

**MHONDORO SAFARI LODGE & VILLA YOGA & WELLNESS PROGRAMME
FACT SHEET**



WHAT:

- 3 Nights OR 5 Nights
- Complete yoga & wellness programme
- Personal coaching
- Yoga sessions
- Meditation sessions
- Safaris and bushwalks (mindfulness walks)
- 2 Spa treatments of your choice
- 1 Indian head massage
- All meals included
- 3 Juices days (optional, and only with the 5 day retreat); or alternatively just healthy eating for 3 days
- Personal mailing prior to the yoga & wellness week with pre-diet advice
- Personal mailing afterward the yoga & wellness week
- Use of all yoga and meditation equipment like yoga mats

COSTS:

Prices for accommodation as follows for a 3-night stay:

- Deluxe double (per person sharing): R 30 955
- Deluxe single (per person own room): R 38 905
- Villa double (per person sharing): R 52 555
- Villa single (per person own room Villa): R 60 055

COSTS:

Prices for accommodation as follows for a 5-night stay:

- Deluxe double (per person sharing): R 41 555
- Deluxe single (per person own room): R 54 805
- Villa double (per person sharing): R 67 555
- Villa single (per person own room Villa): R 90 055

RATES ARE EXCLUSIVE OF TRAVEL COSTS, BUT INCLUSIVE OF ALL LISTED ABOVE