



Hello!

I'm **Toronda Daniels**, founder of **Soulful Escapes**, a travel brand created to offer intentional, transformative journeys that nourish the mind, body, and spirit. With a master's degree in counseling and a deep commitment to self-care, healing, and personal growth, I believe travel is more than a getaway—it's a sacred opportunity to reconnect with yourself, explore new perspectives, and return home renewed. One of my greatest passions is curating **soulful escapes**—experiences designed to slow you down, awaken your senses, and help you rediscover what truly matters. Whether it's finding stillness in a tropical paradise, immersing in vibrant cultural traditions, or stepping into the unknown on a meaningful adventure, every journey is crafted with intention and heart.

My years living between the U.S. and Kenya opened my eyes to the deeper impact of travel—not just seeing new places, but forming connections, honoring heritage, and embracing different ways of life. Through Soulful Escapes, I create experiences that encourage reflection, cultural immersion, and genuine transformation.

Although I began my journey with A'Lur-En Mystique Travel, Soulful Escapes is my heart work. It's where travel meets purpose, rest meets revelation, and every detail is thoughtfully designed to leave you inspired, grounded, and connected—to yourself and to the world.

Toronda Daniels

Founder, Soulful Escapes



Welcome to Cartagena

Experience an unforgettable journey through Cartagena, Colombia—a vibrant coastal city where Afro-Caribbean heritage, colonial charm, and soulful energy come together. Known for its colorful streets, historic walled city, and rich cultural traditions, Cartagena invites you to step into a world filled with rhythm, resilience, and connection.

Immerse yourself in the heart of the city as you explore the lively Getsemaní district, where murals, music, and movement tell powerful stories of identity and freedom. Venture beyond the city to Palenque, the first free Black town in the Americas, where living history and ancestral traditions continue to thrive. From traditional dance lessons to flavorful Afro-Colombian cuisine, every experience in Cartagena offers a deeper understanding of the people, spirit, and history that shape this captivating destination.

Cartagena is the perfect destination for a Soulful Escapes Travel Group trip because it embodies everything this journey stands for—cultural immersion, personal reflection, and connection to something greater. Whether you're dancing to the beat of Champeta, sharing stories with locals, or standing in a place where freedom took root, each moment is a call to slow down, listen deeply, and engage with intention. This experience is designed to ignite transformation, honor heritage, and leave you with lasting memories of a journey that truly feeds the soul.

Trip Details

Join this intimate group of 10–15 travelers from March 5–8, 2026, with a trip cost of \$1,595 per person (Single Occupancy). All rooms are single occupancy. Reserve your spot today and embark on a journey of renewal and discovery!



Tour Highlights

Explore Getsemaní

Stroll through the lively streets of Getsemaní, where Afro-Caribbean culture shines through murals, music, and street art.

Dance to Champeta & Salsa

Feel the rhythm of Cartagena with a high-energy dance lesson in traditional Champeta and Salsa.

Enjoy Afro-Colombian Cuisine

Delight in authentic Afro-Colombian dishes prepared in the heart of local neighborhoods.

Visit Historic Palenque

Explore the first free Black town in the Americas and learn about its powerful legacy of resistance.

Experience Live Cultural Performances

Witness a vibrant music and dance performance by local youth at the Palenque School of Music and Arts.

Engage in Deep Cultural Storytelling

Discover the beliefs, customs, and heritage of Cartagena through immersive, guided storytelling.

Walk in the Footsteps of Revolutionaries

Learn how Benkos Bioho led enslaved people to freedom and how women used hair braiding to map escape routes.

Travel with Intention

Each moment is thoughtfully designed to foster connection, cultural appreciation, and soulful reflection.

Cartagena: 4-Day Itinerary

Day 1 – Arrival + Meet & Greet

Welcome to Cartagena!

Upon arrival at Rafael Núñez International Airport (CTG), you'll be transported to your boutique hotel in the heart of the city. After getting settled in and unwinding from your journey, join us for a welcome dinner at 7:00 PM—an opportunity to connect with fellow travelers and ease into the vibrant rhythm of Cartagena.

