



## ZIMBABWE & ZAMBIA

# A YOGA SAFARI FOR THE SOUL

MAY 14-24, 2015

*Treat yourself to a safari adventure with a healthy twist. Join Becky Obray for a 10 day yoga safari retreat in Africa. Explore hatha, vinyasa and Ayurvedic principles of yoga during daily sessions held under the African sky. Hold your Warrior One under the gaze of a giraffe or a passing herd of elephants. Embrace the ouji-breathtaking panoramas and pristine surroundings and take your yoga practice out of the studio and to another level. A perfect blend of African adventure, combined with a rejuvenating yoga practice, makes this trip a unique opportunity to satisfy your mind, body, and spirit, all in one.*



EXPLORE, Inc.

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)



### **BECKY OBRAY:**

Becky Holloran Obroy is a professional Yoga, Ayurveda, and Pilates instructor in Steamboat Springs, Colorado. Originally drawn to yoga and Ayurveda when she was 18, she propelled herself forward into a yearning for understanding of the body, its mechanics, the healing nature of the mind, and the power of the soul. Becky has spent the past 11 years teaching Integrative Pilates and Yoga, and for the last 4 years she has owned her own business as an Ayurvedic Consultant and treatment specialist. With a Master's degree from the Kripalu School of Ayurveda and Yoga Therapy, Becky continues to be humbled by her life's journey and is passionate about sharing the gifts of what a practice of taking care of self on all levels can bring to the depths of your life.



### **KATIE MCDONOUGH:**

As EXPLORE's Senior Custom Travel Specialist, Katie McDonough, works closely with our independent travelers and private groups designing highly customized trips. Katie has been with EXPLORE since 2006 and she has traveled in Africa extensively. Her passion for all things African began when she was a little girl. Just for fun, Katie liked to draw pictures of the continent and label all the countries and their capitals. Her dream of traveling to Africa came true when she was 21 years old and she was fortunate to study abroad at the University of Cape Town in South Africa. Upon completion of her program, she refused to go home and traveled independently through Kenya, Tanzania, Zanzibar, Malawi, and Zambia. With EXPLORE, Katie has traveled throughout Southern Africa and Madagascar. In 2008, she spent 3 months in Zambia's Lower Zambezi valley working for EXPLORE's community development projects; a side of EXPLORE's work with which Katie is very proud to be associated

**Tuesday & Wednesday, May 12 & 13**

**DEPART USA / IN TRANSIT**

Flights TBD. Depart the USA on your international flight to Victoria Falls, Zimbabwe (most flights will route via Johannesburg, South Africa). Overnights in Johannesburg on May 13 can be arranged if required by flight schedules (*at additional cost*).

**Thursday-Sunday, May 14-17**

**VICTORIA FALLS / HWANGE NATIONAL PARK / SOMALISA CAMP**

Upon arrival in Victoria Falls, Zimbabwe on May 14, 2015, we are met and assisted to our private charter flight to Somalisa Camp, situated in the heart of Hwange National Park. Somalisa is an authentic bush camp, a blend of old African charm and elegance together with an exclusive safari experience. The camp is tucked away on an acacia island along the edge of an ancient seasonal flood plain gives it breath taking views of the savannah plains of the famous Kennedy Vlei line. At Somalisa Camp, we experience the heightened excitement of the African bush in one of the most natural environments in Africa. This is the way Africa was meant to be explored.

Only six elegantly furnished canvas tents with en suite bathrooms, flush toilet and romantic alfresco bush shower, make up this camp. The décor echoes of an old era, from colonial to the ancient tribes of Africa, telling the story from all corners of this magnificent continent. The stunning main area and pool lends to complete relaxation, whether it be with a cup of tea, a soulful yoga practice, or one of our refreshing cocktails; we'll enjoy overlooking the pan where the herds of game congregate in large herds, offering rare moments of outstanding nature. The use of solar lighting and gas ensures our comfort without interfering with the environment and the area's natural surrounds. The lounge and dining area is at the forefront of the camp, tucked under a soaring canopy of trees. Wide and well-traversed Elephant paths make up the paths connecting our room to the main area.



**EXPLORE, Inc.**

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)

Once the royal hunting ground for Ndebele Kings, Hwange National Park is home to over 100 mammal and 400 bird species. The park protects populations of all of Zimbabwe's endangered species, elephants numbering in excess of 20,000 (up from around 4,000 when the park was proclaimed), and what is thought to be one of the largest populations of African wild dog left in the world. Large prides of lion and buffalo may be seen here and we have a good chance of spotting leopard and rhino in addition to cheetah and spotted hyena. The wild and woolly brown hyena also occurs here and is something of a rarity.

Activities at Somalisa Camp include guided walks lead by qualified and passionate guides, day and night game drives as well as game viewing from hides. Yoga practices will take place between safari activities on the expansive camps decks or in the dry riverbeds. An armed guide accompanies the group at all times to ensure safety.

