

RETREAT ITINERARY

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*Meal times and spacious moments of rest are not written into the schedule below, yet they weave naturally through each day and are an essential part of your retreat experience.



Day 1 ARRIVE & LAND

Welcome to the Wild • Grounding • First Touch of Africa

Arrival & Refreshments

Settle into your luxury suite and breathe in the vastness of the bush.

Opening Circle

Meet the sisterhood, set intentions, and land in the energy of the retreat.

Stretch Yoga

A gentle practice to release travel tension and arrive in your body.

Night Safari Drive

Your first encounter with Africa's nocturnal magic — lions calling, stars rising, the bush awakening.

Day 2 AWAKENING THE SENSES

Body Activation • Nature Connection • Primal Rhythm

Morning Yoga

A strengthening, awakening flow.

Bush Walk

Be present. Tune into your senses.

Sunset Game Drive & Sundowner

Golden light, expansive views, wildlife roaming.

Drumming Around the Fire

Connect with rhythm, voice, and the ancient pulse of the earth.

Day 3 THE PRIMAL SELF

Adventure • Expression • Releasing Your Primal Voice

Early Morning Game Drive

Witness the bush come alive with sunrise.



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Breakfast Picnic in the Bush
Eat surrounded by nature — a once-in-a-lifetime moment.

Yoga
A grounding, lengthening practice.

African Tales & Fire Ritual
LStorytelling, chanting, and intentional release.

Day 4

CULTURE, CONNECTION & COSMOS

Sunrise Ritual • Cultural Immersion • Star Bathing

Sunrise Sun-Gazing, Breathwork & Meditation
A soft, safe practice of presence and gratitude as dawn breaks.

Yoga
An opening practice to receive the transformations

Transformational Workshop
A reflective workshop exploring the scientific structures that support a meaningful life, helping you identify what truly sustains your happiness and how to build it with intention.

Release your voice
Explore breath, resonance and simple confidence

Cultural Immersion
Tribal rhythm, dance, song and story telling
Star Gazing & Candlelit Floating Sound Bath
Lie beneath infinite African skies as sound washes through your body.



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Day 5

RETURN & INTEGRATE

Final Safari • Closing Circle • Farewell

Sunrise Safari

One last journey into the wild.

Yoga

A gentle integrative flow.

Closing Circle

Reflect, share, and anchor what you're taking home.

You leave changed — softer, stronger, more awake,
more connected and confident enough to ROAR

