

# **SKETCHING, STRETCHING... and ANIMALS!**

## **ARTISTIC WELLNESS SAFARI RETREAT**



**Indulge & expand your creative, artistic interests, painting, drawing & sketching whilst immersed in the vibrant local culture, breath-taking scenery and magical wildlife of Africa!**

**As we connect with nature and enjoy the safari experience, we also reconnect with ourselves through Yoga, Breathwork & Meditation**

**MUNGA PLAINS, BOTSWANA**

**28<sup>th</sup> March - 3<sup>rd</sup> April 2026**



# **What's in store:**

**Drawing, painting, creating  
Yoga, Breathwork & Meditation classes  
2-day sight-seeing tour at Victoria falls  
4-day Safari at Munga Plains, Botswana**

**We understand that organizing a trip to Africa can be overwhelming. That's why we take care of everything!**

**Everything is included. All transfers. All meals. All accommodation. All activities.**



**Game drives, Safari, boat trips, guided sight-seeing, cultural heritage tour, Art classes, Breathwork & Meditation sessions.... A packed programme to thoroughly enjoy every minute of your trip!**

**From the moment you land at Victoria Falls Airport, Zimbabwe, you are transported to the beautiful lodge hotel for a Welcome Dinner and precious relaxation time after your journey.**

**The next day is incredible tours of the magnificent Falls (March/April is the perfect time to visit!) and surrounding area.**

**The next morning begins with a sunrise river boat tour on the Zambezi River, and then a 3hr Game Drive to Munga Plains and onto your Safari adventure in Botswana!**

**There's so much to see and do!**

**We immerse ourselves in the wonders of life on the Savannah Plain, with its nature, wildlife, cultural heritage, arts & crafts, food, music, natural medicine, people & wisdom.**

**CHECK OUT THE RETREAT SCHEDULE FOR THE FULL SCHEDULE OF OF ALL ACTIVITES!**



# VICTORIA FALLS

We will spend 2 days at Vitoria Falls, sight-seeing and exploring the surrounding area. We begin our trip by immersing ourselves in the culture, nature and wildlife of this magical place, including a serene sunrise boat trip on the Zambezi River.

Known locally as Mosi-oa-Tunya or "The Smoke That Thunders," it is one of the *Seven Natural Wonders of the World*

## ACTIVITIES AND ATTRACTIONS

- **Guided tours:** Explore the falls with a guide who can share the history, geology, and local legends associated with this magnificent site.
- **River cruises:** Enjoy a leisurely cruise on the Zambezi River, upstream of the falls, where you can spot wildlife and enjoy the stunning views.
- **Electric bike tours:** Ride around Victoria Falls town on electric bikes, allowing you to cover more ground and see the sights at your own pace.
- **Local rainforest walks:** Discover the unique rainforest ecosystem created by the falls' constant spray, home to a variety of plant and animal species.

## CULTURAL SIGNIFICANCE

Victoria Falls holds significant cultural importance for the local communities. It has been a place of reverence and spiritual importance for centuries. The falls are steeped in legend and lore, with local tribes having numerous stories about the origins and powers of the falls.





