



FIND YOUR
TRUE NATURE



Safari+Yoga Retreat

*Reconnect with yourself, others
and our incredible planet!*

Kruger National Park, SOUTH AFRICA

@soulsanctuarysafaris

Our Itinerary

DAY 1

07:00 Depart Marriott
13:30 Arrive Needles Lodge
14:00 Lunch
15:30 River walk in Marloth
Park
18:30 Drinks in the BOMA
19:00 Dinner

DAY 2

04:45 Wake up
05:00 Coffee and Rusks
05:15 Depart Needles Lodge
05:45 Arrive at Kruger National
Park, full day game drive
*Two breaks for mid-morning
coffee and lunch (times may
vary due to animal sightings)*
17:00 Depart Kruger
17:30 Arrive at Needles Lodge
19:00 Dinner
22:00 Lights out

DAY 3

06:00 Wake up
06:30 Meditation on the deck
07:00 Asana on the deck
09:30 Breakfast Free Time
11:30 Light lunch
13:30 Depart Needles Lodge
15:45 Sunset safari at Kruger
National Park
16:30 Depart Kruger
20:00 Arrive at Needles Lodge
20:30 Dinner
20:30 Lights out
22:00

** Itinerary subject to change
due to weather conditions*

Our Itinerary

DAY 4

04:15	Wake up
04:45	Coffee and Rusks
04:45	Depart Needles Lodge
05:15	Arrive at Kruger National Park
05:30	Guided morning walk
09:30	Depart Kruger
09:30	Arrive at Needles Lodge
10:00	Breakfast
12:00	Hatha flow/free time
14:30	Light lunch
16:00	Yin and Meditation
19:00	Dinner
22:00	Lights out

DAY 5

04:45	Wake up
05:00	Coffee and Rusks
05:15	Depart Needles Lodge
06:00	Arrive at Kruger National Park, full day game drive
	<i>Two breaks for mid-morning coffee and lunch (times may vary due to animal sightings)</i>
17:00	Depart Kruger
17:30	Arrive at Needles Lodge
19:00	Dinner
22:00	Lights out

DAY 6

06:00	Wake up
06:30	Meditation on the deck
07:00	Asana on the deck
09:00	Breakfast
11:00	Hatha Flow/Yin
13:30	Light lunch
15:30	River walk
16:30	Riverside sundowners
19:00	Dinner
22:00	Lights out

Everything in Africa bites, but the safari bug is the worst of all. BRIAN JACKMAN

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Our Itinerary

DAY 7

06:00	Wake up
06:30	Depart Needles Lodge for full day excursion on the Eswatini Urban Safari <i>Breakfast and lunch provided</i>
18:30	Arrive at Needles Lodge
19:00	Dinner
22:00	Lights out

DAY 8

06:00	Wake up
06:30	Meditation on the deck
07:00	Asana on the deck
09:30	Breakfast
11:30	Free Time
13:30	Light lunch
15:45	Depart Needles Lodge
16:30	Sunset safari at Kruger National Park
20:00	Depart Kruger
20:30	Arrive at Needles Lodge
20:30	Dinner
22:00	Lights out

DAY 9

04:45	Wake up
05:00	Coffee and Rusks
05:15	Depart Needles Lodge
05:45	Arrive at Kruger National Park, full day game drive. <i>Two breaks for mid-morning coffee and lunch (times may vary due to animal sightings)</i>
17:00	Depart Kruger
17:30	Arrive at Needles Lodge
19:00	Dinner
22:00	Lights out

** Itinerary subject to change due to weather conditions*

Our Itinerary

DAY 10

04:15 Wake up Coffee and Rusks
04:30 Depart Needles Lodge
04:45 Arrive at Kruger National Park.
05:15 Guided morning walk
05:30 Depart Kruger
09:30 Arrive at Needles Lodge
09:30 Breakfast
10:00 Hatha flow/Free time
12:00 Light lunch Yin and Meditation
14:30 Braai and Quiz Lights out
16:00
19:00
22:00

DAY 11

07:00 Wake up
07:30 Asana
09:00 Breakfast
10:30 Check out
11:00 Depart Needles Lodge
18:00 Arrive Johannesburg Airport

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*Just pick up the phone for
a chat or email me.*

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