



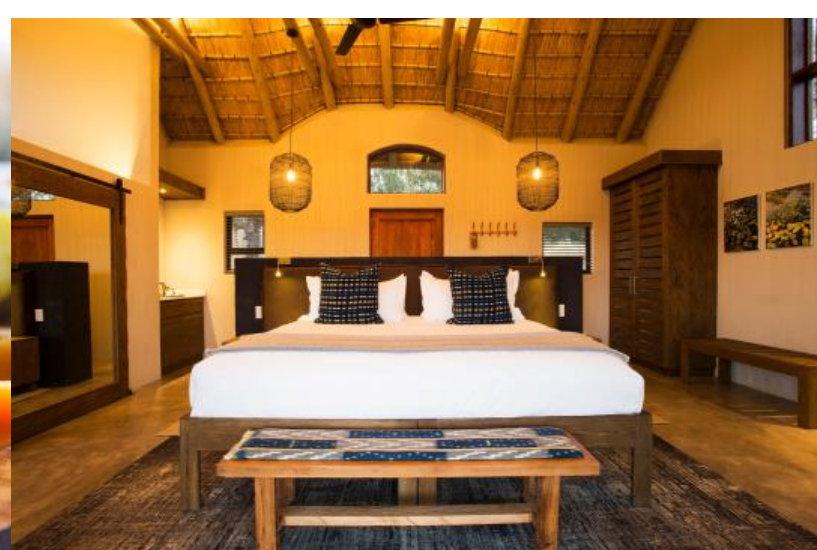
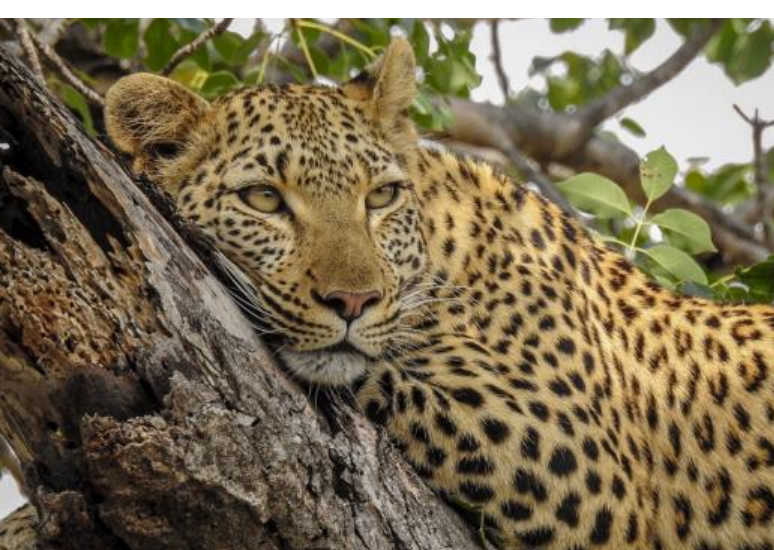
# *Yoga and Wellness Retreat*

ENJOY OUR 3 NIGHT WELLNESS PACKAGE WITH EXCLUSIVE USE OF OUR LODGE FOR UP TO 10 PEOPLE

**Discover a sense of tranquility and well-being as you escape the rigours of city-life for an immersive experience in the untouched wilderness of the Klaserie Private Nature Reserve**

It is an age-old truth that nature has the power to heal the soul. Shake-off your daily stresses in the African bush and explore the harmony that exists not only between all life but your own body and mind as well. Enjoy sunrise yoga in bush, relaxing spa therapies, thrilling nature walks and our exclusive Zen safari experience. Nourish your body with our wholesome menu prepared by our talented private chefs, designed to reinvigorate and energise your day.

