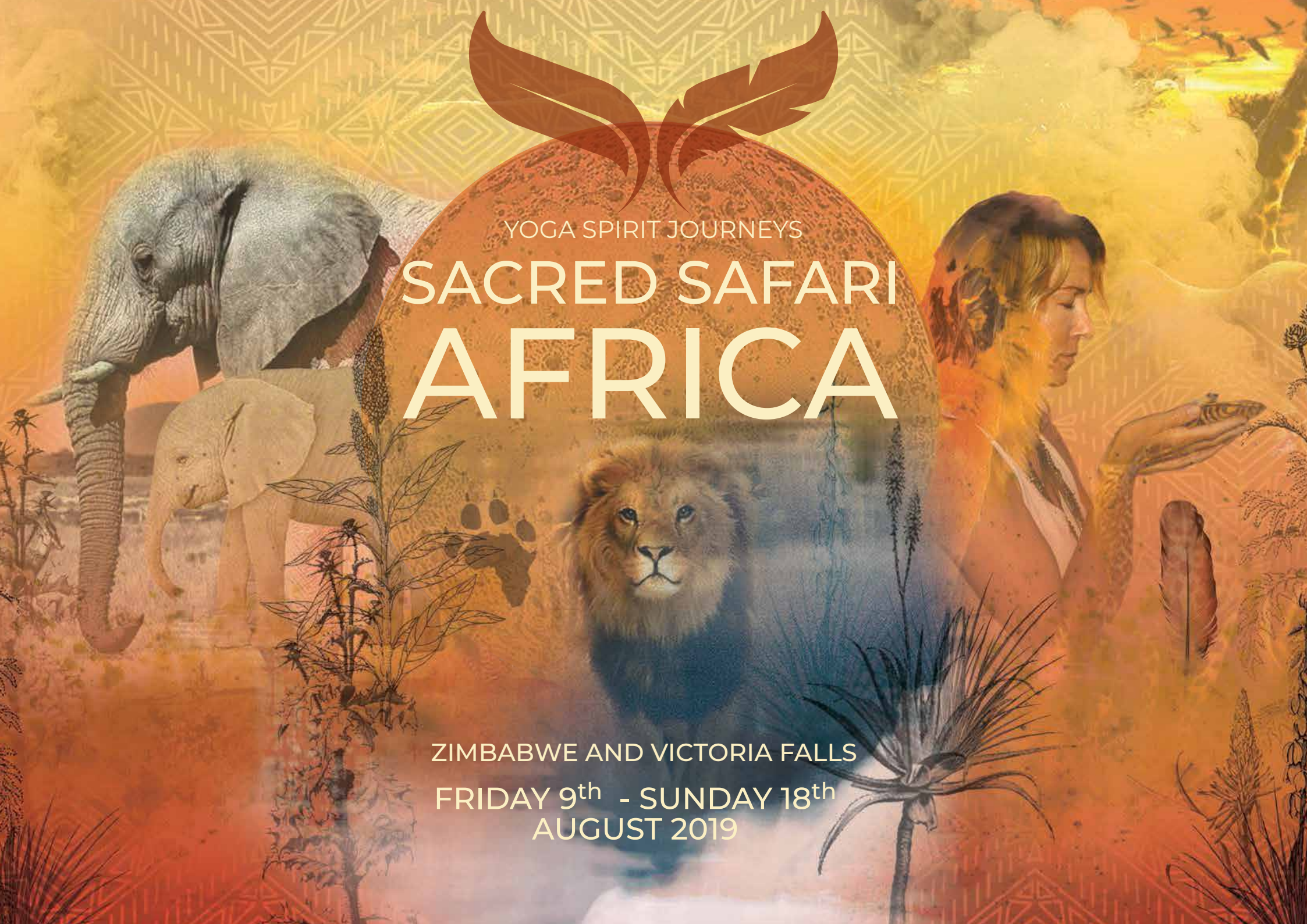




YOGA SPIRIT JOURNEYS

# SACRED SAFARI AFRICA

ZIMBABWE AND VICTORIA FALLS  
FRIDAY 9<sup>th</sup> - SUNDAY 18<sup>th</sup>  
AUGUST 2019



# YOGA SPIRIT JOURNEYS

*It's time for something different. Something new.*

It's time for that once-in-a-lifetime experience that moves you well beyond your yoga mat to catapult you into awakening. Into your truth, your inner knowing and into an ever deepening understanding of all that is. A journey that opens your heart, stills your mind and feeds your soul like none other, creating the space for you to tap in, tune out and transform yourself on all levels.