**LEARN, OBSERVE, RELAX, CREATE....**

**Exploring the world of drawing and sketching is a rewarding journey, regardless of your skill level.**

**Whether you're a seasoned artist or just starting out....**

**Drawing and sketching offers a unique way to express emotions, capture moments, and communicate ideas without words.**

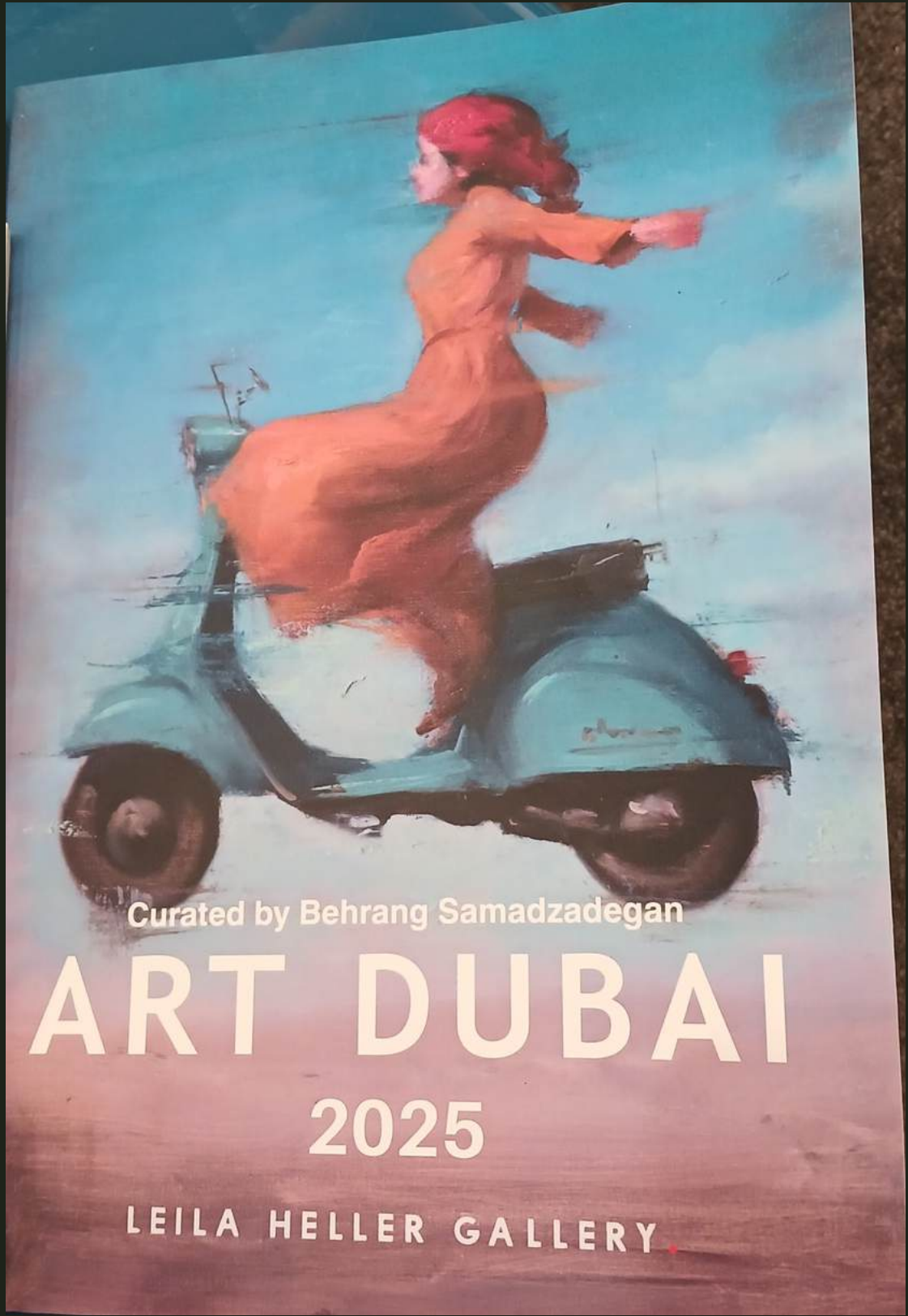
**In this magical place, you'll find your creativity flowing more freely.**

**Embrace the experience, experiment with different styles and techniques.**

**The true beauty of art lies in the personal touch one brings to each piece.**

**BE INSPIRED!**







# YOGA, BREATHWORK & MEDITATION



Stretch, move and balance your body, mind  
and spirit.



Breathe....



