



**NATURE  
HEART  
SAFARI**

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## **SOUTH AFRICA SAFARI**

**JUNE 17-26, 2024**

### **Greetings!**

I'm Carrie Asby. And I want to invite you on a most magnificent journey.

We're heading to South Africa, where nature is at its most magnificent. We will be fully immersed in one of the greatest ecosystems on the planet.

- See the "Big 5" (lion, elephant, rhino, leopard, and African buffalo) within the 66,000-acre protected Phinda Private Game Reserve, also home to more than 436 bird species.
- Stay in luxury at two Phinda resorts within the Reserve.
- Save a rhino in a special hands-on conservation experience.
- Experience guided wellness and mindfulness practices including yoga, meditation, breath work, nature-bathing walks, and the study of key yoga philosophies.

We'll live life at its grandest while exploring, discovering, and being at peace with nature. It will truly be a once-in-a-lifetime experience.

The full itinerary is attached. Space is limited, and reservations are due by Jan 25, 2023. If you're interested and/or have any questions, please email me.

**Sincerely,**

**Carrie Asby**  
**Guide and Founder**  
**Nature Heart Safari**



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# ITINERARY

## SOUTH AFRICA SAFARI

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### **Day 1, June 17, 2024: Arrive to Johannesburg:**

- You will be met by a representative and assisted through customs and immigration. Transportation to the Residence Hotel has been arranged to accommodate your arrival time.
- If you arrive in the morning, we can assist in arranging a tour of the township of Soweto or a visit to the Apartheid Museum (costs extra).
- Another option would be to book spa treatments, which are advised to be done in advance.
- That evening the group will gather for a calm yoga practice to help the body recoup from international travel. At dinner, we'll have a chance to get better acquainted. After, I'll lead meditation to help with the transition into South Africa.
- Your stay includes breakfast, which you'll be able to do on your own.

*Accommodations: Residence Hotel, Johannesburg*

### **Day 2, June 18, 2024: Arrive at Phinda Private Game Reserve**

- After breakfast, arranged transportation will take us to O.R. Tambo International Airport.
- We'll fly in to Phinda's airstrip with a transfer in Kruger Mpumalanga International Airport.
- At Phinda, we'll be taken to the Rock Lodge which is dramatically set into a cliff face seemingly suspended over the deep valley below, providing breathtaking views of Phinda Game Reserve.
- You will stay in one of six luxury suites.
- Once settled in, we'll have lunch and get ready for our first of many safari rides.
- We'll want to see as much as possible during our first ride out. Our trackers and guides will enthusiastically do all they can to accommodate our requests to see our favorite critters.
- Being surrounded by nature and all its amazing healing powers, I will use this to our advantage and weave ecotherapy practices into the experience.
- We'll dine on the rooftop overlooking the reserve and have a mindful discussion.
- Sleep well as you nestle down in your luxurious room, well-protected and cared for.

*Accommodations: Phinda Rock Lodge*

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## **Day 3, June 19, 2024: First Full Day in Phinda Private Game Reserve**

- Early morning, we'll start with something light to eat before heading out for a safari ride.
- The vehicles will be supplied with extra blankets to wrap around us on mornings that are extra chilly.
- We'll capture the sunrise, waking our hearts along with the magic of South Africa.
- Mornings are a great time to see wildlife since they move around more when the air is cooler.
- When we return, we'll have a full breakfast and some time to freshen up before yoga on the deck.
- Our practice will be Hatha influenced, meaning that our focus will be on using our breath to help us create peace and stability within ourselves. The poses will be approachable for every ability with proper alignment and a supportive foundation in the forefront.
- Our mindful discussion after yoga will help enhance your perspective, prepping you mentally for the next safari ride. When you start to view what is around you differently, you'll start to see yourself in a fresher, new light.
- After a delicious lunch and a chance to change our attire, we'll head out again for some more wildlife and exploring during an evening safari ride.
- Our day will come to a close as we share stories over a lovely dinner.

*Accommodations: Phinda Rock Lodge*

## **Day 4, June 20, 2024: Maputaland Beach Trip**

- Today will feature a change of ecosystems and a chance to see a part of South Africa that many don't get to see, as we head to the beach for the day.
- Breakfast will be at the lodge before we head to Maputaland.
- Yoga on the beach will gently move our bodies in the fresh oceanic air, bringing our minds and bodies into a calmer, natural state.
- The mindful discussion that follows each practice will help you shift the perspective you have with yourself, and shift the conversations you have in your head, allowing more compassion and kindness to be part of you.
- We'll spend the rest of the day enjoying the beach, playing games, splashing in the water, or perhaps sitting under an umbrella reading a good book or journaling.
- A lavish picnic lunch will be served, and drinks and snacks provided throughout the day.
- We'll be driven back to the lodge to get cleaned up and ready for dinner.
- While we won't be on an official safari ride, we will have opportunities to see wildlife as we leave and return to the game reserve, which is always a bonus.

*Accommodations: Phinda Rock Lodge*

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## **Day 5, June 21, 2024: Mindfulness In Nature**

- We'll rise before sunrise and head off into the bush to be in sync with Mother Nature, building that connection even stronger. You'll have an opportunity for a light bite and coffee.
- The wisdom and experience of our trackers and rangers will take us to corners of the reserve where the wildlife lives.
- Techniques for using our senses to bring nature closer to our hearts will be shared, giving you an opportunity to calm your mind and body and open up your heart.
- Full breakfast will be served when we return.
- Next is gentle yoga on the deck, looking over the reserve. This is time for your body to move mindfully, bringing it into a fluid state.
- The follow-up discussion will help shift your perspective on your thought patterns, allowing your mind to be in a really good state, too.
- This evening's safari ride will bring more opportunities to witness wildlife up close and practice techniques to help us tap into our hearts, bringing them back into their natural state.
- Enjoy dinner under the stars, amongst company that cares – a perfect way to end the day and head to bed for a good night's sleep.