## WELCOME TO YOGA SPIRIT JOURNEYS

We offer eco-luxe pilgrimages to iconic sacred sites around Australia and across the globe, including planetary chakra and vortex locations. Hosted by series creator Denby Sheather, these bespoke adventures capture the heart and spirit of traditional and esoteric teachings and align your essence and energy with nature's. This is not only a tick-off-your-bucket-list opportunity; it is a chance to immerse yourself in powerful indigenous healing practices and fulfil your life purpose at the same time.

Yoga Spirit Journeys retreats are all about tuning into the land, respecting the traditional elders, the environment and promoting conservation and business sustainability. This is conscious tourism at its finest. Marvel at mother nature as you connect with your own inner nature. Add to this euphoric mix, daily healing yin and restorative yoga, meditation and multi award winning accommodation with sunrises, sunsets, full moons, enticing activities and cuisine to die for, and yes, your trip away with us promises to be one you will never forget; or regret!

*Recalibrate yourself and come home inspired. Ignited. Alive.*

Yoga Spirit Journeys are actually more spiritual quests than yoga retreats. Our dreaming is to align your inner nature with mother nature so you may connect to your deepest knowing and highest truth. We meet you at your own pace and to support your expansion, offer daily personalized yogic, somatic and shamanic therapies that ensure you unwind and transform with grace and ease. In this space you will be heard, held and gently encouraged to expand beyond old limitations that no longer serve, and move you towards a more mindful and meditative state of being that does.







## THE SERIES: OCEAN AND EARTH

Both expressions 'Planet Earth' and 'Planet Ocean' aptly describe this great organic globe we inhabit, and together, these elements serve to continually and seamlessly birth and break all that exists, balancing without bias. Gaia is our Great Mother, our breath, our blood and our bones, nourishing all that exists and maintaining telepathic harmony between all species.

Ocean and Earth are the ultimate orchestrators of universal equanimity, and our primary role as humans, as Her children, is that of conscious and committed caretakers.

There are four primary corners or directions that ancient mystics and medicine men and women would activate in order to 'open' the north, east, south and west pathways and channel the elements of earth, air, fire and water (ocean). This custom is continued today by shamanic practitioners around the world, allowing them to commune with ancestors and various deities and harness the wise and powerful energies that the earth holds and offers each one of us. At specific locations we will invoke the same practices our relations did, and as we walk in their fated footsteps, we will remember who we are.

Raising consciousness, building community relationships and initiating conversations between different cultures is at the heart of Yoga Spirit Journeys and this is why we acknowledge and give thanks to all elders and strive to educate and inspire people with our unique and authentic offerings.

With respect to all tribes and all traditions, Yoga Spirit Journeys is pioneering the concept of indigenous and seasonally aligned yoga retreats, particularly here in Australia. We have chosen to anchor the earth element at the spiritual heart of this great land, Uluru, and the ethereal sites of Kata Tjuta and Kings Canyon; and the water element, at Western Australia's exquisite Ningaloo Reef, where the collective fluid body is made manifest along the migratory pathways of the great humpback whales.

2019 and 2020 will see us expanding our offerings to three new and exciting iconic international locations: Africa, Mexico and Tonga.

*When Earth is nourished and Water flows,  
all is well above and below, within and without.*

In Tulum and Cozumel on the east coast of Mexico, we will swim with turtles, explore the ancient ruins, purify and empower ourselves with traditional Mayan medicines and honor the Moon Goddess “Ix Chel” and Rain God “Chaac”. In the South Pacific, swimming with the wise whales of the deep, we will call upon “Tangaroa”, the Maori God of the Sea and the great Ocean Goddess “Yemaya” for deep healing; and on African soil, as we commune with the lions and great elephant masters, we will ask “Nana Baruku”, the Great Grandmother of All, and her daughter, the Creator goddess “Mawu” for guidance in re-anchoring our primordial roots.

These select adventures promise to ignite your core potential and weave you gently and deliberately into the divined natural tapestry that is, Earth and Ocean.



## THE INVITATION

We prefer to partner with 5 star resorts and luxury lodges at exquisite and often remote locations because it is at these expansive spaces where we are able to connect deeply with the land, the traditional local elders and get up close and personal with the diverse array of flora and fauna. We love 'off the beaten track' because it's exactly these havens that invoke an immediate sense of peace which then allows you to receive and heal more readily. Plus, less crowds means more uninterrupted moments of magic for you.

*Once you've arrived, we just know you'll agree it was well worth the effort.*

Each venue is nestled in luxury and simultaneously immersed in nature, with myriad ley lines, earth plexus points and indigenous pathways at your doorstep. Not to mention a plethora of stunning wildlife going about their daily business, and often just as curious about you, as you are about them.