***\*All activities are included during our stay at Somalisa Camp\****

**Monday & Tuesday, May 18 & 19**

**VICTORIA FALLS / LIVINGSTONE / SUSSI & CHUMA LODGE (CHUMA HOUSES)**

On May 18, we have an early morning yoga session before breakfast, and then are transferred by private vehicle from Somalisa Camp to the village of Dete (2 hours), where we have the opportunity to meet the local people and tour the village to see what life is like in rural Zimbabwe.

After we visit the village, we are then transferred by road (1.5 hours) to Victoria Falls where we take a tour of the magnificent Victoria Falls (on the Zimbabwe side). Victoria Falls is where the Zambezi River opens out into an extravaganza of roaring, spraying water, known to the locals as "mosi oa tunya" (the smoke that thunders). Standing before the brooding statue of David Livingstone, who in 1855 named the Falls after his Queen, part of the raging river is compressed into a massive surge of green-white water known as the Devil's Cataract. Few sights are as awe-inspiring as this.

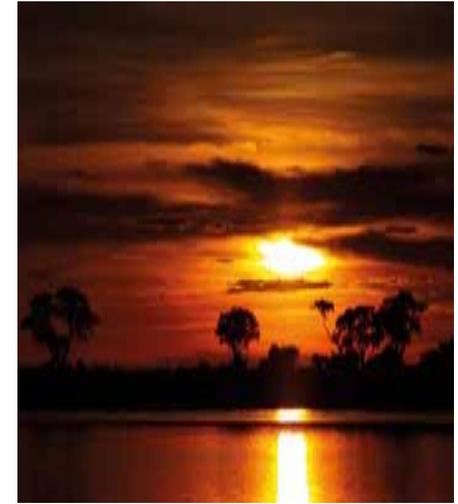


**EXPLORE, Inc.**

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)

After the tour of the falls, we enjoy lunch at The Victoria Falls Hotel- an African landmark. Lunch on the terrace is complimented by spectacular views of the gorge and the spray of the falls. After lunch, we are driven over the border to Livingstone, Zambia and onward to Sussi & Chuma Lodge which lies on the banks of the magnificent Zambezi River, just 15 minutes upstream from Victoria Falls. The lodge is named in honor of two deserving heroes, Sussi and Chuma, who were the loyal servants of the great explorer David Livingstone.

Here the group has exclusive use of both Chuma Houses, offering privacy and exclusivity in a stunning setting. Each of the 2 exclusive Chuma Houses offer two luxurious bedrooms with attached bathrooms. The houses also feature a spacious lounge and dining room area, kitchenette, outdoor verandah, barbeque area, private swimming pool, and a fully stocked bar. Guests will have their own private chef to cook all meals, butler service and a private guide, vehicle and boat for all activities.



If the group size exceeds the capacity of the two Chuma Houses, then some of the group will stay in the adjacent luxurious tree-houses at Sussi, which are extremely large and airy. Each unit has floor-to-ceiling, sliding French windows, large ceiling fans, interiors that feature Kubu cloth, white muslin and elegant teak, and a sitting area with tea and coffee-making facilities and private deck.

In the late afternoon on May 18, we take a sunset cruise downstream (with “sundowners”), watching the banks for many different species of game which utilize the river as a rich food and drinking source. Islands along the river are dotted with crocodiles and families of hippos. From the lodge, we may also see herds of elephant drinking along the banks of the Zambezi.



**In addition to yoga, activities during our stay include:**

- Spectacular bird watching
- Game viewing through Mosi oa Tunya National Park
- Visit historic Livingstone – the craft market and the Livingstone Museum noted for its artifacts that belonged to David Livingstone.
- Visit a local village

**Activities available on request and at additional cost:**

- Horseback riding along the Zambezi River
- Helicopter flight over the Victoria Falls
- Grade 5 white water rafting
- Elephant-back safari

**EXPLORE, Inc.**

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)



**Wednesday-Saturday, May 20-23**

**LOWER ZAMBEZI NATIONAL PARK / ANABEZI LODGE**

On May 20, we are transferred to the Livingstone airport and fly by private charter to Kulefu airstrip in the Lower Zambezi National Park. Upon arrival at Kulefu, we are transferred (15 mins) to Anabezi Lodge where we spend the next four nights. Anabezi Lodge offers luxurious hospitality in a remote and stunning environment. The lodge has eleven tented suites each raised on wooded decks and complete with attached bathrooms featuring a deep bathtub, indoor/outdoor shower and flush toilet. Enjoy the stunning view from the suites' large private deck overlooking the floodplain and tree line, or take a dip in the refreshing plunge pool. Anabezi is situated in the eastern most portion of the Lower Zambezi National Park, making it the perfect remote oasis.

The distinguishing features of the Lower Zambezi National Park are the rugged escarpment to the north, the river itself, and its numerous islands, lagoons and floodplains, which attract most of the wildlife. This area is home to large herds of elephant and buffalo, and lion are also common. Regular plains game sightings include kudu, zebra, impala, warthog and bushbuck. There are large "pods" of hippo in the river directly in front of the lodge as well as crocodile. Night drives are also an option and leopard, hyena, porcupine, civet, genet and honey badger are commonly sighted. The area is also well known for its excellent sightings of serval, a medium sized spotted cat. Wild dog do occur in the Lower Zambezi National Park, but are not commonly sighted.

