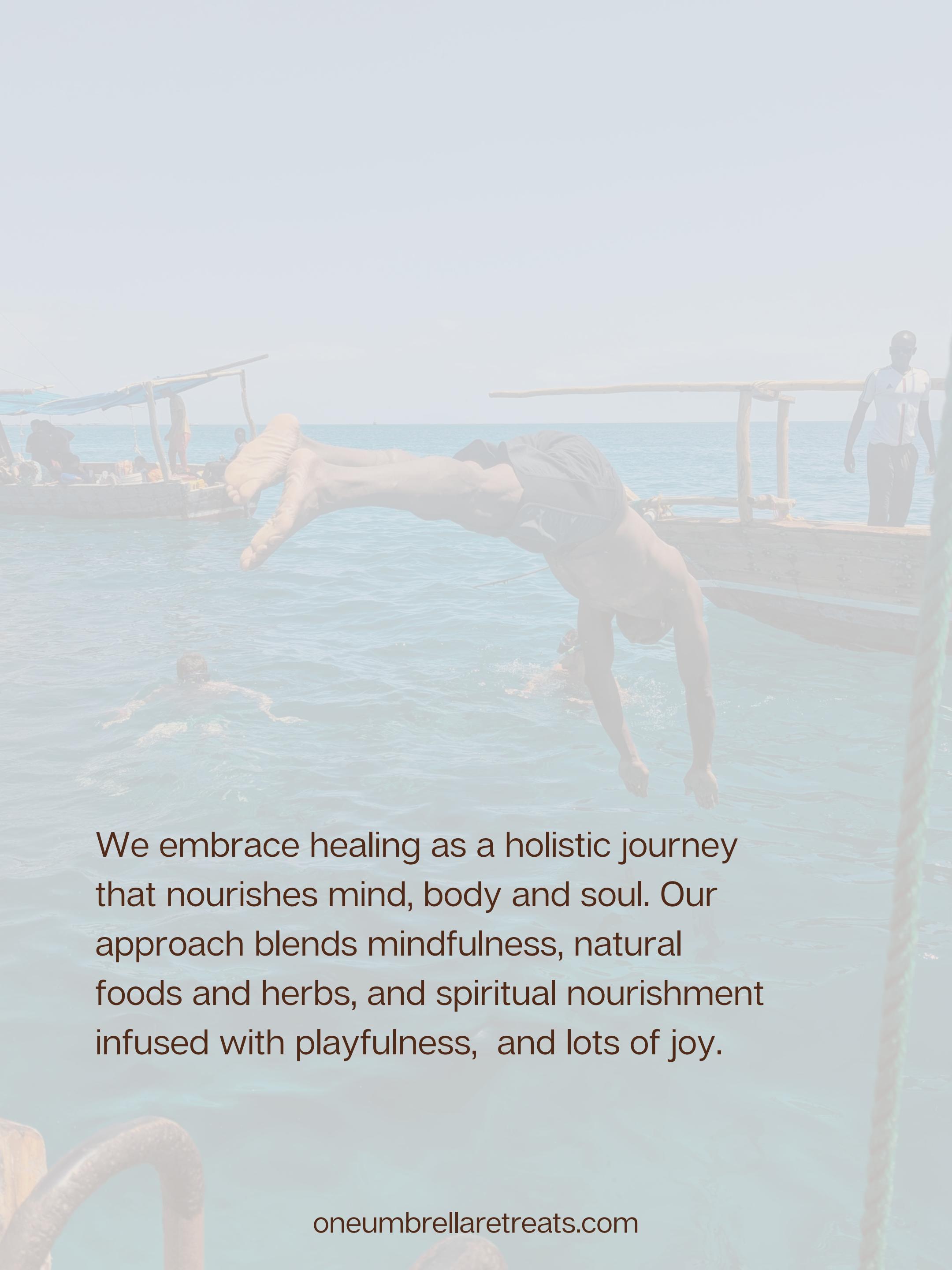
To create transformative wellness and cultural retreats in Africa that support members of the African diaspora in healing, reconnecting with their roots, and growing in community.

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 photograph of a person swimming in the ocean, performing a butterfly stroke. The swimmer is in the foreground, facing the camera. In the background, a traditional wooden boat with a blue canopy is visible, with several people on board. The water is a clear, light blue.

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.



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!

oneumbrellaretreats.com