Groups are kept small to ensure your experiences are intimate and genuine and full of opportunities for personal growth. This also allows us to access and enjoy secret places without the usual tourist congestion. During retreat we also encourage you to switch off from technology as much as possible so you can make the most of your time in the outback, by the beach, in the jungle or out on the plains.

*It's all about minimum footprint and maximum experience with us.*

We'll walk, climb, dance, stretch, swim, sing and dream our way through some of the worlds most remarkable scenery and through healing ceremonies and wildlife adventures, evoke our authentic self. We also pause often to breathe in silence and integrate all we encounter as we travel around because we know from experience that when we make time to tune into the frequencies of light and lineage at each mesmerizing location, we begin to ignite our own energetic gifts. When you make time for that, you not only discover how you can be of greater service to yourself, your families and our planet, you also start to fully appreciate just how precious life, love and land actually are.







# SACRED SAFARI

## THE EARTH ELEMENT

For the first time Yoga Spirit Journeys ventures to Mother Africa for an inspiring, life changing retreat. Like all our adventures, we will share daily remedial yoga, soul seeking meditations and full moon ceremonies to connect with the ancestors of the land, but in Zimbabwe, we have the rare opportunity to commune with elephants and lions plus receive healing with a traditional witchdoctor, taking our experience of life and wilderness, next level!

Each day we will nourish our bellies with gourmet cuisine and balance our bodies with mindfulness and musings. There will be plenty of time to receive your massage and relax in your own company as well - from the edge of the recently restored sparkle-encrusted pool, or your snug sun-drenched hammock.

*Yoga Spirit Journeys: self discovery through soul service.*

Our intention is to create a safe and sacred space for you so you can unwind in your own way, allowing for new awareness and awakening and helping to open your heart so you may receive the powerful energies this savannah wilderness offers.







# NESTLED IN LUXURY IMMERSED IN NATURE

Imagine the adrenalin rush through your body as you sit poised at dawn watching a family of elephants plunge into the river beside our cruise boat for their morning dip; or your palpitating heart as you observe a pride of lions sizing up some stray zebras meandering unsuspectingly right past our 4WD. Picture yourself waking up with a big stretch to gaze upon giraffes doing the same, lengthening their spotted caramel limbs around the camp waterhole, trying to get a cool drink before the days' heat starts to climb. Or the tingle in your bones as you spy a pack of playful hyenas barking and wrestling with each other, perfectly camouflaged among the black and golden savannah grasses, and a lot closer than you expected!

Close your eyes and imagine the thudding feet of a grand old elephant bull proudly pounding the crusty earth nearby in a show of entitled authority. Watch him snuffling and shaking his head with proud defiance, right beside our car, before gifting us all with a coating of red desert dust and another life changing memory! His presence and power reminds you how small you are in comparison with nature and how blessed you have been to share his family's territory, if only for a few precious minutes.

But you knew Africa would be a life altering adventure for you, so with heart wedged in your throat and binoculars and camera glued in your hands, you breathe deeply and each morning, prepare for more electrifying moments with the next kaleidoscopic waves of wildlife coming out into the warm morning or cool evening air.

*You're ready to fully embrace the magic that is this great, untamed land.*

See animals interacting on the plains and nature taking its course as you drive through some of the most breathtaking terrain on the planet. Feel the energy of the animals as well as their very real and physical presence. Walk the tracks carved by herds of species over the years as they seasonally migrate and hunt for water and food. Hear them roar, trumpet, bark and growl back and forth in a constant cacophony of friend-or-foe dialogues where each intuitively understands their role in the food chain as either hunter or hunted.



This is life in its' rawest, most real expression, and as such, it will simultaneously tear your heart apart and fuse it back together with deeper understanding, compassion and appreciation of the inter-connectedness of all living beings on earth. It will awaken within you, the ancient memories common to us all; those of greater tribal responsibility, and response-ability; of silent and grateful witness; of engaged and intricate participant; and above all, as privileged custodians with a duty to protect, preserve and conserve.

Sit on land so ancient you can feel the healing vibrations of past ceremonies and hallowed chants moving through the bloodlines of the earth and up through your base. Rise intuitively with the sun to open up to an expansive yoga practice and reconnecting with yourself in new and exhilarating ways. Watch the sun's last rays caress the hot and often haunted horizon before settling down to gaze upon the night sky awash with sparkling stars and feel a renewed sense of awe and wonder.

Pause to silently soak in vistas so striking they well tears in your eyes that flood through your heart, or take off your boots, dig your toes into the earthen ochre and tap into your own tribal heritage.

