

YOGA SPECIAL



ROOTS & JOURNEYS
UNDER AFRICAN SKIES

IN PARTNERSHIP WITH
**NAMASTE YOGA
SAFARIS**

7-DAY EXCLUSIVE YOGA
RETREAT AT TWO
LUXURY LOCATIONS IN
THE OKAVANGO DELTA.

ROOTS & JOURNEYS YOGA RETREAT

WITH NAMASTE YOGA SAFARI

Journey with us along the untouched Okavango Delta in Botswana for 7 days of mindful yoga flows, while experiencing a first-class safari.

OVERVIEW

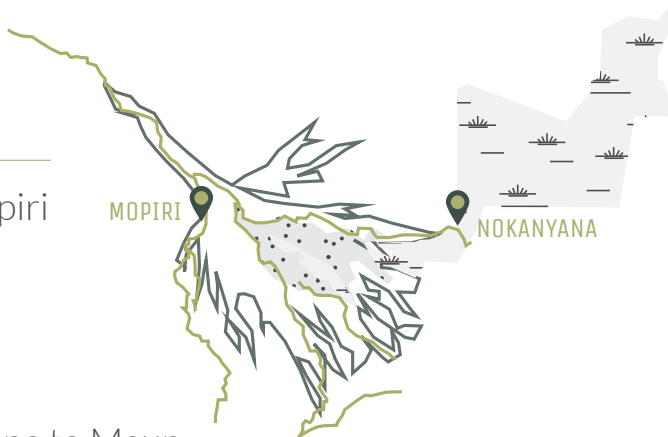
DAY 1: Arrival – Scenic flight from Maun to Mopiri

NIGHTS 1-4: Mopiri

DAY 5: Scenic flight from Mopiri to Nokanyana

NIGHTS 5 & 6: Nokanyana

DAY 7: Departure – Scenic flight from Nokanyana to Maun



FROM US\$ 3,999

PER PERSON SHARING

DATES

9-15 NOVEMBER 2020

16-22 MARCH 2021

9-15 NOVEMBER 2021



YOGA RETREAT IN BOTSWANA

Connect deeply with the elements and energy of nature as you combine a water based experience at Mopiri Camp on the Weboro Lagoon with a true bush experience in the heart of the Delta at Nokanyana. You will be in the capable hands of Marcel Vosloo of Namaste Yoga Safaris.

The days begin with a yoga practice out in nature. What better place to find yourself at sunrise? It is as though time stands still in this picture-perfect settings where the surrounding Delta whispers rejuvenation into your soul. Before sunset, you will find yourself back in nature for an afternoon yoga practice to quieten your mind.

The morning sessions are vinyasa based: flow yoga based on breath, including breathing techniques and meditation.

ACTIVITY PACKED DAYS

The afternoon yoga practice is yin based: a fairly young yoga style that incorporates traditional Chinese medicine into yoga and where poses are held for a longer period of time.

The retreats are kept to 8 participants and all levels of yoga are welcome, from beginners to advanced.

Between the yoga sessions you will enjoy the unique activities specific to the area and there is time for relaxation and self-reflection.

The teams at Mopiri and Nokanyana will discuss all the activities on offer and you can do as little or as much as you would like to.



LUXURY ACCOMMODATION

The Retreat takes place at Roots & Journeys' two camps in the Okavango Delta. Located in crowd-free areas, both camps have just 10 tented suites and are fully solar powered.

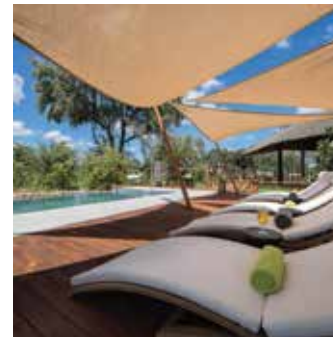
MOPIRI — TRUE WATER EXPERIENCE

Mopiri Camp offers a water experience right on your doorstep, with boating safaris, mokoro trips, bush walks, birding, angling, sunset cruises and star gazing to choose from. Game viewing is mainly aquatic: hippos, crocodiles, incredible bird life, elephant, red lechwe and sitatunga, to name a few. A scenic helicopter flight to Tsodilo Hills can be arranged while you are in camp.



NOKANYANA — BUSH & SAFARI

On the confluence of the Mababe and Khwai rivers, Nokanyana offers a game rich experience with excellent opportunities to see lion, elephant and large herds of buffalo on game drives and bush walks. Wildlife roams through the camp freely, so there is nothing wrong with spending an afternoon on your veranda. If you would like to include a visit to Elephant Havens, we suggest you arrange this prior to arrival with us.





7-DAY ITINERARY

DAY 1

On arrival at Maun Airport you will be met by a Roots & Journeys representative and your fellow yoga enthusiasts. Your journey starts here with a scenic flight over the Okavango Delta to Mopiri Camp in a light aircraft.