**MEET YOUR TEACHERS....**



**JONATHAN TATE**

**MORE ART, BETTER WORLD!**

**Jonathan has been an Art Teacher for over 20 years and is currently teaching at Dubai College, UAE.**

**With a first-class honours degree in Fine Art, Jonathan has a passion for all things creative; painting, drawing, sculpture, craftivism and performance art. He also plays guitar, piano and drums.**

**Jonathan will be bringing his artistic skills, enthusiasm and teaching experience to the tour, delivering classes led directly by the interests of our group; such as watercolour painting, sketching, bark art and even basket-weaving.**

**LET'S CREATE!**



## **MEET YOUR TEACHERS....**

### **CHRISTINE WALKER**



### **MORE YOGA, BETTER WORLD!**

**Christine is a Registered Yoga Teacher (RYT 500), certified by Yoga Alliance and qualifying at the Mandala Yoga School in Nepal. Originally from the UK and a student of yoga & for over 25 years, Christine is based in Dubai, leading private classes of Yoga, Breathwork & Meditation for all abilities, all ages, all people.**

**She is the founder of WELLNESS WORKS, a Health & Wellness organisation that focuses on physical, mental and emotional wellbeing, through BREATHWORK & YOGA.**

**Christine will be incorporating stretching, movement, breathing techniques, meditation and gentle Yoga practise into the tour, based on the needs and abilities of our group.**

**Namaste.**



**MEET YOUR SPACE.....**

**THE SHALA- SERENE, CALM, EMBRACED BY  
NATURE**

**Set amidst the open plains approximately 500 meters away from the main area and glamping accommodation, our shala is a TRUE SANCTUARY IN THE WILD!**

**This secluded spot offers an inspiring setting for Art classes, Breathwork, Meditation or Yoga, allowing you to fully immerse yourself in the beauty and serenity of the African savannah.**