The name "Zimbabwe" stems from a Shona term for Great Zimbabwe, an ancient ruined city in the country's south-east, Masvingo, and whose remains are now a protected site. Historically it has been connected to the royal tribes of Ethiopia, the legends of the Queen of Sheba and even some of the prophecies of ancient Egypt. Across Zimbabwe rock or "Bushman" paintings can be found, some dating back more than 5,000 years. Stone Age hunters, related to the Khoisan people whose ancestors originally inhabited much of southern Africa, created these anecdotal artworks. In the 13th and 14th centuries, Zimbabwe was the seat of one of the greatest African civilizations, inhabited mainly by Bantu tribes who descended from the north and subsequently survived a mostly pastoral lifestyle.

*Yes, this is undoubtedly a bucket-list destination.*







# HEARTFELT HAPPENINGS

We have a beautiful, heart-centered schedule planned for you which begins the moment you arrive and settle into your luxurious surrounds.

We'll begin with a gentle yoga practice and essential oil massage to help ease any aches and cramps caused by extended traveling, followed by a peace-inducing welcome circle under the waxing moon to align ourselves with the powerful and ancient energies of Zimbabwe.

When we're not up early doing our yoga practice, we'll be up early heading towards an exquisite sunrise on the savannah to spy wildlife from our private vehicle. Or maybe we'll be enjoying sunset canapes and cocktails on our cruise boat and spotting hippos yawning widely beside us! Be camera-ready at all times for random up close and personal encounters as the animals in Chamabondo National Park are known for their natural inquisitiveness. All we have to do is stay quiet and be respectful of their space. This way we will be accepted as non-threatening and more likely to experience a safe and authentic encounter with some of the worlds' most magnificent creatures, including the "Big Five" - elephants, cape buffalo, lions, leopards and rhino; although sadly, rhino can only be found at Stanley & Livingstone National Park nowadays. Remember to listen to our guide at all times and to take deep breaths to still your excited beating heart, especially if something materializes out of the bush unexpectedly!

We'll venture out for a day trip to soak up the stunning panorama that is Victoria Falls, and depending on the water height and current, you might also have the chance to jump into the renowned Devils' Pool on its edge – tethered securely of course – to get a more intimate experience of this spectacular natural wonder. I hear it's well worth the exhilaration!







## CHOBE NATIONAL PARK

Chobe is Botswana's first and greatest National Park, and as the third largest reserve in Africa, it boasts some of the largest concentrations of game. Its undisturbed forests, open plains, swamps and mopane woodlands are home to large elephant herds (numbers currently estimated at 150,000) and buffalo that roam the area, as well as bushbucks, antelopes, blue wildebeest, warthogs and baboons. Over 560 bird species have been recorded here. The big predators are cheetah, wild dog, lion, leopard and hyena, plus the usual marsh-loving suspects, hippo and crocodile.

## STANLEY AND LIVINGSTONE NATIONAL PARK

Situated 12km's from town and inside Victoria Falls private game reserve, the Stanley and Livingstone concession covers 4000-hectares and is home to the Big Five. What makes this park so special is that it is the only park that shelters the critically endangered black rhino - which we're pretty much guaranteed to see – and is actively dedicated to conservation and preservation of all wildlife. S & L boasts an impressive array of bird life, a variety of antelope species, plus dazzles of zebras, towers of giraffe and herds of eland. We'll trundle along scenic lakeshores, across basalt plains and into teak forests in search of the area's abundant inhabitants and enjoy the novelty of refreshments en route alongside fabulous bush dining experiences. Truly a day to remember.

## CHAMABONDO NATIONAL PARK

Zambezi National Park together with Victoria Falls National Park cover an area of 56,000 hectares. A wide variety of larger mammals may be found within the Zambezi National Park including elephant, lion, cape buffalo, water buffalo and leopard. In addition, herds of sable antelope, eland, zebra, giraffe, kudu, waterbuck and impala as well as many of the smaller species can be viewed. The Zambezi River is also home to over 75 species of fish and is especially famous for its bream and fighting tiger fish.

After 9 days on Sacred Safari with us and soaking up the sights at these magnificent reserves, you are sure to return home full of gratitude, amazing memories and no doubt, embodying a greater connection and responsibility towards all the magnificent creatures that animate Mother Africa.



