



DESTINATION TRAVEL AND BUSINESS TOURISM.

YOGA SAFARI

Away from the hustle and bustle of the city, where the air is crisp and the sky is blue, find peace and tranquility in the heart of wild Africa. Africa welcomes you to experience the tenderness, strength, survival, tranquility, humility and peace of its ecosystems and flora and fauna. Africa displays a fusion of the universal sounds *Om* and *Prana*, awareness of the connection to self and the universe. In this beautiful setting, experience Africa's glorious landscapes, sunsets and animal life in an incredible Yoga Safari. Morning and afternoon Yoga classes are held in beautiful natural settings; at the beach, atop mountains, within caves and out in the African bushveld. Yoga safaris include incredible game drives led by professionally trained rangers and qualified trackers allowing you to view some of Africa's incredible wildlife and birdlife. With daily Yoga sessions in breathtaking settings, delicious cuisine and traditional African experiences, embark on a Yoga Safari for a holiday filled with spiritual rejuvenation, adventure and exploration.

Bush to Beach Safari Yoga Itinerary (11 days)

Cheryl Lancelles, a long-term practicing Yoga instructor, professionally trained in Nasik, India, facilitates the classes, combining all aspects of Yoga; the physical, spiritual and philosophical.

"We don't live to do yoga, we do yoga in order to live more gracefully and joyfully."

Day 1 & 2:

Upon arrival at King Shaka airport, transfer to a world famous game reserve. The following two days will be spent within the game reserve where daily day and night game drives offer the chance of viewing all of the famous Big 5. Each day offers a group yoga class, with the intensity and level of the Yoga set by the guests.

Day 3, 4, 5:

Travel to Kosi Bay for a 3-night stay at the eco-friendly Forest Lodge. Explore the coastal forest, meditate in the forest or on the shores of the Kosi Lake, explore the lakes by canoe or boat, sip sundowners to the sounds of the hippos and again, relax as well as participating in gentle Yoga sessions.

Day 6, 7, 8:

Travel to Sodwana bay for a 3-night stay and enjoy the unusual and unique treasures of the coastline. Embark on a boat trip ocean adventure and snorkel through a beautiful reef with many species of fish or search for the wild dolphins, with a possibility of swimming with them. An optional dive trip, including gear hire, is available. Morning Yoga sessions are held on the beach and daily sessions at the lodge.

Day 9 & 10:

The last 2 nights are spent at Le Papillon guest lodge in Ballito. With a view of the sunrise over the Indian Ocean, Yoga sessions are incredibly beautiful. Travel to one of the local Zulu kraals and enjoy the art and crafts, drumming sessions and a meditation on an auspicious rock with huge surrounding caves.

Day 11:

Return to King Shaka airport for the flight homewards.

Rate available on request.