

# **KRUGER NATIONAL PARK, SOUTH AFRICA**



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# THE RETREAT

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AFTER YEARS OF FINE TUNING OUR YOGA SAFARI RETREAT WE HAVE CREATED A ONCE IN A LIFETIME EXPERIENCE.

COMBINING GAME DRIVES, WALKS, SUNSET SAFARI, URBAN SAFARI, YOGA, MEDITATION, PRANAYAMA & DOWN TIME.

THE RETREAT IS ALL ABOUT CONNECTION;  
TOTAL CONNECTION TO SELF, TO THE GROUP, TO MOTHER EARTH & HER BEAUTIFUL CREATURES.



# CONNECTION

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SELF | GROUP | EARTH | CREATURES

TAP INTO THE HEALING POWER OF MOTHER NATURE AS WE HEAD TOWARD THE CRADLE OF HUMANITY, AFRICA.

EXPERIENCE AN AMAZING BLEND OF SOUL CLEANSING ACTIVITIES.

OUR RETREAT OFFERS A BEAUTIFUL BALANCE OF MEDITATION, PRANAYAMA, SAFARI ADVENTURES AND OF COURSE YOGA.

# OUR ITINERARY

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\*ITINERARY SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS

## DAY 1

05:00 Wake up  
05:15 Coffee and Rusks  
05:30 Depart lodge  
06:00 Arrive at Kruger National Park full day game drive.  
Two breaks for mid morning coffee and lunch (times may vary due to animal sightings)  
17:00 Depart park  
17:30 Arrive lodge  
19:00 Dinner  
22:00 Lights out

## DAY 2

06:00 Wake up  
06:30 Meditation on the deck  
07:00 Asana on the deck  
09:00 Breakfast  
11:00 Meditation and Pranayama  
13:30 Light lunch  
14:30 Free time  
16:30 Riverside sundowners  
19:00 Dinner  
22:00 Lights out

## DAY 3

05:00 Wake up  
05:15 Coffee and Rusks  
05:30 Depart lodge  
06:00 Arrive at Kruger National Park full day game drive.  
Two breaks for mid morning coffee and lunch (times may vary due to animal sightings)  
17:00 Depart park  
17:30 Arrive lodge  
19:00 Dinner  
22:00 Lights out

# OUR ITINERARY

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\*ITINERARY SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS

## DAY 4

04:15 Wake up  
04:30 Coffee and Rusks  
04:45 Depart lodge  
05:15 Arrive at Kruger National Park.  
05:30 Guided Morning Walk  
09:30 Depart park  
10:30 Breakfast  
12:00 Yin on the deck  
14:30 Light lunch  
16:00 Free time  
19:00 Dinner  
22:00 Lights out

## DAY 5

05:00 Wake up  
05:15 Coffee and Rusks  
05:30 Depart lodge  
06:00 Arrive at Kruger National Park full day game drive.  
Two breaks for mid morning coffee and lunch (times may vary due to animal sightings)  
17:00 Depart park  
17:30 Arrive lodge  
19:00 Dinner  
22:00 Lights out

## DAY 6

06:00 Wake up  
06:30 Meditation on the deck  
07:00 Asana on the deck  
09:00 Breakfast  
11:00 Meditation and Pranayama  
13:30 Light lunch  
15:45 Depart lodge  
16:30 Sunset safari at Kruger National Park  
20:00 Depart park  
20:30 Arrive lodge  
20:30 Dinner  
22:00 Lights out

# OUR ITINERARY

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\*ITINERARY SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS

## DAY 7

06:30 Wake up  
07:30 Depart lodge for full day excursion on the Panorama Tour.  
Breakfast and lunch provided.  
17:30 Arrive lodge  
19:00 Dinner  
22:00 Lights out

## DAY 8

04:15 Wake up  
04:30 Coffee and Rusks  
04:45 Depart lodge  
05:15 Arrive at Kruger National Park.  
05:30 Guided morning walk  
09:30 Depart park  
10:00 Arrive lodge  
10:30 Breakfast  
12:00 Yin on the deck  
14:30 Light lunch  
16:00 Free time  
19:00 Dinner  
22:00 Lights out

# OUR ITINERARY

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\*ITINERARY SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS

## DAY 9

**05:00 Wake up**

**05:15 Coffee and Rusks**

**05:30 Depart lodge**

**06:00 Arrive at Kruger National Park full day game drive.**

**Two breaks for mid morning coffee and lunch (times may vary due to animal sightings)**

**17:00 Depart park**

**17:30 Arrive lodge**

**19:00 Dinner**

**22:00 Lights out**

## DAY 10

**06:00 Wake up**

**06:30 Meditation on the deck**

**07:00 Asana on the deck**

**09:00 Breakfast**

**10:30 Check out**

**12:00 Depart for airport**

# NEEDLES LODGE

IN THE BEAUTIFUL SURROUNDS OF MARLOTH PARK YOU'LL FIND NEEDLES LODGE. THE DÉCOR HAS BEEN TASTEFULLY CHOSEN TO ENSURE THAT YOU FEEL COMPLETELY RELAXED. WITH ALL THE COMFORTS OF HOME HARMONISING WITH THE AFRICAN BUSH

FROM THE COMFORT OF YOUR ROOM, YOU CAN SEE OUT IN TO THE BUSHLAND, YOU CAN WATCH THE ANIMALS THAT REGULARLY VISIT THE LODGE AND WANDER BY YOUR SUITE.