## WILD HORIZONS ELEPHANT ORPHANAGE AND SANCTUARY

The Wild Horizons Elephant Orphanage was founded in 1992 when four orphaned elephants were in desperate need of relocation. It has been a safe haven to a myriad of orphaned and injured elephants ever since. Wild Horizons are all about rescue, rehabilitation and release, and strongly believe that ultimately the best environment for all elephants, is in the wild. They strive to ensure that as many animals as possible return to mother natures embrace. The Elephant Encounter allows us to unobtrusively interact with some of the biggest personalities in Africa and also connect intimately with these gentle beings in the most positive and natural way possible to gain a deeper understanding about their behavior, history and the very real threats they still face today. This sanctuary was founded on the principle of conservation, and one of the most effective ways to evoke a sense of environmental responsibility is to show people what stands to be lost.

*Once you have stared into the eyes of an elephant, you are forever changed.*

We'll venture out into the bush to view the grey goliaths from an unobtrusive 'Boma', an open design thatched platform, and spend time with them and their keepers, hearing their personal stories and witnessing the special relationships they share. Afterwards we will enjoy a selection of refreshments in the cool of the Wild Horizons Elephant Wallow before transferring back to our Masuwe haven.

*It's sure to be an interesting, informative and inspiring day for all of us.*

You will also have the opportunity to donate to the sanctuary or adopt one of the elephants whose heart stirring journeys we will hear about on the tour.

## VICTORIA FALLS

Victoria Falls, or "Mosi oa-Tunya" ("the smoke that thunders"), is positioned almost exactly half way along the mighty Zambezi River's 2700 km journey from it's source to the sea. It is the result of soft sandstone filling huge cracks in the hard basalt rock of the plateau. As the Upper Zambezi flowed across the plateau in ancient times, it found the cracks and started wearing away the softer mineral, eventually creating a series of spectacular gorges.

With its furious collage of sound and color and earth-shaking movement, Victoria Falls is one of the seven natural wonders of the world; 1,708 meters wide and 108 meters high. Whilst known as the world's 'largest' waterfall, Victoria Falls is neither the highest (Angel Falls) nor the widest (Khone Falls). However, it is the largest curtain of falling water on the planet, one and a half times wider than Niagra Falls and twice as high. A truly impressive sight; and a visit to Africa wouldn't be complete without it on our itinerary.



## CONSCIOUS CONSERVATION

After thorough researching and reading accounts from experienced travel guides and world class conservationists, Yoga Spirit Journeys has decided to not include the popular tourist activity of walking with lions during our visit to Zimbabwe.

Initially it looks like a lovely and exciting way to connect with these magnificent animals, but unfortunately, there is too much evidence connecting lion walks with the prolific canned hunting industry. As a yogic, conscious and sustainable business focused on promoting conservation and eco transparency, we cannot in good conscience, involve ourselves with something that may inadvertently or deliberately contribute to the harming of wildlife in any way. It is unconscious behavior and not aligned with the way the world is evolving.

*We hope you share our stance and appreciate why this is not on our to-do list.*

Instead, we will trust in mother nature and communicate with the lions and any other animals that cross our paths and choose to engage and 'speak' with us of their own free will. We have several safaris at surrounding reserves planned during our stay so there will be plenty of opportunities for all of us to experience real and divinely timed connections. We will also be immersed in nature and surrounded by animals during our stay so you will hear them daily, see their tracks and smell their scent as they go about their business, giving us the undeniable sense of being right in the middle of all the action!

This is a spiritual journey after all – your Sacred Safari – so we invite you to call in any animal spirits that resonate with you so you may be equally blessed by their psychic and physical presence.









# INDIGENOUS CONNECTIONS

## AFRICAN SHAMAN “Ephram Sithole”

One of the extraordinary highlights of our journey to Africa involves receiving a private healing with one of Zimbabwe's traditional healers, a “Nganga” or witch doctor, Ephram Sithole. Ephram has a remarkable gift that has been passed down to him through his family bloodline. It enables him to communicate with his ancestors and pass on messages from the spirit world, using natural and plant medicines, and throwing and deciphering the sacred bones.

In its original meaning, witch doctors were emphatically not witches themselves, but rather people who had remedies to protect others against witchcraft. For generations, these medicine men and women have been highly regarded within their respective communities as powerful shamans and way showers. Their divinations and forecasts may be hard for many foreigners to comprehend, so whilst we offer this excursion in the spirit of healing and love, it is not compulsory for you to attend.

If you do chose to receive, this experience will most certainly open your eyes and serve to deepen your connection with yourself, the motherland and the divine energy of Her people. Yoga Spirit Journeys offers heartfelt thanks and gratitude to both Ephram and Landela Safaris for making this extraordinary experience possible.



# ABOUT DENBY

With twenty years of international teaching experience exploring the relationship between the seasonal cycles, the Chinese five element theory, esoteric modalities and body/mind spirituality, Denby is one of Australia's finest yoga therapists and spiritual healers. She has founded the innovative practice she calls 'Mana Yoga', a unique flow that reflects her own journey with yoga, energetics and motherhood.

