

MARATABA TRAILS LODGE EXCLUSIVE YOGA RETREATS

Find your ZEN in the mountains at Marataba Trails Lodge

Reconnect with life at its simplest. Follow a trail through the bush, finding a scenic spot to lay your mat for meditation or yoga. Or practice your discipline on the lodge's deck, overlooking Waterfall Valley. Nowhere else does one feel as in tune with self as in nature – pure and simple.

Just a three-and-a-half-hour drive from Johannesburg, yet Marakele National Park feels thousands of miles away. Its mountains and plains, fed by winding rivers and home to wild herds, are much like they were aeons ago. As the safari vehicle climbs up through the Waterberg range to Marataba Trails Lodge, set in this untainted wilderness, you will forget any worries behind.

Here, our exclusive yoga retreat programmes are led by mind-body guru Patricia Spahn-Borrageiro – a qualified Vinyasa Flow yoga and Pilates teacher. After instructing in Istanbul, the Hamptons, and Bali, and managing the award-winning COMO Shambhala Retreat in the Turks and Caicos Islands, she and her husband have settled in the South African bush. Patricia firmly believes that asana practice – connecting to your breath, and unwrapping the potential and beauty of your body – will change your life.

Your retreat at the lodge includes a weekend of yoga and meditation classes, walking trails, game drives, wholesome meals, and accommodation. Five deluxe Eco Suites – each with twin beds, en-suite shower room, and furnished viewing deck – accommodate no more than 10 people in a wilderness world of your own. The main lodge provides relaxation areas and an infinity Rock Pool, where you can also order refreshments and watch the sun set on another peaceful day.

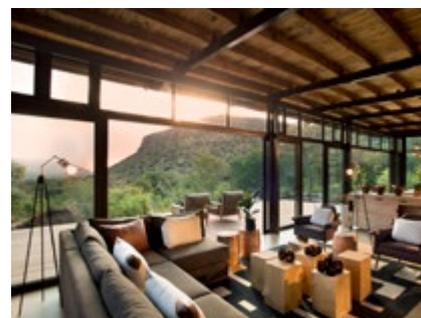


COST & DATES

ZAR24 570 per person sharing
(STO rates apply)

Including three night's accommodation,
yoga and safari activities, all meals and
snacks, and selected local beverages

2 to 5 June 2018
22 to 25 September 2018
14 to 17 December 2018



MARATABA TRAILS LODGE EXCLUSIVE YOGA RETREATS PROGRAMME

Day 1:

- Arrive at 13h00 and settle in after lunch
- Meet at 15h30 for a welcome and introduction to the trails guides, retreat leader, and lodge team
- Set off on a walking trail (\pm one hour, variable dependant)
- Arrive at a scenic bush spot to lay down mats for a sundown yoga/meditation session; alternatively, circle back to the vehicle and set up for practice
- Watch the sun set, then head back to the lodge for a pre-dinner boma chat and dinner

Day 2:

- Wake at 05h00 (summer: September to April) / 05h30 (winter: May to August)
- Meet on the main lodge deck for a one-hour yoga and meditation session
- Depart on a two-hour walking trail/game drive, with coffee and snack stop
- The safari ends with a bush breakfast, followed by a short walk/drive back to the lodge
- Meet at 15h30 on the main lodge deck for Yin yoga and meditation practice
- Depart on an afternoon safari
- Meet in the boma for an evening get-together and dinner

Day 3:

- Wake at 05h00 (summer: September to April) / 05h30 (winter: May to August)
- Meet on the main lodge deck for a one-and-a-half-hour yoga and meditation session
- Depart on a morning safari (either a walking trail, or combination of a game drive and walking trail)
- Return to the lodge for breakfast
- Meet at 15h30 on the main lodge deck for Yin yoga and meditation practice
- Depart on an afternoon game drive, including short walking trail
- Arrive at a surprise spot for dinner

Day 4:

- Wake at 05h00 (summer: September to April) / 05h30 (winter: May to August)
- Meet on the main lodge deck for a one-hour yoga and meditation session
- Set off on a one-hour walking trail
- Return to the lodge for a celebratory breakfast
- Prepare for departure at 11h00

Contact your dedicated reservations agent; email res@marataba.co.za or call +27 11 880 9992
marataba.co.za

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