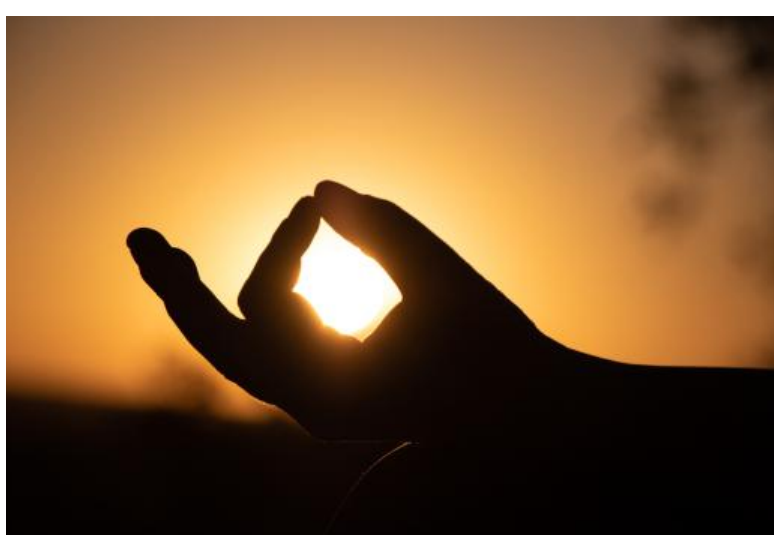
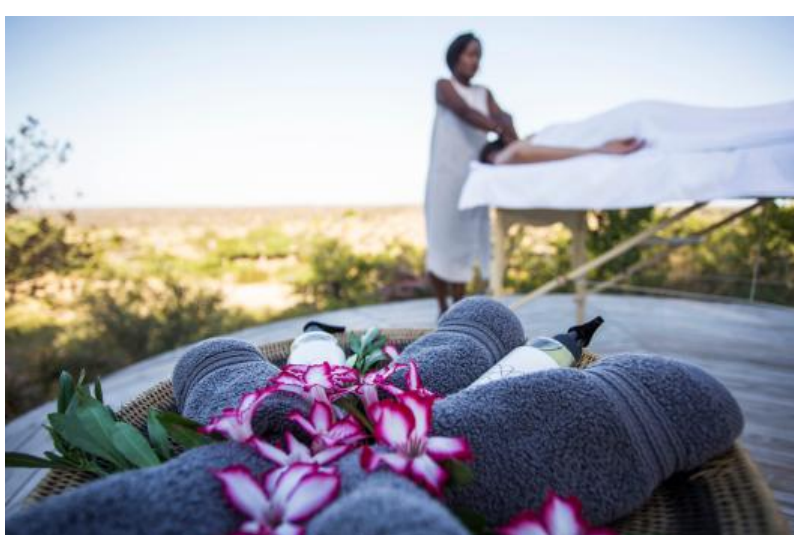
Whether you are a beginner or experienced yogi, there is no better place to relax your mind, body and spirit.



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## Sample Itinerary

- Day 1** Arrive at the lodge in time for a light lunch before embarking on your afternoon Safari to search for some of Africa's most iconic animals in the Big 5 Klaserie Private Nature Reserve. As the sun ebbs away, unwind your mind with Sunset Yoga in the bush, guided by your private instructor, before returning to the lodge for a nutritious dinner.
- Day 2** Begin the day with sunrise yoga at the lodge followed by our Zen Walking Safari, creating a totally unique and mindful experience in nature. Arriving at a secluded beauty spot, nourish your body with our famous bush breakfast under the boughs of an ancient jackalberry tree. Back at the lodge, unwind with an inclusive one-hour massage by our qualified spa therapists and a light lunch overlooking the Klaserie River. The afternoon and evening consists of another thrilling Safari and delicious plated 3-course dinner.
- Day 3** Wake-up with a morning bush walk followed by a relaxing yoga session surrounded by nature. After breakfast at the lodge, a restful day ensues by the pool. Explore the lodge library or indulge in another optional spa treatment. Continue to detox your body with a delicious lunch before your afternoon safari. Back at the lodge, your 3-course dinner precludes a special, starlit yoga and meditation session.
- Day 4** Departure day. Make the most of your final morning with Sunrise Yoga on our infinity pool deck followed by your final Safari and delectable breakfast at the lodge.

**Packages for groups of up to 10 people are available and can be tailored to individual interests. For more information and a quote, contact us on [info@klaseriedrift.co.za](mailto:info@klaseriedrift.co.za).**

**Exclusions:** Optional spa treatments, gratuities, laundry and curio shop purchases, select fine wines and spirits and Conservation Fees. Transfers can be booked for an additional fee or guests should make own travel arrangements.

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T. +27 (0)15 793 2077  
E. [info@klaseriedrift.co.za](mailto:info@klaseriedrift.co.za)  
[www.klaseriedrift.co.za](http://www.klaseriedrift.co.za)

