



HEALTH AND WELLNESS WEEKEND - Bought to you by Victoria Falls Yoga

DATES

18th - 21st November 2022

VENUE

Iganyana Tented Camp which is Located just outside Hwange National Park in the Dete Vlei.

DURATION

3 nights

Option to add up to 2 additional nights at Iganyana Tented Camp at a discounted rate when booked with the Retreat through Victoria Falls Yoga (Ts&Cs apply).

CAPACITY

16 pax (men & womxn aged 16yrs and above)

ROOMING OPTIONS

Sharing a Twin / Double Room - You may request to share with your friend or partner on this retreat. If you are coming alone you will be placed in a room with another attendee of the same gender.

Private Room with Double Bed

Please note: Room options are charged at separate rates detailed below. Private rooms are subject to availability and will be allocated on a first come, first serve basis.

PRICING

-10% **EARLY BIRD SPECIAL!!** - *Valid until Sunday 18th September 2022

Sharing a Twin / Double Room

Zimbabwean - US\$ 629*

SADC - US\$ 728*

International - US\$ 854*

Private Room

Zimbabwean - US\$ 764*

SADC - US\$ 895*

International - US\$ 1010*

REGULAR BOOKINGS - Bookings made between 19th September & 3rd November 2022

Sharing a Twin / Double Room

Zimbabwean - US\$ 699

SADC - US\$ 809

International - US\$ 949

Private Room

Zimbabwean - US\$ 849

SADC - US\$ 995

International - US\$ 1129

BOOK YOUR SPOT NOW!

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WELLNESS RETREAT TC&CS:

- **BOOKINGS CLOSE 17:00 ON THURSDAY 3RD NOVEMBER 2022.**
- **50% deposit required to secure your booking.**
- Early bird special only applies to booking secured with 50% deposit before 17:00 on the Sunday 18th September 2022.
- There are only 16 spots available for this retreat
- Men & Womxn welcome on this retreat. Minimum age 16 years.
- Private rooms are subject to availability and will be allocated on a first come, first serve basis.
- Proof of passport and / or ID will be required.
- Please see the detailed list of inclusions and exclusions below.
- Additional optional activities and treatments are booked at your own expense and are subject to availability on a first come first serve basis (prices provided further on in this document).
- Additional 4th and 5th night add ons are booked and paid at own expense. Discount applicable to Wellness Retreat Attendees ONLY and is subject to availability on a first come first serve basis.

INCLUSIONS

Board & Lodging:

3 nights accommodation at Iganyana Tented Camp.

All meals for the duration of your stay.

Unlimited Teas & Coffee in the common area.

Safari Activities:

3 Game Drives.

3 (secret) Safari Activities - details will only revealed on the retreat!

Wellness Activities:

6 Movement Sessions (3x Strength & Conditioning; x3 Yoga Classes).

2 Educational Wellness Talks.

1 Cultural Crafting Activity with local jewellers.

A few surprise inclusions revealed throughout your stay!

Equipment:

Yoga mats and relevant equipment is provided for use during the retreat. Option to purchase equipment to take home at the end of your stay.

Value Adds:

A goodie bag full of surprises.

1 Guided Journal Activity Booklet for the Retreat.

Wholesome and healthy meals throughout your stay.

Optional time to engage one-on-one with your Wellness Guide between all activities.

EXCLUSIONS

International and domestic flights.

All transfers (option to self drive to the camp or book a transfer through Victoria Falls Yoga).

Additional activities and treatments beyond those specified in the inclusions list. Please see the pricing list later in this document.

Additional 4th and 5th night add ons (Dependant on availability. First come, first serve basis)

Alcoholic and non-alcoholic drinks other than those specified in the inclusions list.

Parks Entrance Fees if you choose to go into Hwange National Park.

Gratuities, curios and all items of personal nature.



