

Come with us on a
Yoga & Safari
Adventure in the wild
of the African bush. We
practice Yoga out in
nature while
discovering
the treasures of the
African wild on Foot.

7-DAYS YOGA & WALKING SAFARI

IN SELATI GAME RESERVE

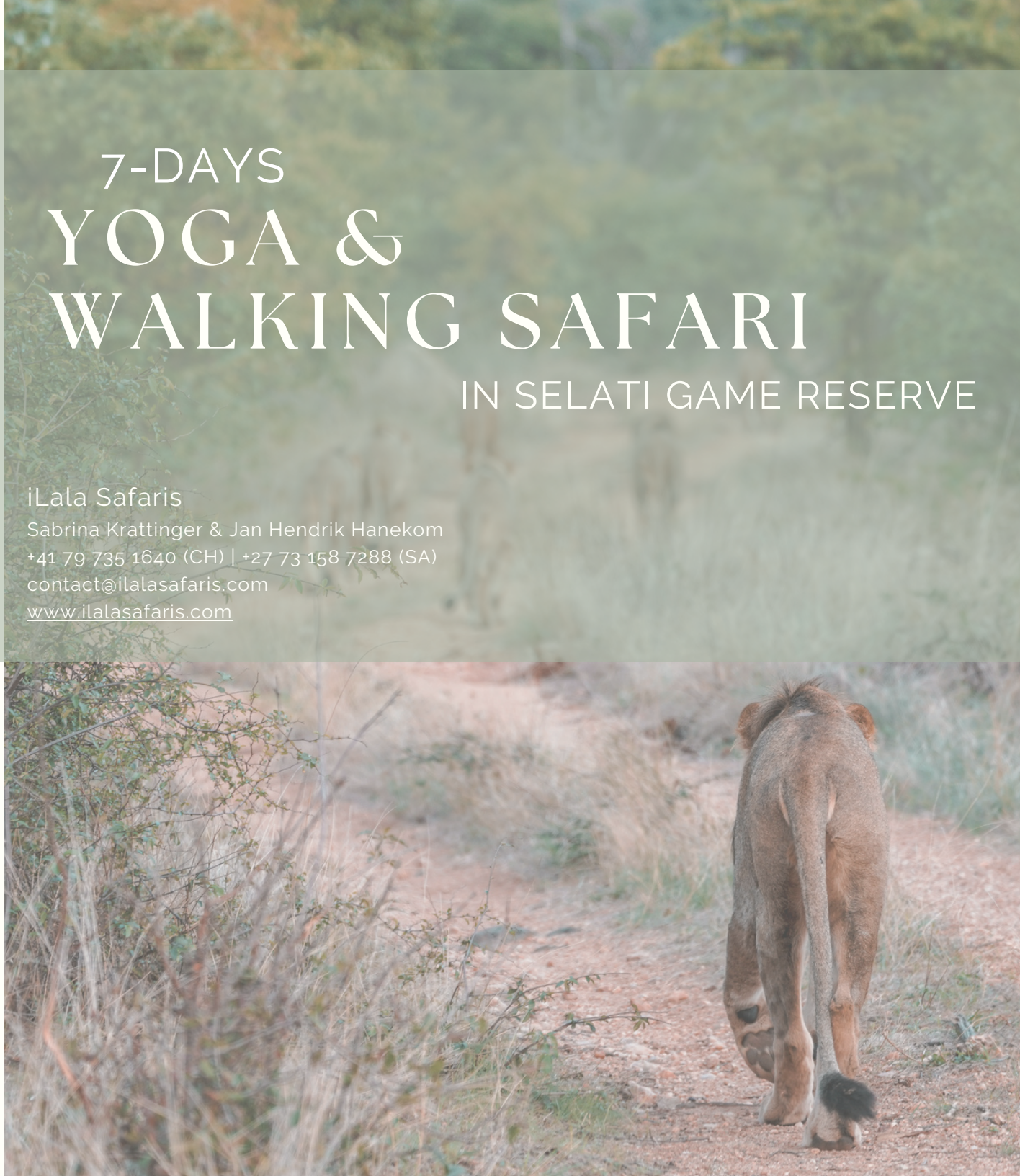
iLala Safaris

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Find your way back to nature on this 7-Day Yoga Safari in the Selati Game Reserve. A truly unique experience, dedicated to the little things of the environment, but not forgetting the big ones. After all, all Big Five can be met here! We combine this unique wilderness experience with yoga and practice meditation, pranayama and asanas while exploring the nature around us.

The Selati Game Reserve is a 27 000 ha private reserve situated in the Limpopo Province of South Africa with unique biodiversity and unmatched beauty. It is the Ga-Salati River running through it which is a tributary of the Olifants River. Founded in 1993 through the collaborative effort of landowners in the area who shared a common vision, the reserve plays a vital role in conserving and enhancing the wildlife heritage of South Africa.

The reserve is home to the Lillie Cycad Reserve which contains the critically endangered *Encephalartos dyerianus* cycad, which can only be found here.

Selati is a Big Five area but also has Cheetah, Black & White Rhino, Hyenas, Wild Dogs, Hippo and many more. It is also home to the biggest population of free roaming Sable antelope in Southern Africa due to a very good breeding program.

Due to vulture numbers diminishing in Southern Africa, Selati has established a vulture restaurant which feeds vultures on a regular basis, contributing to their conservation. This allows for some of the best vulture viewing opportunities in Southern Africa.