**The Space is fully equipped to support all types of classes:**

- Sketching, drawing, painting**
- Yoga, Breathwork & Meditation**

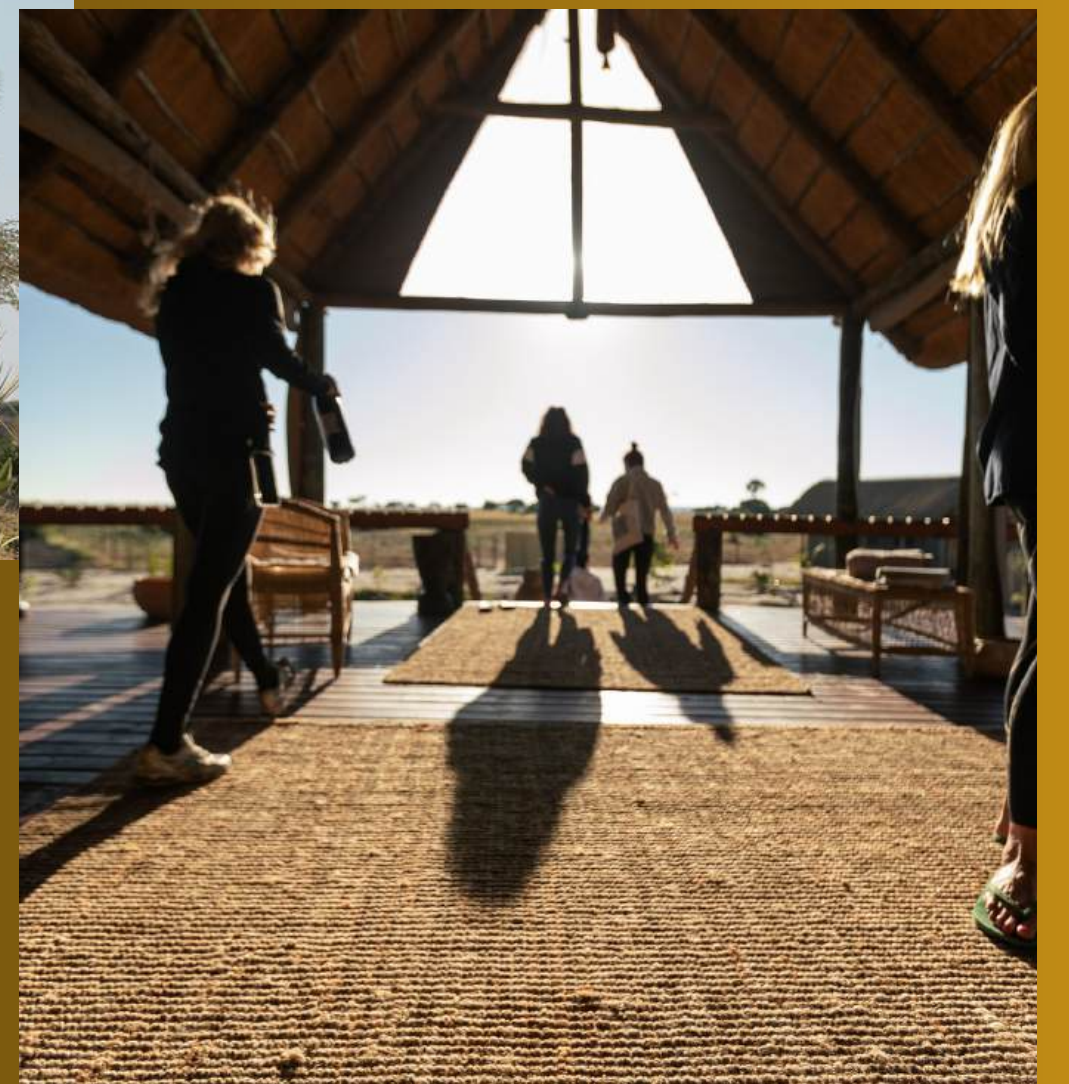
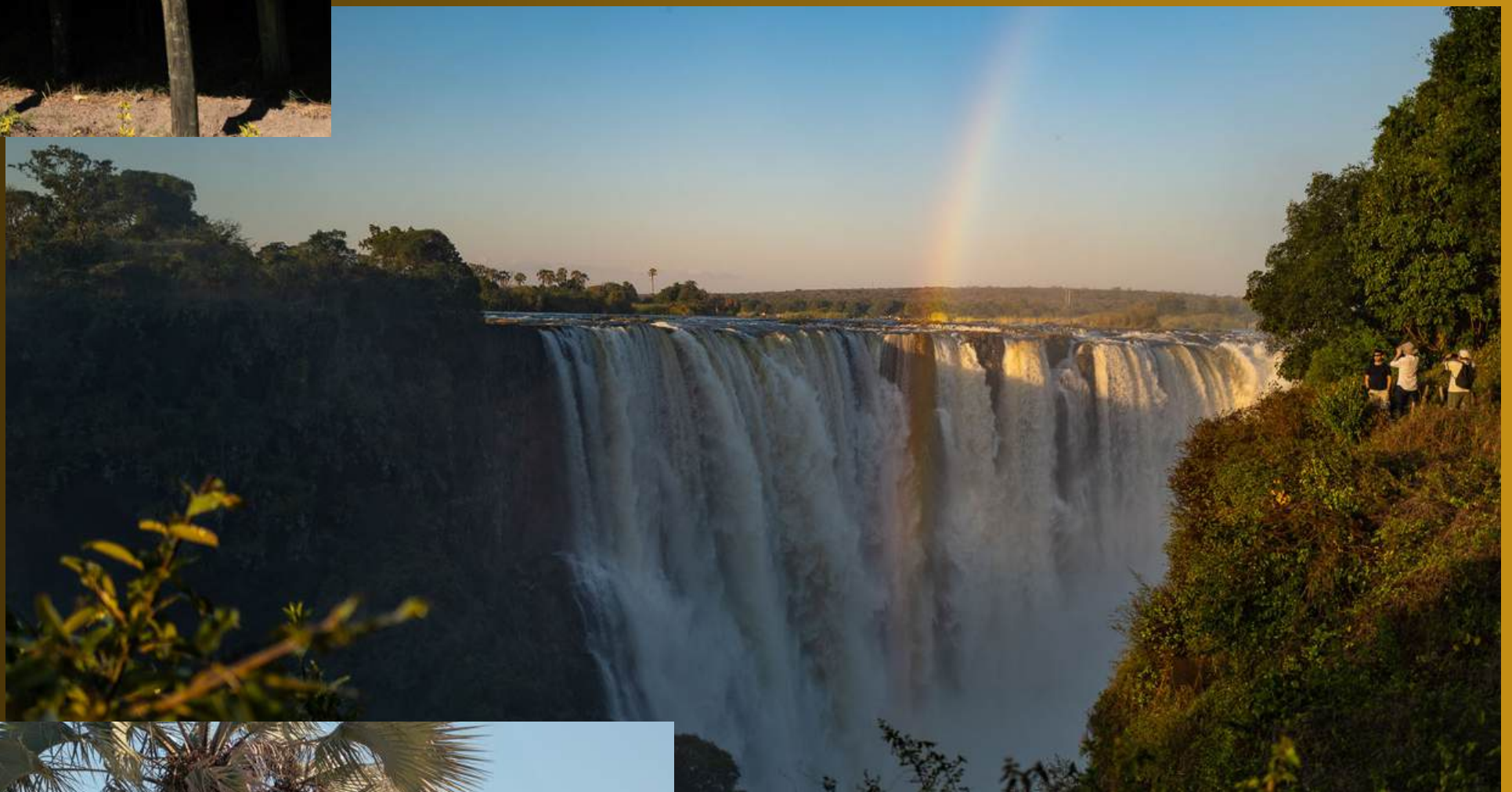
**Designed to enhance all kinds of activities, the shala is facing the open plains and can be closed with see-through canvas rolls in case of cold or wind. This flexibility ensures a comfortable and inspiring environment for your any type of class, regardless of the weather.**