IF YOU FEEL A LITTLE MORE ADVENTUROUS YOU CAN WALK THROUGH THE ROOMS LARGE SLIDING DOORWAY WHICH LEADS YOU STRAIGHT BACK TO THE MAIN DECK AREA AND THE POOL.





# MARLOTH PARK

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ON THE BANK OF THE CROCODILE RIVER BETWEEN MALELANE AND KOMATIPOORT ON THE N4 NATIONAL HIGHWAY, MARLOTH PARK IS A WILDLIFE SANCTUARY AND A HOLIDAY TOWN.

IT BOASTS GAME SUCH AS ZEBRA, KUDU, BLUE WILDEBEEST, GIRAFFE, NYALA, IMPALA, WARTHOG AND OSTRICH. THE ANIMALS AREN'T RESTRICTED BY FENCES AND ROAM FREELY BETWEEN THE UNITS THAT ARE BUILT ON THE 3000 HA CONSERVANCY.

MARLOTH IS ON THE SOUTHERN BOUNDARY OF THE KRUGER NATIONAL PARK. IT'S MAIN ENTRY GATES TO THE KRUGER ARE CROCODILE BRIDGE GATE 14KM AND MALELANE GATE 35KM FROM MARLOTH PARK.

# KRUGER NATIONAL PARK

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**THE WORLD-RENOWNED KRUGER NATIONAL PARK OFFERS A WILDLIFE EXPERIENCE THAT RANKS WITH THE BEST IN AFRICA.**

**ESTABLISHED IN 1898 TO PROTECT THE WILDLIFE OF THE SOUTH AFRICAN LOWVELD, KRUGER NATIONAL PARK IS UNRIVALLED IN THE DIVERSITY OF ITS LIFE FORMS AND IS A WORLD LEADER IN ADVANCED ENVIRONMENTAL MANAGEMENT TECHNIQUES AND POLICIES.**



# PANORAMA TOUR

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EXPERIENCE THE BREATHTAKING BEAUTY OF ROCK FORMATIONS, PICTURESQUE WATERFALLS, LANDSCAPES AND MAGNIFICENT VIEWS OF THE BLYDE RIVER CANYON, GOD'S WINDOW AND BOURKE'S LUICK POTHoles, AS WELL AS THE AMAZING GRASKOP GORGE LIFT.

AN UNFORGETTABLE JOURNEY IN THE HEART OF A PRISTINE INDIGENOUS FOREST

# SWAZILAND TOUR

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- VISIT TO A SWAZI CULTURAL VILLAGE: BREAKFAST, TOUR AND PERFORMANCE.
- NGWENYA GLASS FACTORY - HANDMADE GLASS
- EZULWENI VALLEY CRAFT MARKET - CRAFTS & CURIOS.
- GONE RURAL - EXCLUSIVE RURAL HANDCRAFT & WEAVING.
- ROSECRAFT - MOHAIR PRODUCTS.
- LUNCH AT LOCAL RESTAURANT.
- SWAZI CANDLES - WATCH THE CREATION PROCESS AND MEET THE CRAFTS PEOPLE.
- MAGUGA DAM.



# WHAT YOU GET

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## THE COST OF THE RETREAT INCLUDES:

- ALL ACCOMMODATION AT NEEDLES LODGE
- BREAKFAST, THREE COURSE EVENING MEAL, LIGHT LUNCH ON YOGA DAYS, AND LUNCH ON ALL GAME DRIVES.
- ALL YOGA AND YOGA-RELATED ACTIVITIES.
- ALL GAME DRIVES, SUNSET SAFARI, MORNING WALK
- ALL ENTRY FEES TO THE KRUGER NATIONAL PARK.
- DAY TRIPS TO SWAZILAND, INCLUDING BREAKFAST AND LUNCH.
- THE PANORAMA TOUR, INCLUDING BREAKFAST AND LUNCH.
- COACH TRANSFERS TO AND FROM NEEDLES LODGE FROM OR TAMBO AIRPORT JOHANNESBURG.

## WHAT'S NOT INCLUDED IN THE COST:

- RETURN INTERNATIONAL FLIGHT TO SOUTH AFRICA (IF INTERNAL FLIGHTS REQUIRED THEY ARE GUESTS ON EXPENSE)
- OWN SNACKS
- BAR BILL
- LAUNDRY
- VISAS (IF REQUIRED)

# RETREAT COST

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**THE COST FOR THIS AMAZING  
TEN DAY ADVENTURE  
IS JUST AU\$4,500**

**ALL ROOMS ARE EN-SUITE.**

**PRICES ARE BASED ON TWIN OR  
DOUBLE ROOM SHARE. THERE IS  
AN ADDITIONAL SINGLE ROOM  
OCCUPANCY COST OF AU\$350**



**Needles**  
SAFARI LODGE



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