DETAILED WELLNESS RETREAT ITINERARY

DAY ONE: Friday 18th November

	Duration
10:00 Meet for transfer / self-drive to Iganyana Tented Camp	30m
10:30 Transfer depart Victoria Falls (transfer charged at an additional fee)	2h 30m
13:00 Arrival at Iganyana Tented Camp: briefing, snacks, settle in	1h
16:00 Movement Session (strength & stretch) / Game Drive	45m / 2h 30m
17:30 Sundowners	1h
20:00 Dinner	1h
21:00 Mindful Wind Down Session	15m

DAY TWO: Saturday 19th November

	Duration
06:00 Movement Session (power yoga & breath)	1h
08:00 Breakfast at leisure	2h 30m
11:00 Talk-shop (Holistic Wellness & Creative Wellbeing)	45m
13:00 Lunch	1h 30m
15:00 Movement Session (body weight conditioning & cardio)	45m
16:30 Afternoon Game Drive & (secret) Safari Experience.	2h 30m
20:00 Dinner	1h

DAY THREE: Sunday 20th November

	Duration
06:00 Movement Session (body weight strength) / Game Drive	45m / 2h 30m
08:00 Breakfast at leisure	2h 30m
11:00 Cultural Creativity & Crafts Experience	1h 30m
13:00 Lunch	1h 30m
14:30 Talk-shop (Stress Management)	45m
16:00 Movement Session (energising vinyasa yoga)	45m
17:30 (Secret) Safari Activity	1h 30m
19:00 Closing Dinner	1h 30m
20:30 (Secret) Safari Activity	1h 30m

DAY FOUR: Monday 21st November

	Duration
07:00 Movement Session (restorative yoga)	45m
08:00 Breakfast and morning at leisure	1h 30m
10:00 Check out and transfer to Victoria Falls town for the afternoon or overnight – at own cost (transfer charged at additional fee) / self-drive.	

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ADDITIONAL ACTIVITIES, TREATMENTS AND ADD ON NIGHTS

In addition to your exciting restorative itinerary, there are a range of additional extras for you to include in included in your retreat! Not only can you enjoy all these amazing activities, but if you feel you would like more time to relax, you can book for an additional 4th and even a 5th night at camp. Please see the detailed price list below.

SAFARI ACTIVITIES:	Duration	Cost (per person)
Game Drive (Morning / Afternoon)	2h 30m	US\$10.00
Guided Walking Safari (min 4 pax)	2h - 3h	US\$25.00
Night Game Drive	2h	US\$10.00
Painted Dog Conservation Visit	2h	US\$10.00

PLEASE NOTE: These Safari Activity prices provided above are discounted exclusively for Wellness Retreat attendees and are only valid for the 18th-21st November 2022.

SPA TREATMENTS:	Duration	Cost (per person)
Massages		
Neck & Shoulders	30m	US\$25.00
Back & Arms	30m	US\$25.00
Half leg & foot	30m	US\$25.00
Hands & Feet only	20m	US\$20.00
Full Body Massage	45m	US\$45.00
Manis & Pedis		
Manicure / Pedicure without Gel Paint		US\$20.00
Manicure / Pedicure with Gel Paint		US\$30.00
Gel paint without massage		US\$15.00
Soak Off		US\$5.00
Acrylic nails		US\$25.00
Beauty		
Eyelash life		US\$25.00
Eyelash extensions		US\$35.00
Eyebrow wax		US\$5.00
Eyebrow wax & tint		US\$10.00
Arm Wax		US\$20.00
Brazilian Wax		US\$30.00

ADDITIONAL NIGHTS (book up to two more nights):	Cost per person per night
Zimbabwean	US\$105.00
SADC	US\$120.00
International	US\$150.00

Additional nights price include board and lodging but excludes drinks and activities. Activities rates are charged at the discretion of the camp.

PRICES ON SAFARI ACTIVITIES AND ADDITIONAL NIGHTS LISTED HERE ARE EXCLUSIVE TO WELLNESS RETREAT ATTENDEES.

Please note: The above listed activities, treatments and add on nights are booked at your own expense and are subject to availability on a first come, first serve basis.

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