

YOGA AND SOMATICS SAFARI RETREAT

Botswana & Zimbabwe
Victoria Falls, Chobe National Park &
Munga Plains



Contacts

Vanessa Gagnon | Yoga Nessa
WA: +1 514-808-5925
info@yoganessa.ca

Giulia Bisonni | Giulia.Somatic.Coach
WA: +44 7733417153
giulia.bisonni@hotmail.com



WILD OPEN
COME BACK TO YOUR WILD
WITH GIULIA & VANESSA
FROM 30 OCT TO 6 NOVEMBRE 2027

FROM VICTORIA FALLS TO MUNGA PLAINS

Our journey begins at the gateway to one of Africa's most awe-inspiring natural wonders. For our first night, we'll settle into a partner lodge, our peaceful base in Victoria Falls, Zimbabwe, before setting out to explore the breathtaking rainforest surrounding the falls. This first evening is an invitation to arrive, exhale, and let the adventure begin. A soft landing before we step fully into the wild.



After a boat cruise in Chobe National Park we are heading for six nights immersed in the untamed beauty of Botswana.

After crossing into Botswana, Munga Plains becomes our home for the heart of the WILD OPEN experience.

Surrounded by vast landscapes and wildlife, this is where we slow down, reconnect with nature, and let the rhythm of the wild guide our days.

Here, the lodge is more than a place to sleep. It's place to wake up surrounded by nature, return to your body after a day of adventure, share stories under the African sky, and fall asleep knowing that tomorrow, something wild is waiting.

This is where we open.
This is where we reconnect.
This is where we go WILD.



A GLIMPSE INTO A DAY IN THE WILD

While some activities will vary from day to day, here is a glimpse into the rhythm of the retreat:

- * **EARLY - LIGHT SNACKS**
- * **SUNRISE- YOGA & MEDITATION**
- * **MORNING - BREAKFAST**
- * **MIDDAY - LUNCH**
- * **EARLY AFTERNOON - SOMATIC MOVEMENT PRACTICE**
- * **LATE AFTERNOON - GAME DRIVE, WALKING SAFARI, BOAT CRUISE OR CULTURAL WORKSHOP**
- * **EVENING - SUNDOWNER & DINNER IN THE BUSH**
- * **NIGHT - AROUND THE FIRE, STARGAZING**

The itinerary may vary slightly depending on excursions, weather conditions, and the group's rhythm, allowing us to create the best possible experience for you.

THE THREAD THAT RUNS THROUGH IT ALL: SOMATIC MOVEMENT

Somatic movement will be at the heart of the WILD OPEN experience. Rather than striving to “do the movements right,” we’ll explore a practice rooted in sensation, inner listening, breath, and embodied awareness.

These practices invite you to:

- deepen your connection to bodily sensation and awareness;
- release tension and patterns of holding;
- explore intuitive and instinctive movement;
- move with greater freedom, curiosity and self-expression;
- cultivate deeper trust in your body;
- develop tools for regulating and supporting the nervous system;

There is nothing to perform, only an invitation to listen, feel and discover what wants to move.

Inclusions

8 DAYS IN THE WILD

- ✿ One night in a partner lodge in Victoria Falls
- ✿ 6 nights at Munga Plains in a twin rooms, Botswana
- ✿ 3 meals per day, snacks & drinks
- ✿ Transfers to and from Victoria Falls airport and all transfers during the schedule
- ✿ Visit of Victoria Falls Rainforest
- ✿ Boat cruise in Chobe National Park
- ✿ Game drives & walking safari
- ✿ Cultural workshops
- ✿ Sunrise Yoga & meditation practices
- ✿ Daily Somatic movement practices
- ✿ Pranayama & journaling
- ✿ Free time by the pool
- ✿ Travel agency fees



Accommodations

Each tent is set on wooden decking and furnished with artisanal African elements, including:

Double / twin bed or single occupancy

Luggage rack - wardrobe - fan - veranda - mosquito net - ensuite bathroom.

The canvas walls of the glamping tents allow guests to feel truly immersed in nature, hearing the calls of hyenas and other wildlife at night.



Munga Plains

Accommodations

4-star partner lodge:

Double / twin
or single occupancy

Ensuite bathroom



Victoria Falls

Our camp

Premium Glamping & Yoga Facilities:

11 eco-tents with ensuite bathrooms and a yoga shala overlooking the savannah.

Sustainable & Self-Sufficient:
Solar power, water treatment, and agriculture on-site.

An inviting communal space is elevated, hidden behind natural palm trees, and includes:
bar - lounge deck - dining area - swimming pool - boma fireplace.



Our menu

We cater to vegan, vegetarian, and other dietary requirements, ensuring that all guests enjoy nutritious and delicious meals.

Here are some examples of what you can expect:

BREAKFAST / BRUNCH

Porridge, eggs any style and healthy sides to order after the morning practice.

LUNCH

A variety of salads, grains, vegetables, and protein-rich dishes.

DINNER

Plated meal featuring local and international cuisine, accommodating dietary preferences.

SNACKS

Fresh fruits, nuts and cereals available all day to keep you energized.

HIGH TEA

Mini baked goods sweet or savory.

BEVERAGES

Complimentary coffee, tea, smoothies, juices, and water.

*Alcohol, sodas and premium coffees available at additional charge.





Chobe National Park

Located in northern Botswana, Chobe National Park is one of Africa's premier wildlife destinations. Spanning approximately 11,700 square kilometers, the park is renowned for its diverse ecosystems and abundant wildlife.

Chobe National Park boasts the world's largest concentration of elephants, often seen in herds along the Chobe River. The park is also home to lions, leopards, buffaloes, and a variety of antelope species. Birdwatchers can delight in over 450 species of birds, making it a paradise for ornithologists.



Victoria Falls

It is one of the Seven Natural Wonders of the World. Straddling the border between Zambia and Zimbabwe, it is the largest waterfall in the world based on combined width and height, creating a stunning and awe-inspiring spectacle.



Exclusions

- * Airfare
- * Travel insurance (strongly recommended)
- * Visas
- * Tips & gratuities
- * Personal expenses

INVESTMENT:

4025 EUROS FOR A DOUBLE / TWIN ROOM
BEFORE OCTOBER 25TH 2026

4275 EUROS FOR A DOUBLE / TWIN ROOM
AFTER OCTOBER 25TH 2026

OR **+745 EUROS** FOR A PRIVATE ROOM

DEPOSIT : 750 EUROS, NON-REFUNDABLE

750 EUROS : OCTOBER 20TH 2026, NON-REFUNDABLE

750 EUROS: JANUARY 18TH 2027, NON-REFUNDABLE

750 EUROS: APRIL 16TH 2027, NON-REFUNDABLE

FINAL PAYMENT: JULY 16TH 2027, NON-REFUNDABLE

LIMITED SPOTS | EXCLUSIVE INTIMATE GROUP

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