

Join us on a yoga
retreat on top of the
Soutpansberg
mountains.

This space is designed
to connect with nature,
find deep rest, retreat
from our busy lives and
practice yoga and
meditation.

6-Days Mountain Yoga Retreat

AT SIGURWANA WILDERNESS RESERVE

iLala Safaris

Sabrina Krattinger & Jan Hendrik Hanekom

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COUNTRY	South Africa
LOCATION	Sigurwana Wilderness Reserve, Soutpansberg
DURATION	6 Days 5 Nights
MIN. AGE	18 years
DATES	You find our upcoming dates on our website: www.ilalasafaris.com

Highlights

- Five nights' accommodation in Bush Chalets at Sigurwana Lodge in the Soutpansberg mountains
- On top of the mountain, absolutely secluded
- Small group of 8 max
- Morning and afternoon activities, yoga sessions, meditation practice and pranayama
- Exploring the diverse wilderness with game drives and guided walks
- A true botanical paradise: there are more than 320 different species of trees, including an ancient forest, as well as rare cycads
- Archaeological Sites

Join us on a yoga retreat on top of the Soutpansberg mountains. Sigurwana is a peaceful haven, designed to connect with nature, find deep rest, retreat from our busy lives and practice yoga and meditation.

We will focus on integrating all aspects of yoga to elevate physical and mental wellbeing along with exploring the stunning nature of this magical place.

Physical vinyasa practice, breathing exercises, meditation, conscious eating, community, conservation, hiking, and learning more about the nature that surrounds us. All that combined to make the experience an unforgettable journey inwards and out into nature.

The Sigurwana Wilderness Reserve is a 5 500 ha private reserve found in the Limpopo Province on top of the Soutpansberg mountains with unique biodiversity and unmatched beauty. It embraces Soutpansberg's highest peak Mount Lajuma, with spectacular views and rock formations millions of years old.

Sigurwana is a true botanical paradise: there are more than 320 different species of trees, including an ancient forest, as well as rare cycads, and provides a haven for leopard, Samango monkeys, baboons, bush pig, crowned eagle, and a bounty of other wonderful creatures.

Your Guides

Sabrina Krattinger

Visiting southern Africa for the very first time Sabrina fell in love with the wild African bush and all the wildlife. Since then she regularly traveled to South Africa, Botswana, Namibia and Kenya. The enthusiasm for the bush led her to her Field and Trails Guide Qualification. Originally from Switzerland Sabrina offers guiding in English as well as in German.

Another big passion is her yoga practice. She completed a 200h yoga teacher training in Berne, Switzerland and added later on another 300h in South Africa. With it Yoga became an even more important part of her life, not only on the mat but in her daily life.

Sabrina believes yoga is about bringing the mind into a more peaceful and quiet state, while finding a deeper connection to the body. As well as the physical practice, she incorporates other aspects of yoga in her teaching, like pranayama and meditation. Sabrina's style is influenced by Anusara, Ashtanga, Jivamukti and the Himalayan Yoga Tradition.

Jan Hendrik Hanekom

Jan Hendrik is a passionate Professional Field Guide with over 14 years of experience in the African bush which took him to many countries across Africa. Born and raised in South Africa Jan Hendrik offers guiding in English and Afrikaans.

By walking more than 2 000 hours in over 15 different Reserves and National Parks with



Big Five qualified Jan Hendrik as a Professional Trails Guide and Tracker. As a FGASA-registered mentor he offers Mentorship Trails for future trails guides.

He has a special passion for birds and flowers. Walking with Jan Hendrik is always a great adventure and his enthusiasm for the African bush is contagious.

Retreat Schedule

In the following we would like to give you a glimpse into a typical day on our Yoga Retreat by giving you an overview of what those days look like. Although we don't want to make our schedule too rigid but rather keep it flexible dependent on the season, the interest of our guests and other external factors like the weather. But still we

believe in a certain structure and want to give you an idea of what you can expect during our time together.

On our first day our guests arrive at about 1 pm. Our guide will welcome you at the meeting point and take you on a 4x4 adventure to the Lodge. Guests who come with their own (rental) car receive detailed directions to a meeting point.

At an additional cost, we can assist in organizing a private transfer, be it for example from OR Tambo International Airport, Polokwane Airport or Hoedspruit.

After a warm welcome at the lodge, everyone is shown their accommodation. Then lunch is ready at the main area in the beautiful garden.



In the afternoon we take a first stroll through the reserve, where we will find a nice spot to practice yoga asana, to stretch our bodies after the travels.

Dinner is served in the lovely crafted common area of the lodge. On cold evenings the seating area by the fireplace is very inviting to read a book, enjoy the company and warming up.

This is a little structure on how a typical day might look like:

6:00 | Morning Meditation

7:00 | Breakfast

8:00 | Morning activity: We go out for a walk or a game drive to explore the nature.

Midway we move our body through a yoga

asana practice.

12:00 | At around 12 o'clock we arrive back at the lodge.

13:00 | Lunchtime

14:00 | Time for yourself to relax, to enjoy the beautiful surrounding, to read a book or take a nap.

15:00 | Afternoon activity: We go out on another walk or drive into nature. Again we use the time out there to practice different aspects of yoga.