# RETREAT SCHEDULE

## TO BE ANNOUNCED





# WHAT MAKES MUNGA PLAINS SPECIAL:

## UNIQUE LOCATION - PRIVATE RETREAT CAMP

Situated near Chobe National Park, Munga Plains offers a remote escape from the day-to-day, surrounded by the stunning beauty of the African wilderness.

With a unique custom-built shala, this is not just a safari lodge, but a true retreat centre designed to enhance your artistic creativity and provide a wellness space immersed in nature. The purpose is to provide a seamless and comprehensive experience for all guests.

Munga Plains takes care of everything based on your needs and there's even an option to expand your trip with add-on Safari packages.





# The Camp

At Munga Plains, we blend comfort with the wild, offering an immersive experience in nature that rejuvenates the spirit.

## Main area for shared moments

The main area is the heart of Munga Plains, where guests come together to share meals, stories, and experiences. This inviting communal space is elevated, hidden behind natural palm trees, and includes:

- A bar with stunning views of the savannah
- A lounge deck perfect for relaxing and socializing, with beautiful sunrise views
- A cozy dining area
- A swimming pool to cool off and unwind
- A boma fireplace for enjoying traditional dinners under the African stars

From the viewing deck, you can see the horizon overseeing the flooded plains and the shala, offering a serene and picturesque backdrop.





