



SOUTH AFRICA YOGA SAFARI

OUR ITINERARY

Sunday, 22 March 2009

JOHANNESBURG We arrive this afternoon in “The City of Gold.” We will transfer to our hotel. This evening we will meet our other group members and have a short safari briefing. [*The Cape Grace Hotel*](#)

Monday - Saturday, 23 - 28 March 2009

MADIKWE PRIVATE GAME RESERVE Our driver collects us this morning for our drive to the private game reserve where we arrive in time for lunch. [*Mosetlha Bush Camp*](#)

Sunday – Thursday, 29 March - 2 April 2009

CAPE TOWN We return to Johannesburg today where we connect with our flight to Cape Town. We will have six days to enjoy one of the most beautiful cities in the world. In addition to morning and evening yoga, our time in the Cape Peninsula will include a full day Cape Peninsula tour, a visit to Kirstenbosch Botanical Gardens, which boasts the greatest collection of flora in Southern Africa representing 12,000 species of plants from the Cape Floral Kingdom and a guided tour from a Sangoma (Diviner and Healer) who will talk about the medicinal properties of the various plants, and a Sangoma ceremonial dance. We will also be joined by Kundalini Yoga teachers and students from South Africa and enjoy a cultural exchange. But do not worry, we will still have time to reflect, relax, and enjoy our luxury accommodation. As part of our yoga and spiritual safari, we will purchase organic fresh food locally and prepare our own meals at the resort. The cost of the food will be shared by the group. [*Monkey Valley Resort – Crowned Eagle*](#) *(Meals will be prepared by the group and the food cost (Not to exceed \$200) will be shared.*

High on the slopes of Chapman’s Peak with spectacular views of 5 miles of white sands beach is the luxurious thatched Crowned Eagle Lodge. There are six log fireplaces and each room has the same awesome view. The décor is a wonderful mix of antique, old carved Bali dark wood pieces, and warm natural stone. Guests can enjoy a variety of activities including nature and beach walks, horse and camel rides, and massages.

Friday, 3 April 2009

CAPE TOWN – JOHANNESBURG We will use our time this morning to come to closure on our South Africa Yoga Safari experience and prepare for our journey home. After lunch, we transfer to the airport for our flight to Johannesburg where we connect with our flight to the United States.

Sunday, 5 April 2009

USA We arrive in the USA this morning and transfer to our domestic flights home.

The Price to Participate

Per Person Double Occupancy

\$4,995.00 per person excluding airfares

\$1000.00 Deposit to secure your place

\$1000.00 single room supplement