18:00 | Enjoy the sunset, relax in front of the fireplace and unwind after an eventful day.

19:00 | Dinnertime

On our drives and walks we learn more about the flora and fauna of the region, which is unique and diverse in the Soutpansberg region.

Surrounded by this beautiful wilderness we use the time not only to explore nature but to practice the different aspects of yoga. The morning starts with a calming meditation while the birds start singing and the sun comes up. While out in the bush we practice yoga asana, combined with breathing exercises and relaxation.

Through out the week there will be a red thread of yoga philosophy that weaves into our daily practices, where you might find some inspiration and learn more about yourself.

There is only one thing more amazing than practicing yoga, it is to practice yoga in such a stunning natural environment.



The Lodge

Located in the Soutpansberg Sigurwana Lodge enhances the authentic back-to-nature experience. The unique lodge accommodation provides you with beautiful views across spectacular areas of natural scenic beauty and is the ideal place from which to explore the vast range of fascinating indigenous creatures and plants that inhabit the 5 500 ha hotspot of biodiversity.

Sigurwana Lodge is an intimate lodge which can accommodate a total of 12 guests in the beautiful bush chalets, the Ystervark and a luxurious safari tent that sleeps four people. Not surprisingly, they care deeply about the environment, and you'll find the lodge is extremely eco-friendly, using spring water and solar-powered energy.

“The unique lodge accommodation provides you with beautiful views across spectacular areas of natural scenic beauty.”

The main lodge features a covered outdoor seating area, as well as an indoor common room with an inviting fire place.

Breakfast and lunch are served in the lovely tendered garden at the main lodge while dinner is served in the indoor common area.



With each Yoga Retreat booking we share our love for yoga by donating to the Earth Child Project. With every donation we provide a child with weekly yoga for a year. The children learn to connect to themselves and each other through yoga and life-skills.

We love offering our yoga retreats and educating about the African bush and wildlife. Nevertheless it does stand in conflict with the climate challenges we face today and we are well aware of that. This is why together with Greenpop we plant trees for every guest to symbolically offset the 1.4 tons of carbon footprint an international trip creates.



Greenpop

JOIN THE TREEVOLUTION

The Accommodation

A short walk from Sigurwana Lodge, the thatched chalets enjoy beautiful natural surroundings, each with delightful bush views and charm. Each chalet has its own distinctive colour scheme and theme.

Sigurwana's uniquely furnished bush chalets offer comfort and privacy, and include en-suite bathrooms and generous-sized outdoor showers.

In front of the chalets is a cozy seating place at your disposal where you can enjoy the beautiful view into nature and watch the animals walking past.

Prices

You find our current prices on our website:

www.ilalasafaris.com

Included:

- Accommodation as stated above.
- All meals.
- Coffee and tea.
- Activities during these days.

Not included:

- Flights and airport taxes.
- Pre and post retreat accommodation and transfer to camp.
- Other drinks at the Camp.
- Gratuities.
- Items of personal nature (telephone expenses, curios, medicines, etc.)
- Entry Visa Fees.
- Bank Charges.



Why we like it

- Located in the beautiful Soutpansberg
- Intimate and extremely diverse wilderness reserve
- We love the breath-taking views
- Outstanding food and the attention to detail
- Excellent staff and great hospitality

Coordinates

-22.990564,29.4786111

"Climb the mountains
and get their good tidings.
Nature's peace
will flow into you
as sunshine flows into trees.
The winds will blow
their own freshness into you,
and the storms their energy,
while cares will drop off
like autumn leaves."

JOHN MUIR



Additional Information

Expectations

- The camp is unfenced and situated within a wildlife area with all sorts of creatures venturing through.
- Expect warm to hot temperatures during the day with cold to very cold nights
- Charging facilities available throughout
- As with any retreat/safari, unfortunately we cannot control the weather or indeed the wildlife. The itinerary will be flexible to make the most of the weather and any target species.
- Travel insurance is a must.

Important Details

- Services subject to availability at the time of booking.
- Times of activities, meals, transfers is subject to change.
- Given the nature of this safari, the age restriction is a minimum of 18 years paying full fare. Maximum age is 65. Anyone older than this is required to produce a medical certificate providing that they are physically able to participate in the activities and terrain in which the safari tour will be conducted in.
- PLEASE NOTE that whilst we endeavor to accommodate guests at the above stipulated camp, we reserve the right to replace such with one of a similar

standard and location.

- Terms and conditions apply.
- Rates are quoted as per person.

Helpful Tips

- **Visas/Passport:** Please ensure: 1) that you have pre-arranged your entry visa if required; 2) that your passport is valid for at least six months after your scheduled departure date from South Africa; 3) that you have a minimum of 2 consecutive clear pages. If this is not the case, there is a danger of being turned away by the Immigration Service on arrival at the airport – assuming your airline has agreed to bring you and risk a fine in the first place.
- **Health:** No vaccinations are mandatory but please consult your doctor for medical advice. Parts of South Africa are considered to be malarial so we recommend consulting your doctor about the use of anti-malarial prophylactics (normally Malarone), especially if visiting during the summer (December to April) – subject to advice from your own doctor.

