

EXCLUSIVE YOGA BUSH BREAK

WILDSIDE YOGA BUSH BREAK *R3 700 pp*

Spaces are limited.



Wildside Magazine and Thula Thula Private Game Reserve bring you a superb Yoga Bush Break – a tranquil, relaxing escape. Enjoy yoga with a top teacher as you listen to the call of birds. Absorb cinematic views on game drives, enjoy delectable food, and doze off during an aromatherapy massage. Come and experience the peaceful essence of the African bush.

Price includes:

2 nights at Thula Thula in luxury tents on a pps basis (Bedouin style tents on wooden floor, with private deck, and en-suite bathroom)

All meals

Four yoga lessons – 1 hr each

Aromatherapy massage – Half an hour

Game drive – 2 and a half hours

Guided walking safari – 1 hr

Thula Thula is the home of the beautiful elephants that made their debut in the award winning book, *The Elephant Whisperer*, and is situated only 2 hours north of Durban.

The program allows time for relaxation be it lazing around the swimming pool, curled up with a book on the main lounge area, or simply listening to the sounds of the bush on your private deck. All levels of yoga experience welcome from beginner to advanced.

Yoga Bush Break Weekends will be held on:

18 - 20 May • 22 - 24 June • 31 August – 2 September • 2 - 4 November

Use this reference for all enquires and bookings: WILDSIDE YOGA SPECIAL Booking details:
www.wildsidesa.co.za • Tel: 035 7928322 or 0837879991 for more information • Email: thula@netactive.co.za

WILDSIDE YOGA WEEKEND PROGRAMME

FRIDAY

Arrival on Friday lunchtime:

13h00 : welcome drink and light lunch

15h00 : Game drive in Thula Thula

17h30 : yoga class

18:30 : own leisure time

19h30 : dinner

SATURDAY

7h00 : wonderful early morning yoga class

9h00 : breakfast

10h00 to 13h00 : massages and

own leisure time

13h00 : light lunch served on main deck

14h00 to 15h00: massages and own leisure time

17h00 : yoga class

19h30 : dinner

SUNDAY:

7h00 : yoga class

8h30 : breakfast

9h30 : guided safari walk

1h00 : departure