



Wellness

Our Wellness Safari Journey encompasses the technique of restorative sense therapy incorporating all five senses in a guided exploration to awakening your wild self.

Being immersed in nature, without the disturbance of the outside world, compels you to slow down, rest and be still, restoring the natural rhythm of your body.

Embark on a guided journey through the sounds of nature, experiencing the smells of the wilderness, the vibrant tastes of Africa and feel the vibrational flow of energy shifting through your body as you move intentionally to the resounding melody of your wilderness surroundings.

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