Her shamanic work weaves an empowering layer to the yoga, unbinding and aligning, rousing and recalibrating bodies, hearts and minds through an intuitive sequencing of therapeutic and seasonal postures, breath work, meditation and mantra. Her elegant integration of individual adjustments with bodywork, ritual and intuitive healing techniques makes for an equally enlightening and nourishing experience. You will be moved, in many ways and on many levels, and often feel like you have just received a massage, counseling session and yoga practice all rolled into one!

Denby is also a gifted animal communicator, able to intuit and interpret their specific telepathic messages in a way that can help support and empower people on their spiritual journeys. Her familial connection with the great humpback whales in particular, allows her to tune into past lives and karmic records to channel messages to those who are willing to receive and ready to activate.

Working with Denby is sure to awaken your inner activist and inspire you to become a conscious conduit for love and nature.





Photo credit: Danny Osomanski



# THE YOGA

No yoga experience or prior training is necessary – you just need your breath, an open heart and a sense of adventure!

Each day you will be guided through a profound yet gentle practice full of tension-releasing postures, inspired meditations and deliciously deep myo-fascial and self-acupressure techniques designed by Denby to open and activate your energetic body and align you with the healing powers of the season. Whether you're soaking up the wild sights on safari or zoning out to the sound of rolling ocean waves, her soulful sequences will gently persuade your mind to empty, your body to let go of everything it no longer needs, and your spirit to trust in the process completely.

Mana Yoga has the potential to transform chronic ailments and alleviate the experience of dis-ease in body, mind and spirit; leaving you feeling physically and mentally grounded, emotionally clear and brave-hearted. The alchemic sequences are beginner friendly and accessible to all bodies, but some more dynamic options will be offered for those who wish to challenge themselves further.

For comfort and hygiene, you will need to bring your own yoga mat and eye pillow. At the end of each session Denby will lull you into the deepest of savasanas (resting pose) through the use of her voice, selected peaceful soundtracks, essential oil massage (head, feet or scalp) and lots of loving care.

You will be a yoga devotee in no time!



Photo: Stephen Murray

# WITH GRATITUDE

## A FEW WORDS FROM DENBY

The birthing of Yoga Spirit Journeys has been a cathartic and deeply empowering one for me, and I feel privileged to be sharing all that I am, in service to the greater good.

The adventures we embark on are not your average retreat-type holidays; they are intuitively tailored and thoroughly researched mystical experiences, each one designed to initiate participants into their own healing journeys and at the same time, give them the opportunity to utilize their special gifts and talents, at specific planetary locations. The outcomes so far have been truly astonishing.

Here in the African motherland, the birthplace of mankind, we open our hearts and minds and tether our bodies to the powerful, ancient and transformative energies that infuse this limitless landscape. We allow ourselves to hear the calling of the ancestors, of the Great Grandmother Goddess Nana Buruku, and receive messages that can help us on our continuous passage through life. Working on the self like this helps us to not only resolve old personal wounds and repetitive patterns, it makes us clearer and stronger conduits in service to All, and when that happens we begin remembering who we really are, why we are here and how priceless our planet actually is.

If spending a week on this magnificent continent, sharing authentic and conscious adventures with other soul travelers and connecting with a plethora of rare and exquisite wildlife, without sacrificing your creature comforts sounds like your thing, then please reserve your spot soon. This promises to be the trip of your lifetime.

*Come find yourself, in the middle of nowhere!*

Blessings,  
Denby Sheather, Founder, Yoga Spirit Journeys







# YOUR SAFARI SANCTUARY: MASUWE LODGE

## WHAT STARTS OUT AS A HOLIDAY, ENDS UP BEING A SOUL ADVENTURE

Masuwe is one of several bespoke eco lodges owned and run by renowned Landela Safaris. It is the sister lodge of the exquisite Sal Salis on Western Australia's Coral Coast and is dedicated to creating exceptional experiences in some of the country's most beautiful and secluded locations.

Masuwe is located on the edge of the Zimbabwean border, just a short drive from the spectacular Victoria Falls. The 1000-hectare property is hugged by Hwange and Chobe National Parks, both renowned for having the largest elephant and buffalo populations in Africa. The area is frequented by almost 500 bird species; one of the lodge building supervisors reports 83 species on his Masuwe garden check-list alone! Our expert wildlife guides also host early morning and evening walks on Masuwe; these are a great way to discover some of the smaller details of the African bush and really feel immersed in the extraordinary natural landscape.