On arrival at Mopiri you will receive a quick introduction to the camp, the area and the Yoga Retreat. Once everyone has settled in, the first yoga and meditation session will take you into the sunset. The yoga instructor will hold an individual session with each participant to gauge experience and discuss anything to take into account during the yoga sessions.

DAY 2

Morning yoga session next to the Delta at the lodge
Breakfast
Boat trip & guided bush walk /optional massage
Lunch
Barge cruise/relaxation/optional massage
Afternoon/sunset yoga session
Dinner

DAY 3

Morning yoga session next to the Delta at the lodge
Breakfast
Full day out incorporating a boating safari, mokoro trip and
lunch set up on an island in the heart of the Delta.
Sunset yoga session
Dinner



DAY 4

Morning yoga session next to the Delta at the lodge
Breakfast
Morning activity/relaxation/optional massage
Lunch
Afternoon activity/relaxation/optional massage
Afternoon/sunset yoga session
Dinner

DAY 5

Morning yoga session next to the Delta at the lodge
Breakfast
Flight from Mopiri to Khwai, followed by a 1-hour game drive
into Nokanyana
Lunch (in camp or on the way to camp)
Afternoon game drive /relaxation
Afternoon/sunset yoga session
Dinner



DAY 6

Morning yoga session next to the Khwai River at the lodge

Breakfast

Morning activity/relaxation/optional massage

Lunch

Afternoon game drive/relaxation

Afternoon/sunset yoga session

Dinner

DAY 7

This morning we will have one last beautiful yoga flow, taking in the natural beauty and energy of the Delta.

After breakfast, you will fly back to Maun in time for your departure flight back home.

The scenic flight over the Delta is the perfect chance to reflect on the natural beauty and self-reflection you have encountered over the last week.

EXTENSION OPTION

If you have a few extra days to spare, why not add 2 or more nights in Victoria Falls after the Retreat? Please contact us for recommended hotels and activities in Victoria Falls or ask your travel agent.



COST
US\$ 3,999
PER PERSON SHARING
SINGLE ROOM:
US\$ 4,800 PER PERSON

DATES
9-15 NOV. 2020
16-22 MAR. 2021
9-15 NOV. 2021



INCLUDED:

- Luxury accommodation for 7 days / 6 nights
— The camp will not be used exclusively for the yoga retreat. However, yoga sessions will be held when most guests are out on activities.
- All meals
- Standard beverages
- Fruit infused water (bottles will be supplied, as we do not want to use any plastic bottles)
- All mentioned camp activities
- Professional safari guides for all excursions/activities
- 1 Full body massage
- Qualified yoga teacher/host
- One on one sessions with your yoga teacher
- Daily yoga & meditation with a beautiful view of the Delta and the Khwai River
- VAT & Tourism levy
- Park Fees
- Meet & Greet at Maun airport by a member of the Roots & Journeys team
- Return scenic flights from Maun to Mopiri Camp, Mopiri to Nokanyana, and Nokanyana to Maun

- Transfers to and from the Mopiri airstrip and the Khwai airstrip
- Laundry
- Welcoming gift

NOT INCLUDED

- International flights
- Gratuity
- Travel Insurance
- Additional Massage treatments
- Premium beverages



USEFUL INFORMATION

FLIGHTS

- Please book your flight to arrive at Maun International Airport (MUB) no later than 13h30 on the first day of Retreat
- Daily flights to Maun International Airport from Johannesburg in South Africa with Air Botswana and SA Airlink

CURRENCY

The Botswana Pula (BWP) and USD are the only legal tender in Botswana and can be used freely to purchase goods and services. The following are accepted as payment methods: Mastercard • Visa • Maestro • Cash

TIME ZONES

- GMT + 2 hours

BOTSWANA VISA REQUIREMENTS

Entry requirements can change, so please contact your local Botswana embassy to verify the information below is current.

- A passport is required for all foreign visitors and must be valid for at least six months.
- Citizens from most nationalities do not require a visa and will get a 30- day entry permit on arrival.
- All foreign visitors will need to carry a return ticket.

STAYING OVER NIGHT IN MAUN

Please contact us for recommendations if you are staying over for a night in Maun or ask your travel agent.

WEATHER

Botswana's climate is semi-arid. It is hot and dry most of the year, with a short rainy season.

WHAT TO PACK

- Comfortable lightweight clothing, sweater or jacket
- Comfortable walking shoes and sandals
- Sunblock, sunglasses
- Swimwear
- Toiletries (some will be supplied)
- Yoga mat (will also be supplied if you don't have one)
- Camera, binoculars
- For electrical small appliances or chargers, a conversion plug to a threepin type outlet.

WE HOPE TO WELCOME YOU TO MOPIRI AND NOKANYANA SOON!



FOR MORE INFORMATION CONTACT US AT:

MAUN OFFICE PO BOX HA 96 HAK, MAUN, BOTSWANA
E: RES@ROOTSANDJOURNEYS.COM
E: ANNA@ROOTSANDJOURNEYS.COM | C: +267 7747 9188

WWW.ROOTSANDJOURNEYS.COM 