



MHONDORO WELLNESS & DETOX



EXCLUSIVE RETREAT

7 until 12 September 2023

PROGRAMME

Thursday September 7

- 12:00 – 12:15 Welcome to Mhondoro Reception!
Possibility to freshen up for a delicious lunch made with your self-picked fruits and veggies from our garden.
- 14:30 – 16:00 Safari game drive with breathing exercise
- 16:00 – 16:30 Checking into Mhondoro Safari Lodge & Villa
- 16:30 – 18:30 Free time / massage / personal coaching
- 18:30 – 20:00 Dinner
- 20:30 – 21:30 Yoga and meditation

Friday September 8

- 06:00 Wakeup call
- 06:30 – 10:00 Safari Yoga Game Drive (incl. breakfast or first juice day)
- 10:30 – 12:00 Workshop food and detox
- 12:30 – 13:00 Lunch
- 13.30 – 14.30 Free time / massage / personal coaching
- 15:00 – 15:30 Detox clay liver treatment
- 16:00 – 19:00 Sunset Yoga Safari Game Drive
- 19:30 – 20:30 Dinner

Saturday September 9

- 05:00 Early wake-up call
- 05:30 – 07:00 Sunrise Yoga and meditation
- 07:30 – 09:00 Breakfast or second juice day
- 09:30 – 11:30 Free time / massage / personal coaching
- 12:00 – 13:00 Lunch
- 13:30 – 15:00 Free time / massage / personal coaching
- 15:30 – 18:30 Sunset Yoga Safari Game Drive
- 19:00 – 20:00 Dinner
- 20:00 – 21:00 Yoga Nidra and meditation

Sunday September 10

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| 06:00 | Wake-up call |
| 06:30 - 09:30 | Safari game drive (incl. breakfast or third juice day) |
| 10:00 - 11:00 | Yoga and Mindfulness |
| 11:00 - 12:00 | Free time / massage / personal coaching |
| 12:30 - 13:00 | Lunch |
| 13:30 - 15:00 | Free time / massage / personal coaching |
| 15:30 - 17:00 | Mindfulness bush walk |
| 17:30 - 18:30 | Free time / massage / personal coaching |
| 19:00 - 20:00 | Dinner |
| 20:30 - 21:30 | Yoga and meditation |

Monday September 11

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| 06:00 | Wake-up call |
| 06:30 - 09:30 | Safari game drive with singing bowl session |
| 09:30 - 10:30 | Breakfast |
| 10:30 - 11:30 | Farmhouse project |
| 11:30 - 12:30 | Bike tour |
| 12:30 - 13:30 | Lunch |
| 14:00 - 15:30 | Safari game drive |
| 16:00 - 18:00 | Free time / massage / personal coaching |
| 18:30 - 19:30 | Yoga and meditation |
| 20:00 - 22:00 | Boma Dinner |

Tuesday September 12

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| 05:00 | Early wake-up call! |
| 05:30 - 07:00 | Sunrise Yoga and meditation |
| 07:30 - 08:30 | Breakfast and reflection of the retreat |
| 09:00 - 11:00 | Free time / massage / personal coaching |
| 11:00 | Checkout |

Note:

Mhondoro Retreats are committed to providing a memorable wellness experience to each of its guests. We thus encourage our guests to "Digitally Detox" while here.

Further, to preserve the privacy of all guests on the retreat, we do not allow the use of cellphones, laptops or any other devices in public areas, public buildings or any outdoor area used for retreat purposes. We assure you a better connection as you embark on the wellness journey at Mhondoro. (Photographic equipment will be available on request for Photo/video purposes only)