



## MAGALIESBURG BUSH YOGA RETREAT

Free cancellation up to 60 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
  - Nature
  - Romantic Weekend Getaways
  - Women's Adventures
  - Yoga and Wellness
- **Travel Style:** Premium
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
  - English
- **Tour Vibe:** Laid Back
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
  - Senior
  - Solo
  - Women
  - Youth
- **Country:**
  - South Africa
  - Africa
- **Routes:**
  - 2193, Randburg, Johannesburg, Gauteng, South Africa
- **Pickup:** Transportation not included;

From:4:00 PM

To:4:00 PM

- **Drop-off:** Transportation not included;

From:12:00 PM

To:4:00 PM

- **Age Range:** 18 - 70 (Years Old)
- **Tour Highlights:**

- ***2 NIGHTS BUSH RETREAT***

*Tree House or Cabin Accommodation (Double occupancy)*

*Daily Yoga & Mindfulness (Beginners Welcome)*

*All Meals*

*Secluded Bush Farm (Perfect for Social Distancing)*

*Self-Exploratory Workshop*

*Women Health Session*

*Nature Walk*

*Relaxation Forest Time*

*Journaling Session*

***Maximum of 15 pax Conversations that Matters***

- **Tour Introduction:**

***ENJOYED AS AN ESCAPE, A RETREAT, A HOME, A REFUGE OR A RETURN TO NATURE AT SIMA KADE NESTLED IN A PRIVATE VALLEY IN MAGALIESBURG.***

*While you get to have an adventure of being immersed in the bush, experience outdoors yoga, nature walk, journaling sessions, women's health talk, heart to heart conversations, and lazing around in the forest while having all the necessities and comforts you need at your disposal.*

- **Itinerary:**
  - Day 1: **Relax, and stay calm**

Friday

Arrival/Check-in 4:00 PM

Welcome Remark: 5:30 PM

Sunset Restorative Yoga/Mindfulness: 6:00 PM

Journaling Introduction

Dinner/Conversations that matter 6:30 PM

◦ Day 2: **Mindfulness**

Saturday

Light Breakfast/Fruits 7:30 AM

Mindfulness walk: 8:00 AM

Breakfast: 9:00 AM

Self-exploratory session: 11:00 - 12:00 PM

Lunch: 12:30 PM

Leisure time/rest/explore the farm

Journaling session: 3:30 PM

Thankfulness yoga: 4:00/4:30 PM

Free time

Dinner/Heart to heart conversation 6:30 PM

◦ Day 3: **Getting ready**

Sunday

Light Breakfast/Fruits 7:30 AM

Sunrise Yoga 8:00 - 9:00 AM

Breakfast 9:00 AM

Health Session: 10:00 - 11:00 AM

Wrap up Session: 11:00 - 12:00 PM

Departure 12:00 PM

## WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
Sima Kade Magaliesburg	2	Camping	SIMA KADE	Unrated	Private

- **Guide**

**Yoga Instructor Banesa Tseki** from Organic Nomad, a yoga and wellness company under the B.Creative Group.

**Healthcare Practitioner and Wellness Consultant BeceBright** will be teaching the Self-Exploratory Workshop and Women Health Session

- **Meals**

- Meat
- Vegetarian

Breakfast

Lunch

Dinner

## WHAT'S EXCLUDED

- Flights
- Pickup & Drop-Off
- Insurance
- Transport
- Transport
- **Other Excluded:**

n/a

## Covid Safety

- **COVID-19 REGULATIONS**
  - ? Guests' temperature will be scanned on arrival at the hotel.
  - ? Guests will be required to complete a screening questionnaire on arrival or 24 hours before arrival via google form questionnaire.
  - ? Guests will be encouraged to exercise increased sanitizing and disinfecting practices.
  - ? Guests are required to wear masks except when outdoors, in open space, eating or drinking.

## Tour Cancellation Policy

Free cancellation up to 60 day(s) prior departure, Or traveler will pay 100 % of the tour amount

COVID Cancellation: No refund but event will be rescheduled will no fees.

## Good To Know

Arrival on 29 October

- Please find the address to Sima Kade here: 162 R96, Berlouri Farm Entrance Rd, Hekpoort, 1790.
- Arrival time is anytime from 4 pm. The welcome will begin at 5:30 pm. Please reply to this email with your estimated time of arrival. We understand that many of you may be coming from work, so if you arrive later we do understand.
- Travel time from Lanseria Airport is 30 mins and OR Tambo is 1hr 30mins.
- We will be adding you to a Whatsapp group just before the retreat so any urgent messages will be communicated there.
- Kindly complete this COVID pre-screening form on Thursday 28th October 5th.

## FAQs

Accommodation: Tent/Cabin

Details:

*2 NIGHTS&NBSP;SELF EXPLORATORY RETREAT  
R6500 PP (DOUBLE OCCUPANCY)*

*Tree House or Cabin*

*Daily Yoga & Mindfulness (Beginners Welcome)*

*All Meals*

*Secluded Bush Farm (Perfect for Social Distancing)*

*Maximum of 15 pax*

*Self-Exploratory Workshop*

*Women Health Sessions*

*Nature Walk*

*Relaxation Forest Time*

*Journaling Sessions*

*Conversations that Matters*