Day 2 – The Real Cartagena Tour

Morning: Free time to explore nearby cafés or relax by the pool.

Afternoon Cultural Immersion:

Dive into the authentic spirit of Cartagena with a guided tour through the lesser-known, vibrant neighborhoods.

Explore Getsemaní, a historic Afro-Caribbean district bursting with life, where colorful murals, infectious music, and vibrant street culture tell the stories of generations past and present. Through interactive storytelling, you'll gain insight into the music, beliefs, and customs that shape the local identity. Enjoy an Afro-Colombian lunch in a traditional neighborhood, where every bite is steeped in flavor and heritage. Cap off the afternoon with an energetic dance lesson, moving to the rhythmic beats of Champeta and Salsa—a joyful celebration of culture, connection, and community.

“Feel the rhythm of the real Cartagena through its people, art, and stories”.



Day 3: Palenque Tour – Where Freedom Lives

Time: 8:30 AM – 3:00 PM

Today, travel to **San Basilio de Palenque**, the first free Black town in the Americas.

Walk the streets of a village untouched by time and rooted in African legacy as you immerse yourself in the rich cultural traditions of Palenque. Visit a local home to learn about traditional candy-making, a symbol of the entrepreneurial spirit passed down through generations. Engage with warm and welcoming locals, then step into the vibrant School of Music and Arts for a live performance of ancestral songs and dances that speak to the soul. Discover the powerful history of how women used hair braiding as a freedom map, and how Benkos Bioho, a revolutionary leader, courageously guided his people to liberation—an inspiring journey of resistance and resilience.



“A powerful, humbling day connecting the past to the present through resistance, resilience, and cultural pride.”

Day 4 – Departure

On your final day, check out and transfer to the airport for your journey home. As you leave Cartagena behind, you’ll carry with you more than just souvenirs—you’ll depart with a full heart, a deeper cultural awareness, and unforgettable memories of the people, stories, and vibrant spirit that made this experience truly soulful.

WHAT’S INCLUDED:

- 4 days & 3 nights’ accommodation
4 Star Accommodations in Cartagena
- Pre-arranged transportation from Rafael Núñez International Airport (CTG) to your hotel and back.
- Welcome Dinner
- Daily breakfast to start your day
- Closing Dinner to celebrate the journey together
- Daily tours & activities listed in the itinerary
Hotel pick-up and drop-off, private air-conditioned transportation, experienced local guide, and entrance fees.

WHAT'S NOT INCLUDED:

- Roundtrip airfare to Cartagena, Colombia (CTG)
- Travel insurance (strongly recommended)
- Items of personal nature
- Meals not listed above
- Optional excursions and tours not listed above
- Gratuities and tips for personal services

This Soulful Escape to Cartagena is thoughtfully curated to help you slow down, immerse yourself in culture, and return home renewed—with powerful memories, meaningful connections, and a heart full of inspiration.

***Please note that this is a tentative itinerary and is subject to change*

Payment Details

We offer a simple and flexible payment plan to make your **Soulful Escape to Cartagena** a reality. A **\$300 non-refundable deposit** is required by November 1, 2025, to secure your spot and the **final balance is due by February 1, 2026**, giving you plenty of time to plan and budget for your trip. This convenient payment option allows you to confirm your experience without financial strain. **Reserve your spot today** with your first deposit and begin your journey toward an unforgettable and soulful escape to Cartagena!

Single Occupancy

- **Your investment:** \$1,595
- **Deposit:** \$300 due by November 1, 2025
- **Remaining Balance:** \$1,295
- 3 monthly payments of \$432 (November through February 2026)
- Final payment due February 1, 2026

****Please note that all rooms are Single Occupancy*

Spaces are limited. Reserve your spot and step into a journey of reconnection, reflection, and radiant discovery—where cobblestone streets, coastal breezes, and Caribbean rhythms come together to awaken your soul.