

MHONDORO SAFARI LODGE & VILLA YOGA & WELLNESS PROGRAMME
PROGRAMME YOGA & WELLNESS WEEK MHONDORO SAFARI LODGE & VILLA



DAY 1 (3d Phasing day)

12:00	Arrive at the Main Gate of Welgevonden Game Reserve
14:00	Welcome drinks
14:30	Lunch (Tasting Menu)
16:00 – 19:00	Safari with breathing exercises while watching the sunset
19:30 – 20:30	Dinner
20:30 – 21:30	Yoga and meditation
21:30	Closing of the day

DAY 2

06:30 – 10:00	Yoga Safari with breakfast (organic juice)
10:30 – 12:00	Food and Detox Workshop
12:30 – 13:00	Lunch (organic juice)
13:00 – 15:00	Free time - massage treatment and personal session will be scheduled
15:30 – 17:00	Safari with Mindfulness walk
17:00 – 19:00	Free time - massage treatment and personal session will be scheduled
19:00 – 19:30	Dinner (organic juice)
19:30 – 20:30	Yoga and Singing Bowls session
20:30	Bouillon and closing of the day

DAY 3

05:30 – 08:00	Yoga with breathing exercises during sunrise
08:00 – 08:30	Breakfast (organic juice)
08:30 – 12:00	Free time - massage treatment and personal session will be scheduled
12:00 – 12:30	Lunch (organic juice)
12:30 – 16:00	Free time - massage treatment and personal session will be scheduled
16:00 – 19:00	Safari with breathing exercises while watching the sunset
19:00 – 19:30	Dinner (organic juice)
19:30 – 20:30	Yoga
20:30	Bouillon and closing of the day



DAY 4

06:30 – 10:00	Safari and breakfast (organic juice)
10:00 – 11:00	Yoga and Mindfulness
11:00 – 12:00	Free time - massage treatment and personal session will be scheduled
12:30 – 13:00	Lunch (organic juice)
13:30 – 15:00	Free time - massage treatment and personal session will be scheduled
15:30 – 17:00	Mindfulness walk during safari
17:30 – 19:00	Free time - massage treatment and personal session will be scheduled
19:00 – 19:30	Dinner (organic juice)
19:30 – 20:30	Yoga and Singing Bowls session
20:30	Bouillon and closing of the day

DAY 5 (1st Building day)

06:30 – 09:30	Safari
09:30 – 11:00	Breakfast
11:00 – 13:00	Free time - massage treatment and personal session will be scheduled
13:00 – 14:00	Lunch
14:00 – 16:00	Free time - massage treatment and personal session will be scheduled
16:00 – 17:00	High Tea
17:00 – 19:30	Safari with Sunset meditation
20:00 – 21:30	Dinner

DAY 6

08:00 – 10:00	Choice: Safari or Yoga at sunrise with meditation
10:00 – 11:00	Debriefing and end of the Yoga and Wellness week