# THE EXPERIENCE

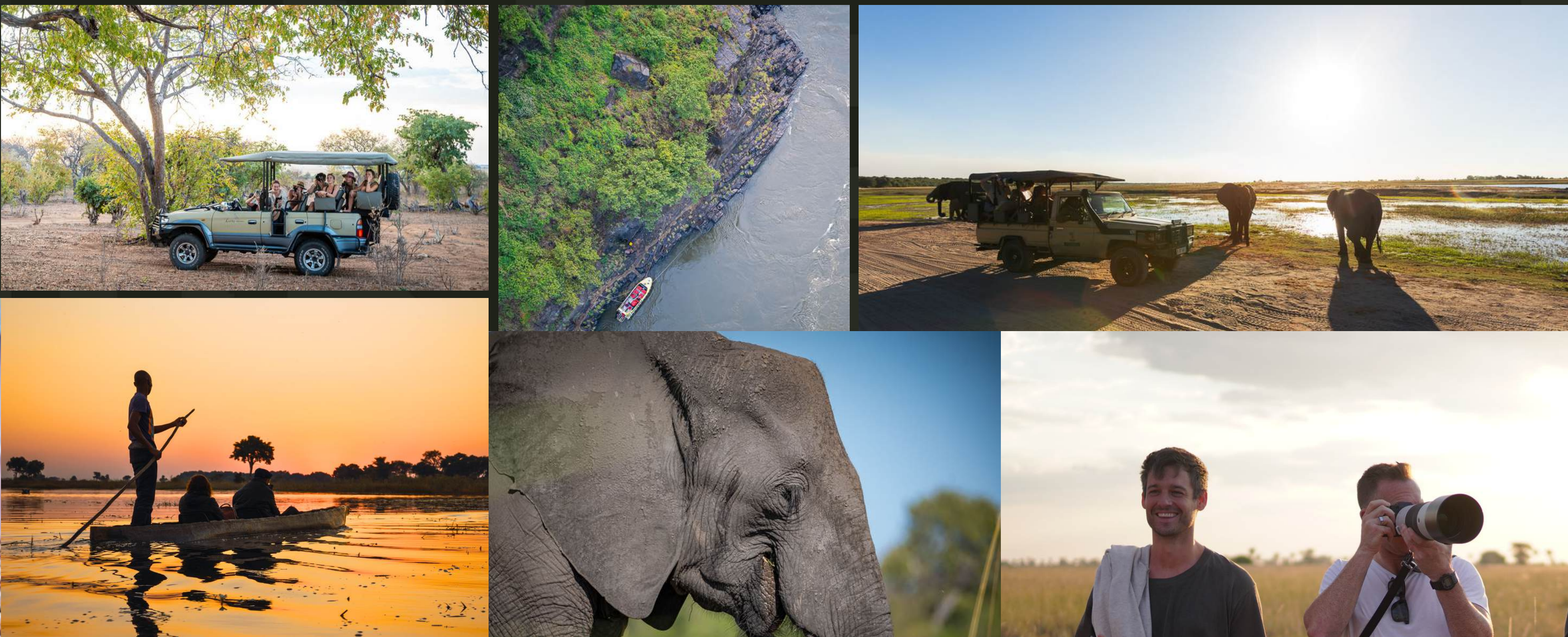
## HONOUR LOCAL TRADITIONS

Enrich your stay with cultural experiences that give back to the communities that call this region home.

- **Workshops with local artisans:** Learn crafting techniques passed down through generations.
- **Traditional dances:** Join communal singing and dancing around the firepit.
- **Guided village tours:** Get to know the local tribes, including their customs and traditions.
- **Cooking classes:** Discover the flavors of local cuisine.
- **Visit to school for disabled children:** Support and engage with the community through voluntary work and donations.



## ROAM THE WILD





# COZY GLAMPING ACCOMMODATION

Our camp features six standard and four large double rooms, each designed to provide a comfortable retreat amidst the breathtaking landscape and the whispering sounds of the African bush. An additional double room is available for tour leaders. Each tent is set on wooden decking and furnished with artisanal African elements, including:

- Two single beds that can be separated or joined
- Private ensuite bathroom with a shower
- Wardrobe and luggage rack
- Veranda to enjoy the views
- Fan and mosquito net



# BUILT BY LOCAL ARTISANS

Every structure at Munga Plains was crafted by local artisans using locally sourced materials, blending seamlessly with the natural surroundings and supporting the local economy. The rustic charm of the camp allows guests to feel truly immersed in nature, hearing the calls of hyenas and other wildlife at night.





# TESTIMONIALS

Hear from our previous guests who have experienced the magic of Munga Plains:

"This is a dream retreat that encompasses **EVERYTHING** you need to get back to feeling yourself again - yoga, nature, the wilderness, seeing wildlife up close, sustainable eco accommodation, nutritious food, incredible people, amazing experiences, and the **SUN!**"

-BIANCA POLIZZI, DIGITAL NOMAD, ASHTANGA TEACHER

"Genuinely one of the best experiences of my life. I can't fully put into words how beautiful this trip was - the space, the staff, the country, the people, the wildlife, the classes, and to see how much of an amazing impact this place has on the local community."