Your wilderness tent offers super comfortable beds with top quality cotton linen and mosquito netting and a stone bathroom with shower, vanity and toilet. Each room is named after a local bird species and offers a private deck for you to spot them and the many other animals that roam around Masuwe, at your leisure.

The main lodge overlooks a waterhole and the (often dry) Masuwe River. Perched high on a hill that exudes a positive energy (aaaahh the magic of Africa!) the dining, bar, lounge, pool and relaxation areas are well shaded and open to the breezes, birdlife and wildlife that calls Masuwe home. The old stone 'bones' of the original Lodge have been restored including the kitchen and bar and the distinctive thatched roof completely replaced.

Given its remote location, a resort sanctuary is possibly not what you expect to find in the middle of the wilderness – but that is exactly what you will find. Recently fully refurbished, Masuwe is a true oasis, providing all necessary amenities, fine dining and enveloped by some of the most awe-inspiring scenery the African landscape has to offer.

*Rest assured, you will receive a full and fabulous immersion in African culture during your stay.*









# THE TOURS

## VICTORIA FALLS

### WILD HORIZONS ELEPHANT ORPHANAGE & SANCTUARY BOTSWANA/CHOBE AND CHAMABONDO NATIONAL PARKS STANLEY & LIVINGSTONE PRIVATE GAME RESERVE

Africa is home to one of the oldest indigenous cultures in the world. Its' history blends Egyptian, Roman and Asian influences, including mythology connected to the Queen of Sheba and the Great Silk Road. Some of the most sacred sites on the planet can be found rising, writhing and rupturing boldly from its surface, ranging from wetlands to temperate ranges, to towering rock formations, and of course, the largest and most formidable arid landscape on the face of the earth, the Great Sahara Desert.

To kick off our bespoke retreat we will enjoy a sunset river cruise with bubbles and a scrumptious three-course meal to welcome you to this captivating country.

We will quietly meander through Chamabondo and Chobe National Parks and drive through the infamous Stanley and Livingstone Game Reserve. Keep your eyes peeled for the critically endangered white and black rhinos who call this private park home!

Our tour professionals and Masuwe guides provide everything for us. Our 4WD safari vehicles are covered for weather protection and comfort and our friendly drivers are locals with extensive knowledge of the area and surrounding communities. They are more than happy to share their own rich and often humorous stories alongside the insightful indigenous ones to help make our safari experiences intimate and unforgettable.

Each day at the lodge offers a fun and interactive experience where we get to make new friends, soak up some impressive scenery and learn something more about this diverse and divine nation as we go.











# TESTIMONIALS

"I knew I was in for an amazing experience when I booked into Denby's Retreat at Uluru. What I didn't know, was how amazing that experience would be. Sublime 5-star accommodation, gourmet food, soulful music, new experiences, new friendships and a spine-tingling, magical, spiritual oasis where Mother nature has truly excelled. My heartfelt gratitude and thanks to you Denby; your meticulous research, thoughtful planning, attention to detail and intuitive hands on healing techniques are phenomenal. I'm still pinching myself and I can't wait to join her on another of her amazing retreats soon!"

**Cheryl**

"To be perfectly honest, I can't pinpoint one thing, the entire retreat was just so amazing! It was the perfect time of year to go, the food was incredible, the art and the music was inspiring and I just felt like a Queen being catered to, the whole week. Everyone needs to experience this beautiful place of healing with Denby. I really feel that I got to explore so much and have some magical memories as a result. Thank you Denby for allowing me join the journey!"

**Kiah**

"Thank you Denby, for a life changing experience that far exceeded my expectations. From the moment of arrival to the time for my return home, you engaged me in the most wonderful experience - challenging at times but always enabling me to enjoy and embrace the surroundings and to feel present in the moment - providing us with the tools to look at the world in a far different way. I can't wait to join you on the next occasion. Still Dreaming!"

**Stephen**

"Denby is the perfect guide to lead you on your journey toward healing and reminds you that your obligation is to help heal the planet along the way." **Tanya**

# YOUR INVESTMENT

10 NIGHTS / 11 DAYS	
SINGLE	\$5750USD
TWIN	\$4920 USD

- \* All figures based on retreat reaching 9 participants
- \* Figures could be subject to change.  
Pay in full to secure a good exchange rate.

**These prices include:** All yoga/meditation sessions; one shamanic gift pack; group workshops; indigenous and ceremonial sessions; return Victoria Falls Airport transfers; all tours, tour transfers, national park fees and meals/drinks on tours; all drinks and accommodation (twin/single). One 30 minute Skype session with Denby prior to retreat and another post retreat.