*Accommodations: Phinda Rock Lodge*

## **Day 6, June 22, 2024: New Environment, New Adventures at Phinda Vlei**

- Greet the day with a sunrise yoga practice. We'll ease into the morning, with calm breathing and gentle poses, letting the world know that our self-care is important.
- You'll have an opportunity for a light bite and coffee before we start.
- An abundant brunch will be walked off as we head into the Sand Forest for Forest Bathing, a Japanese technique used to awaken our senses to the forest, allowing nature to help bring our hearts into their true states.
- There is only one place in the world in which the Sand Forest grows, and we will be walking through it (with our rangers).
- Next, we'll be moving to Vlei Lodge, one of *Travel + Leisure Magazine's* Top Ranked Lodges of 2021. It is an intimate and romantic lodge, overlooking a unique vlei (wetland system) on the edge of Phinda Private Game Reserve's rare sand forest.
- There will be time to settle into the new accommodations, get freshened up, and have a light lunch before heading out for an evening safari ride.
- The new environment opens up new opportunities for nature therapy techniques to be introduced into the experience.
- Dinner will taste so good and sleep will be even sweeter after a full day of mindfulness in nature to help you release your true self.

*Accommodations: Phinda Vlei Lodge*

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### **Day 7, June 23, 2024: Sand Forest Mindfulness**

- We'll have an early morning start with something light to eat before heading out for a safari ride.
- Breakfast will be at the lodge afterward to fuel our bodies
- Next, more gentle yoga in the only Sand Forest on the planet. Yoga gives us strength and stability. Nature calms our minds and gives us peace. Together, in a special forest like this... that's when the magic happens.
- To ensure we get the full benefits from the experience, we'll close the practice with a mindful discussion.
- There will be time to freshen up and enjoy lunch before heading out for some more wildlife and exploring during an evening safari ride.
- Our day will come to a close as we share stories over a lovely dinner.

*Accommodations: Phinda Vlei Lodge*

### **Day 8, June 24, 2024: The Ultimate Self-Care. Save a Rhino.**

- We'll start off with a full breakfast, giving us the energy we'll need for the day that lies ahead.
- We are connected to nature since we come from nature. When nature suffers, we suffer. And when we save nature, we save ourselves.
- This day is about the ultimate care for this planet: saving an endangered species.
- We will be hands on in the dehorning of a rhino, a wildlife conservation practice Phinda has established and been hugely successful at.
- You can be as involved as you wish. Roll up your sleeves and be elbow to elbow with the habitat rangers or stand to the side, taking it all in.
- Very few people will ever have an opportunity like this. It would not have happened if it wasn't for you. This experience will change you.
- And yes, you will have plenty of photo opportunities.
- A rhino dehorning is an adventure. When we return, we'll freshen up, quench our thirst, and grab our yoga mats for some restorative yoga in the comforts of the Sand Forest.
- Talking about what we experienced will be just as important as the actual experience. This designated discussion will help your connection to this planet and your true self go even deeper.
- After a delicious lunch and a chance to change our attire, we'll head out again for some more wildlife and exploring during an evening safari ride.
- A lovely dinner will be followed by a good night's rest to bring a once-of-a-lifetime day to a nurturing closure.

*Accommodations: Phinda Vlei Lodge*

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## **Day 9, June 25, 2024: More Culture. More Compassion.**

- We'll greet the sun with a sunrise yoga practice, easing into the day with calm breathing and gentle poses. Syncing with nature's patterns brings us back to our own natural patterns.
- Full breakfast will be at the lodge before we head into the local community to discover more about others and open the door to learning more about ourselves.
- You'll meet with locals as they share their culture and traditions. They are connected to the land that has been their home for hundreds of years. Their stories could give you some insight into the connection you have with yourself and the Motherland, too.
- The last stop of the tour will be at a market created just for local women artists to sell their work. Supporting them gives them financial independence and control over their lives. You're buying directly from the artists so the prices are fair. This is a great time to shop for your loved ones.
- Back at the lodge we'll freshen up, have a delicious lunch and head out to the bush for our last safari ride.
- Celebrating ourselves and our environment will be the focus as we tour the reserve for wildlife in their element one last time.
- The celebration continues back at the lodge for a dinner party under the stars, in good company, savoring the magic we experienced together over the past nine days. It's important to acknowledge transformation with a ritual. It's our rite of passage.

*Accommodations: Phinda Vlei Lodge*

## **Day 10, June 26, 2024: The Journey Onward**

- Sunrise yoga will allow us to greet the new day with the sun on our faces. We'll become ready to take our new selves out into the world, our breathing will be calm and stable, and the poses will be peaceful and strong.
- You'll have an opportunity for a light bite and coffee before we start.
- The breakfast discussion will be about how we can stay in our natural state – with our minds and bodies loved and supported – once we leave South Africa.
- Then our group will part ways. Some will fly back to Johannesburg. Some will continue on with their travels.
- The flight back to Johannesburg is included.
- If you desire to keep on traveling, we can help with arrangements and adjust the payment accordingly.