-KATRINA CROSSLEY, UK, VINYASA TEACHER

"Magical week in Munga Plains. I highly recommend this place for a unique combo of wild animals, African safari life, camping, and yoga. I had such a special time here that I definitely want to come back."

-HEIDI KARELL, FRANCE, ASHTANGA TEACHER

"The staff was so friendly and welcoming. All the big smiles really made this a unique and unforgettable experience."

-MARIE KEUTLER, PORTUGAL, VINYASA TEACHER





# THE MUNGA PLAINS STORY

Munga Plains was born out of a vision to create a sanctuary where the practice of yoga and the beauty of the African wilderness converge. Founded by Thierry Nyfeler, who was deeply inspired by his transformative experience visiting Botswana in 2021, Munga Plains integrates yoga, safari adventures, and community engagement into one unique retreat experience.

Founded in 2024, Thierry and his team brings a deep passion for sustainability, local employment, and wildlife conservation to the project.



I hope Munga Plains will help you live the same experience of reconnecting with yourself and recharging through nature, relationships with others, and your practice.





## COMMUNITY at HEART

Situated on the former tribal land of the Basubiya people, Munga Plains honors local cultural heritage by hiring local staff and supporting artisans. We collaborate with the Paramount Chief to organize cultural workshops and assist the school for disabled children in Kachikau. Our guests experience local traditions, ensuring every visit positively impacts the community.

## SUSTAINABLE by DESIGN

Sustainability is central to Munga Plains. Our facilities, built with wood, canvas, and thatching grass, aim to leave no trace on the local environment. We operate on solar power, run our own water treatment system, and practice agro-tourism by growing herbs, vegetables, and fruits for our guests.





# CULINARY DELIGHTS

Dining at Munga Plains is an integral part of the retreat experience, offering a fusion of local flavors and healthy international cuisine. Our culinary experience is crafted by Ednah Rosen, author of "A Taste of Botswana". With a genuine appreciation for local ingredients and culinary traditions, Ednah brings a unique and delightful menu that deepens your journey into Africa.



## FARM-TO-TABLE CONCEPT

We are committed to sustainability and local sourcing in our dining offerings. Our farm-to-table concept involves cultivating our garden and orchard to grow herbs, vegetables, and fruits, which we use in our dishes. This not only ensures the freshest ingredients but also supports our goal of becoming as self-sustainable as possible.

## SAMPLE MENUS

We cater to vegan, vegetarian, and other dietary requirements, ensuring that all guests enjoy nutritious and delicious meals. Here are some examples of what you can expect:

- Light breakfast: Fresh fruits, yogurt, granola, and baked goods served before morning yoga.
- Brunch buffet: A variety of salads, grains, vegetables, and protein-rich dishes after morning yoga.
- Dinner: Plated meals featuring local and international cuisine, accommodating dietary preferences.
- All-day snacks: Available to keep you energized.
- High tea: Afternoon tea with a cake of the day.
- Beverages: Complimentary coffee, tea, smoothies, juices, and water.



# CHOBE NATIONAL PARK

Located in Northern Botswana, Chobe National Park is one of Africa's premier wildlife destinations. Spanning approximately 11,700 square kilometers, the park is renowned for its diverse ecosystems and abundant wildlife. From riverine forests and floodplains to swamps and woodlands, Chobe offers a variety of habitats that support a wide range of species.

## WILDLIFE AND ECOSYSTEM

Chobe National Park boasts the world's largest concentration of elephants, often seen in herds along the Chobe River. The park is also home to lions, leopards, buffaloes, and a variety of antelope species. Birdwatchers can delight in over 450 species of birds, making it a paradise for ornithologists.



## CONSERVATION EFFORTS

Chobe National Park is committed to conservation with various initiatives aimed at protecting its wildlife and habitats. Anti-poaching measures, community engagement programs, and sustainable tourism practices are integral to preserving the park's natural beauty and biodiversity.