**These prices do not include:** Any airfares, visa and passport fees; airport departure taxes or travel insurance; excess baggage charges; return airport transfers if you fly via Livingstone Airport in Zambia; laundry, medical expenses; miscellaneous or personal gifts; optional tours and/or extra spa treatments or days/nights either side of the YSJ package; any expenses incurred as a result of delays due to inclement weather, delays of scheduled aircraft or logistical delays and resultant changes to the itinerary; emergency evacuation charges.

## DEPOSITS AND PAYMENTS

A 50% deposit, of which 25% is non-refundable to secure your spot.

Once we have received your deposit, we will email the payment schedule, indemnity form and What to Bring list. Final payment is required by 31st

PAYMENT DETAILS
Denby Sheather BSB 112 879 Account 414 967 537

We have limited single packages so please book in early to ensure you get your preferred option. We will also need a copy of your flight itinerary, insurance provider number plus your signed participant form returned immediately. Once you have made each deposit please email the transaction number to

**denby@denbysheather.com for your receipt.**

**TRAVEL INSURANCE IS COMPULSORY.**

**Cancellation Policy:** We understand that life doesn't always go to plan, so in the unfortunate event of any personal crisis or work commitment forcing you to cancel, please notify us by 31st May 2019 to receive a refund (less the 25% deposit).

# FURTHER INFO

## THE ITINERARY

Denby has developed a unique daily itinerary that includes silent meditations, outdoor yoga classes and healing sessions; plus plenty of free time to relax and just soak up the astounding atmosphere. Please feel free to request a copy if you want more details before deciding.

## WHAT TO BRING

Feeling unsure what to bring? We have it all sorted for you and have put together a comprehensive list of what to pack along with some useful first aid, housekeeping and travel tips. This will land in your inbox after we receive your deposit.

## DIETARIES

If good food is as important to you as it is to us then please feel free to ask for details about the meals included in your package. This information may also be useful if you have dietary or allergy concerns. Please make sure you specify these on your indemnity form so we can ensure your comfort prior to arrival.

## THE FACILITIES

Yes, we will be in a remote part of the world, but that is part of the charm; plus you will always be in communicado and able to access a landline and wifi in the lodge reception if you need.

## GETTING THERE

To aid with bookings we recommend our agent Catherine Baker at Press & James Travel Associates. She can help coordinate your flights and liaise with Masuwe if you plan to arrive before our retreat, or stay on after for a few days. You will be required to purchase a visa for Zimbabwe upon arrival.

**catherine\_baker@travel-associates.com.au**  
**Tel: (02) 9979 5235.**

## DINING

Breakfast comprises of a continental breakfast, lunch is a casual affair on the deck (or on our cruise boat/on safari) and 3 course dinners offer contemporary cuisine layered with African flavors. You will not be disappointed!

## ACCOMMODATION

Wake up and fall asleep to the sounds of Mother Nature! All wilderness tents offer en suite stone bathrooms with private decks showcasing the reserve, supremely comfortable beds with top quality eco linen and mosquito netting. Complimentary paraben-free toiletries, insect repellent, torches and guest robes complete your eco-luxe safari experience.



# SPECIAL GIFTS

Our usual bespoke shamanic gifts are included in your package, this time with a deliberate African touch to support your rituals and intentions on Sacred Safari.

## PUREHEART ALCHEMY

Australian made PureHEART mists are unique vibrational potions fusing indigenous plant, herb and flower essences with pure spring water, healing essential oils and plenty of love. Your gift mist 'Mystic', with the LION totem, helps dissolve illusion and awaken the deeper senses of intuition, telepathy and personal sacred song. These mists are designed to entwine your body/mind/spirit with the heartbeat of Nature and align you with your primal inner nature.

## CLEAR QUARTZ CRYSTAL

Clear quartz is a versatile and multidimensional stone of light, known for its programmability, high healing vibration and capacity to amplify and anchor energy. It is perfect for purifying genetic toxins, communicating with guides and spirit animals and supporting both dream and past life recall. This master crystal opens, clears and strengthens all seven chakras as it attunes your energy to the earth and is therefore the perfect talisman for our African journey.

## SAGE INCENSE

One bundle of Sage incense for smudging and protection, and 2 sticks of Palo Santo. Sage is traditionally used during ceremonies to help clear and strengthen your energetic, mental, emotional and spiritual bodies. Palo Santo is an evocative, earthy scent that heals the spirit and helps you connect into and channel the powerful vibrations of Africa as we journey. Both are safe to use for those with sensitivities as they are non-allergenic and 100% eco friendly.







DENBY SHEATHER

YOGA · HEALING · RETREATS

- KEEP IN TOUCH FOR INFO ON FUTURE YOGA SPIRIT JOURNEYS -