COUNTRY	South Africa
LOCATION	Selati Game Reserve
DURATION	7 Days 6 Nights
KIDS MIN. AGE	18 years
DATES	You find our upcoming dates on our website: www.ilalasafaris.com

Highlights

- Six nights' accommodation at a Tented Camp in the Selati Game Reserve
- All Big Five can be met here
- Private vehicles and activities for our small group
- Morning and afternoon activities, yoga sessions, meditation practice, pranayama and safaris on foot and by vehicle
- Small group of 8 max – along with Sabrina and Jan Hendrik as your expert hosts.
- Cycad Reserve on top of Lillie Koppie
- Archaeological Sites
- Vulture Restaurant

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.

Yoga is part of Sabrina's practice. The feeling yoga gives her is the reason why she likes to share her practice during our yoga safaris with our guests. 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.

As a qualified public accountant, Sabrina is the go to person for all the administrative and financial stuff. Which Jan Hendrik is very happy about.

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.

Beside all that Jan Hendrik is the one that makes sure there is always fresh bread on our safaris and since he has it in his blood is responsible for our Braai nights.

Safari Schedule

In the following we would like to give you a glimpse into a typical day on our Yoga Safari as well as an overview of what those days in the bush look like. Although we don't want to make our schedule too rigid but

rather keep it flexible dependent on the movement of the animals, their behavior during a specific season, dependent on 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 the first day of our safari the guests arrive by transfer from Hoedspruit in the early afternoon. Alternatively we meet them directly at the gate, where they arrive with their own (rental-)car.

After everyone was shown their tent, there is an introduction and some snacks in the main area. At around three o'clock we go out on a short walk to get everyone used to the new



environment and stretch our body with some yoga asana after a day of traveling.

The structure of our days usually looks as follows:

5:00 | Morning Meditation

5:30 | Coffee, Tea and Rusks in the main area

6:00 | Morning Walk / Drive: We head out early morning on foot from camp or drive out to walk in a different area. To rest our feet we might even go on a sole game drive.

12:00 | At around 12 o'clock we arrive back in camp, on some days we might come back a bit earlier and on others later. Now you have about an hour for yourself before lunch is ready.

13:00 | Lunchtime

14:00 | Time for yourself, to cool down in the

splash pool, to read a book or take a nap.

15:30 | Afternoon activity: We drive out to explore the bush. Somewhere at a beautiful spot we practice yoga asana.

18:00 | Enjoy the sunset, refreshment around the fire and enjoying whatever comes to the waterhole at night.

19:00 | Dinnertime

On our walks we are always on the lookout for the Big Five but will show you a lot of smaller things like insects, birds, trees, flowers, tracks and signs and much more. We like to teach you about how nature is all connected and every little thing has its purpose and superpower.

Surrounded by this beautiful wilderness we use the time not only to explore the African bush on foot and by vehicle 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. Once a day, while out in the bush, we stop at a lovely spot where we have a yoga asana session.

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 of other aspects of yoga.

Since Selati Game Reserve is home of the very unique Cycad Reserve, we hike to the top and show you the highly endangered cycads and the stunning view.

On an evening after dinner we head out for a night drive introducing you to the night life of the bush. We drive with a spotlight searching for some nocturnal creatures. These can include: leopard, lion, genet, civit, various mongoose species, bush babies and much more.

On another occasion an astronomy talk is waiting after dinner, where we introduce you to the stars of the southern hemisphere.

As John Lennon already mentioned: "Life ist what happens to you while you are busy making other plans." This is typical for the bush too, and the reason why we adapt our schedule to whatever happens around us.



The Camp

Located in the Selati Game Reserve this is an authentic tented camp, set in an unfenced wilderness environment. Accommodation is in comfortable canvas Safari Tents. All the Safari Tents have their own open air bathroom and a cozy seating place in front of the tent. The main area of the camp features a kitchen, a lounge area, a Braai and fire place as well as two splash pools.

The camp is surrounded by some magnificent large trees providing nice shade. The camp is unfenced giving you an authentic wild experience. The trees attract a lot of different birds with their singing filling the air during the day. The waterhole next to the fire place draws a lot of animals especially in the early evenings.

“Located in the Selati Game Reserve this is an authentic tented camp, set in an unfenced wilderness environment.”

The splash pools offer you a cool-down on hot afternoons after the game walk. Around the fire place is the perfect spot for a sundowner and to relax after an eventful day. In the main area is where we serve coffee and tea early morning before the activity, lunch and dinner.

**earth
child
PROJECT**

With each Yoga Safari 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 safaris 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

The camp consists of Safari Tents (stand-up height) which will have two comfortable beds with top quality linen provided (can be joined to form doubles on request), en-suite open air bathrooms with hot showers, toilets and a washbasin with a mirror. There is a cupboard and charging points for your electronics available.

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

Prices

You find our current prices on our website:

www.ilalasafaris.com

Included:

- Accommodation as stated on the above.
- All meals.
- Coffee and tea.
- Entrance fee and activities during these days.

Not included:

- Flights and airport taxes.
- Pre and post safari 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 a Big Five Game Reserve
- Unfenced Camp that offers an ultimate safari experience
- Offering all the luxury that is needed
- A basic tented camp experience is unmatched

Coordinates

[-23.9445702, 30.6575002](#)

"I never knew of
a morning in Africa
when I woke up
that I was not happy"

ERNEST HEMINGWAY



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.

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 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