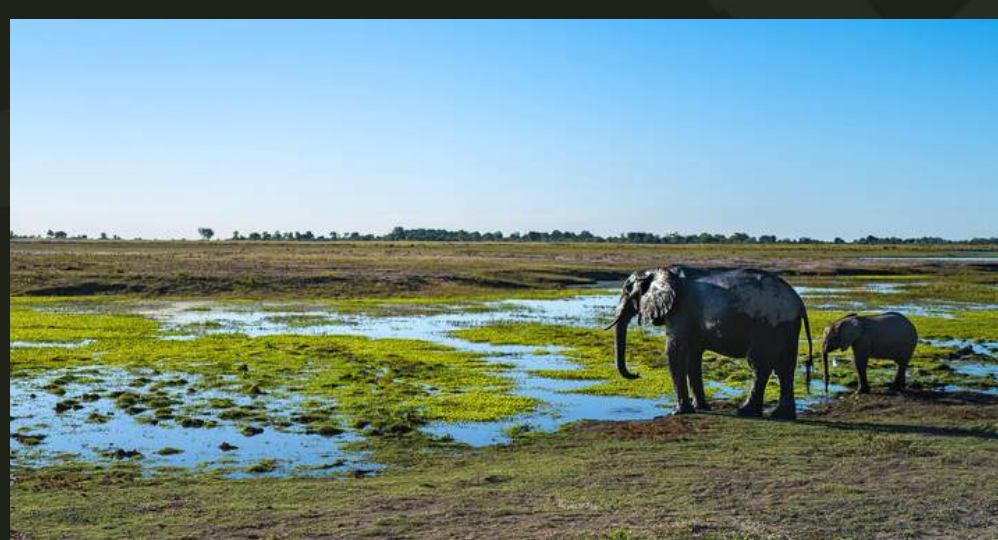
By visiting Chobe National Park as part of your retreat at Munga Plains, you will have the opportunity to experience one of Africa's most iconic wildlife destinations, immersing yourself in the beauty and wonder of this remarkable ecosystem.



# MOBILE SAFARI EXTENSION

Enhance your retreat experience with a 3-night mobile safari extension, including a scenic flight over the Okavango Delta to Kasane. This adventurous extension offers a deeper connection with nature and a thrilling addition to your retreat.

All meals, accomodation, and transfers included. Internation flights, tips, personal purchases, Zimbabwe Visa, alcoholic drinks, and soda excluded.



## ITINERARY IN MUNGU PLAINS

### Day 1 - Savuti Marsh

After breakfast, you will depart on a captivating drive from Kasane to Savuti. Along the way, you will journey through the Chobe Forest on a sandy track, which will lead you to the discovery of the Savuti Marsh, where your campsite is located. As you make your way through this rugged landscape, it's almost impossible to imagine that it was once submerged under a huge inland sea.

### Day 2 - Savuti Region

Embark on a thrilling safari with your guide to explore the wildlife-rich Savuti region of Chobe Park. This area is particularly renowned for the quality of sightings of majestic lions and elusive leopards.

### Day 3 - Khwai Concession

You will pass through Mababe village, which is known for its traditional crafts made by the women of the village. You can stop and visit the local market to browse and purchase some unique souvenirs. Afterward, you will continue to Khwai where you will have lunch before going on an afternoon game drive in the Moremi Game Reserve.

### Day 4 - Scenic Flight to Kasane

After a memorable time exploring the wildlife and landscapes of the Okavango Delta, it's time to bid farewell to your guide and chef. In the morning, after savoring a delicious breakfast, you will be driven to the Khwai airstrip where you will catch your flight to Kasane airport. From there, return to Victoria Falls or spend one more night in Kasane.





# CONTACT INFORMATION

We are excited to welcome you to Munga Plains!

**WELLNESS WORKS** can help you create an unforgettable retreat experience.

For bookings, inquiries, or more information, please reach out to us using the following contact details. We would be delighted to tell you more about the retreat and answer any questions.

**Message us via WhatsApp!**

**WELLNESS WORKS**

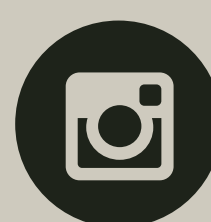
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**MUNGA PLAINS**