



# Botswana Soul Safari

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Victoria Falls & African Safari

Experience the magic of Africa on this unforgettable Yoga & Safari Retreat through Victoria Falls and Botswana. Begin your journey with two awe-inspiring days at Victoria Falls, where the powerful energy of the world's largest waterfall sets the tone for renewal, adventure, and connection. Enjoy guided exploration, breathtaking viewpoints, and time to ground yourself in nature's raw beauty. From there, travel into Botswana near Chobe National Park, where the remainder of the retreat unfolds in an immersive camping experience surrounded by untamed wilderness. Each day blends deep yoga practices, mindful movement, and meditation with thrilling safari excursions to witness elephants, lions, hippos, and abundant wildlife in their natural habitat. Between yoga sessions and game drives, you'll enjoy meaningful cultural exchange, traditional music and storytelling, and savor authentic local cuisine prepared with care. This retreat is a rare opportunity to reconnect with yourself, embrace the spirit of the land, and experience Africa in a way that is both grounding and transformational.

## Day 1 Arrival Lunch & Falls

Visit to Falls

Today you will arrive at VFA airport and transfer to the hotel. Relax and unwind before meeting your guide to join for lunch and a visit to the incredible Victoria Falls. Enjoy this epic excursion and feel the power of the water. After the excursion, back to the hotel for dinner and overnight.

 Visit to Falls

## Day 2 Yoga and Boat Cruise

Practice & Serenity

Today you will start with a delicious breakfast and yoga practice. You will then transfer to Botswana and join an afternoon boat ride with drinks and snacks. Depart the boat and head to your glamping accommodations for the duration of your stay. Revel in the authentic lodging and shalas at your disposal. Relax, dinner and overnight.

 Boat Ride

## Day 3 Connection to your practice

Practices and Walking safari

Today you will rise for an energizing yoga practice in the Shala. Everything you need to fully embrace your practice will be waiting for you as the peace and serenity that surrounds you helps instill a deeper connection. Enjoy a delicious breakfast of local foods in the main area, Before partaking in either another light stretch session and then departing for the walking safari. You will later enjoy lunch and time to relax and enjoy the camp. In the evening please enjoy time for another practice before we gather for dinner under the stars.

## Day 4 Game Drive



## Full Day Safari

Rise as incredible day full of adventure, animals and the stunning chibuy national Park await. Today you will experience Game Drive, with a packed breakfast and lunch. A truly adventure with a blend of cultural immersion and natural wonder. You will then experience a Bush dinner in the local tradition and night drive before returning to your glamping accommodations.

 safari

 Lunch and Dinner

## Day 5 Mokoro & Yoga

Cultural Exchange

After a delicious breakfast and your first yoga practice of the day there is then free time to relax before a delicious lunch. Part of today's focus will be cultural exchange which could come in the form of a cultural workshop in the Shala such as drumming or beading or other event and also a nature walk After your cultural exchange enjoy high tea and relaxation before your evening practice and dinner

## Day 6 Workshop and Tour

Yoga & Culture

Day 6 you will wake to enjoy a delicious and healthy breakfast as well as your morning practice. After breakfast take time to relax and perhaps indulge in another gentle stretch before lunch. In the afternoon we will enjoy a cultural workshop, to be determined and a village tour. We hope this visit with locals opens your and love for all Later enjoy a traditional dinner and overnight.

## Day 7

Animal Encounter

As the sun rises you will prep for your second adventure and game drive. You will take a packed lunch as you enjoy this half day excursion into the wild. We hope this deepens your connection with the animals and planet around you. Return to accommodations for lunch, some free time and your evening yoga practice. Come together and share stories and insights as you gather for dinner and spend the evening under the stars.

 Game Drive

## Day 8 Departure & Farewell

Transfer to VFA

As your African adventure comes to a close, you enjoy light breakfasts before preparing for your departure transfer to the Victoria Falls Airport. We hope that you leave with your hearts full of love and connection with both yourself, your practice and the incredible diversity of people nature and animals of Africa. Namaste.

 Flight

 Transport

## What's Included

### What's included

- ✓ Accommodations: Hotel in Victoria falls and then authentic glamping camp with yoga shala and dining areas.
- ✓ Daily Practices
- ✓ Walking and Driving safaris
- ✓ Baot ride
- ✓ Breakfast, lunch and dinners

### What's not included

- ✗ Airfare
- ✗ Trip Insurance
- ✗ Any add on excursions: May add, helicopter ride, bungee jumping, electric bike tour, yoga with elephants, Yoga on Zambezi River, Zambezi River Cruise