**In addition to daily yoga sessions, the following activities are available during our stay:**

- ❖ ***Bushwalks:*** An armed ranger will guide us through the wilderness on foot, interpreting spoor, identifying the various flora and fauna, and highlighting conservation issues. The pace is leisurely and the duration is determined by guests' requirements. Typically, these walks last a few hours through variable terrain.

**EXPLORE, Inc.**

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)

- ❖ ***Game viewing by vehicle:*** Drives are conducted in open 4WD Toyota Land Cruisers that have been specially adapted for safari use. Usually departing in the early morning, drives can last anywhere from 2 to 4 hours depending on what is seen and the requirements of the guests. In the late afternoon drives set off for an hour or so before stopping at a scenic point for sundowners. Once the sun has set and it is dark enough for the powerful spotlights to become effective, night drives commence. Zambia is one of the few countries that permit night drives, perhaps the most interesting of safari activities. This is an opportunity to see nocturnal creatures such as civet, porcupine, genet, and also to see some of the larger predators on the move. It is not uncommon to see a pride of lions on a kill or a leopard stalking through the bush. Again, these drives can last up to 4 hours depending on the action!
- ❖ ***Canoeing:*** Although the Zambezi offers many activities, perhaps it is best known for canoeing. Nowhere else is there such a combination of breathtaking scenery, varied wildlife and such interesting channels to paddle through.
- ❖ ***Fishing:*** Expert guides are on hand to assist us in finding the world-famous tigerfish and other species that are abundant in the Zambezi River. These waters are free from netting and are hence our best bet for lots of big fish. A strict catch & release policy is enforced (*\$25 fishing license is at additional cost*).

***\*All activities are optional and included during our stay at Anabezi Lodge\****

**Sunday, May 24**

**LUSAKA / DEPARTURE**

This morning fly by scheduled charter to Lusaka connect to our scheduled flight and depart homeward.



**EXPLORE, Inc.**

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)

## GENERAL INFORMATION

**Price (enrollment by June 15, 2014):** \$8,295.00 per person based on double occupancy  
**Price (enrollment by July 31, 2014):** \$8,795.00 per person based on double occupancy  
**Single supplement:** \$985.00 for single room (*maximum of 2 singles allowed on the trip*)

### Enrollment deadline is July 31, 2014

**Group Size:** Minimum of 8 participants; Maximum of 14 participants  
**Yoga Instructor:** Becky Obray- Professional Ayurvedic Yoga Therapist and Integrative Pilates Instructor  
**Trip Leader:** Katie McDonough – EXPLORE, Inc.

**Terms & Conditions:** A 30% deposit is due to confirm your enrollment on this trip. The deposit is non-refundable once paid. Final payment is due 90 days prior to the trip departure date (February 13, 2015). Trip insurance to cover cancellation and medical evacuation is highly recommended.

**Price Includes:** All accommodations as stated in itinerary; ground transportation and air transfers upon landing in Zimbabwe as stated in itinerary; all activities as stated in itinerary; once or twice daily yoga sessions (depending on safari activities); guides/vehicles; & park fees.

**Somalisa Camp:** All meals, local beverages, laundry, safari activities; & yoga  
**Sussi & Chuma:** All meals, local beverages, laundry, standard activities; & yoga  
**Anabezi:** All meals, local beverages, laundry, safari activities; & yoga

**Price Excludes:** U.S. domestic and international airfare (as stated below); medical immunizations; passport fees; visa fees (Zambia- \$50.00 and Zimbabwe- \$30.00); accident/baggage/ medevac & cancellation insurance; individual transfers; excursions deviating from the scheduled tour; excess baggage charges; medical expenses; airport departure fees and taxes if applicable; telephone or fax charges; room service; gratuities to guides and staff; and other items of a purely personal nature.

**Somalisa Camp:** Imported wines & spirits  
**Sussi & Chuma:** Imported wines & spirits; optional activities  
**Anabezi:** Imported wines & spirits, fishing license if desired

EXPLORE, Inc.

Phone: 970 871-0065 | [www.exploreafrica.net](http://www.exploreafrica.net) | Email: [katie@exploreafrica.net](mailto:katie@exploreafrica.net)

**FLIGHTS & TRANSFERS INCLUDED:**

- Private charter from Victoria Falls airport to Somalisa Camp
- Ground transfer from Somalisa Camp to Victoria Falls to Sussi & Chuma
- Private charter from Livingstone to Kulefu
- Charter from Anabezi to Lusaka

**FLIGHTS NOT INCLUDED:**

- USA to Victoria Falls (via Johannesburg)
- Lusaka to USA (via Johannesburg)
- *Estimated cost of these flights (economy class): \$1900-\$2400 per person*