



Luxury Wellness Retreat
SAFARI TO SEA

10 - 17 May 2026



KWANDWE
PRIVATE GAME RESERVE

HOMWOODS
LUXURY SEASIDE RETREAT

Journey from the stillness of the wild to the rhythm of the sea

Reset Restore Rewild

An intimate retreat
of breath, beauty
and balance

£4,850.00

- 3 nights at Kwandwe Private Game Reserve Ecca Lodge & 4 nights at Kenton-on-Sea Homewoods Boutique beachfront hotel
- Daily Wellness Practices, Specialised Therapies & Consultations, Safari Experiences, Culinary Wellness
- 7 nights / 8 days. Food, Accommodation, Transfers & Activities included.



Guest Itinerary: Day 1 –4

Day 1 — Arrival & Grounding at Kwandwe Ecce Lodge

We begin in the heart of the bush at Kwandwe Private Game Reserve. After a mid-afternoon check-in and a chance to meet your hosts, we'll pause for tea before heading out on a sunset game drive. Here, Suzie and Kim will guide an "Arriving in Africa" meditation. The day closes with dinner, and for those who wish, an optional breathwork session with Kim to support deep, restorative sleep.

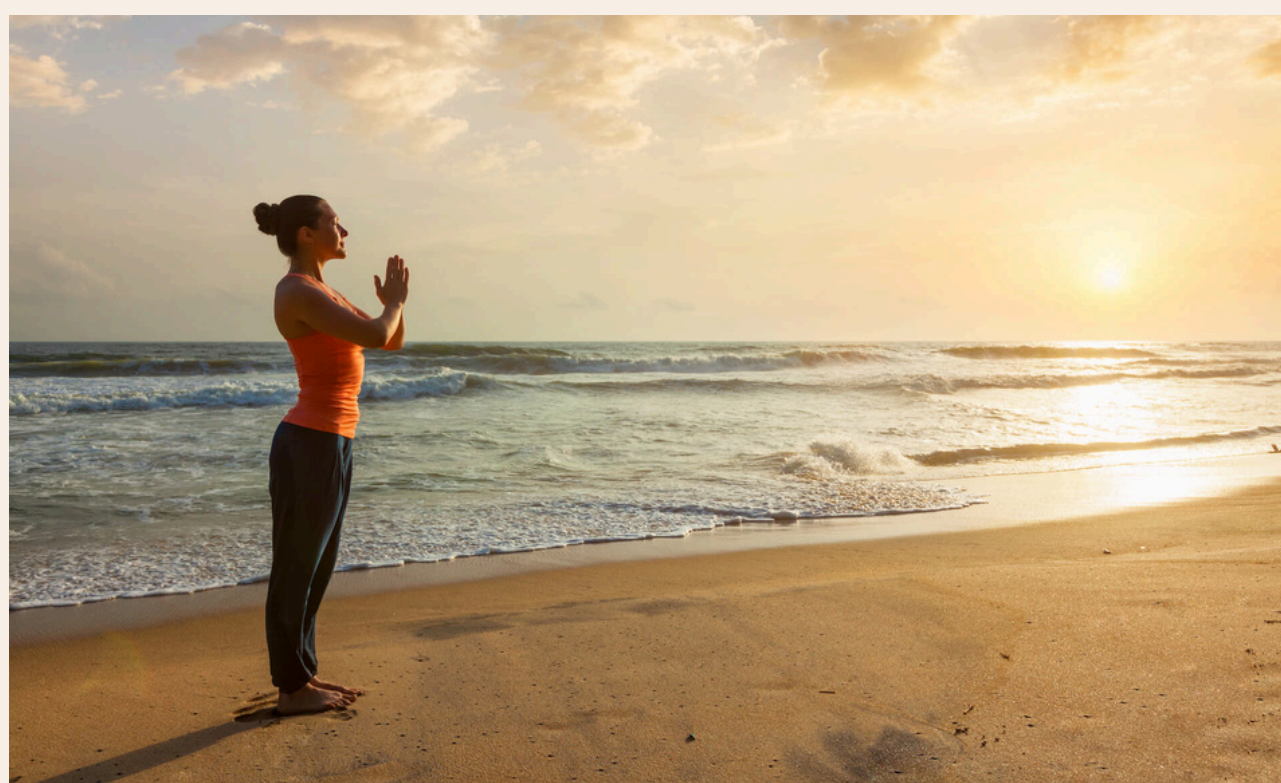


Day 2 — Mindfulness in Motion

The day begins with a sunrise slow vinyasa led by SJ, followed by breakfast and a morning game drive. Suzie will weave in a tracking meditation, inviting you to notice subtle movements, stillness, and sound. Afterward, Kim introduces Ayurveda Foundations in a mini-workshop, before lunch and Susie's short introduction to mindfulness. During the afternoon, you'll have personal consultation time with Kim and Suzie. Evening Game drive as the sun sets, we gather again for a fireside meditation on impermanence, inspired by the cycles of the bush, before dinner. An optional short vagus nerve activation session is available in the evening.

Day 3 — Presence & Connection: Ayurvedic Rhythms and Connections

The morning opens with a breath-led walking meditation in the bushveld with Suzie, followed by a hip-opening vinyasa flow with SJ. After breakfast, Kim and Suzie continue with one-on-one consultations. Lunch brings a conversational dive into the history of yoga and its place in our lives today. The afternoon allows space for rest or further consultations. In the evening, we set out on a game drive ending in a dharma talk and a metta (loving-kindness) practice around the fire. After dinner, we gather under the stars for a gentle Yoga Nidra and intention-setting circle, including candle gazing, to prepare for deep rest.



Day 4 — Transition to the Sea

Our final morning in the bush begins with a sunrise game drive and farewell meditation, followed by breakfast and time for consultations or rest. Then we make the journey to Kenton-On-Sea, with a stop for coffee, a stretch, and a taste of African craft along the way. Once at the coast, we take a barefoot beach walk and practice ocean breathing before settling into a restorative sunset yin yoga session with Kim. The evening is shared over an Asian-inspired supper and wine pairing, easing us into the rhythm of the ocean.

Guest Itinerary: Day 5 – 8

Day 5 — Ayurveda Day: Inner & Outer Nourishment

The day opens with an energising sunrise vinyasa with SJ, followed by a nourishing breakfast and a conversation with Kim on “Nature as our Medicine,” alongside health smoothies and marvelous muffins. The late morning and afternoon offer therapies and free time for the beach, walks, or exploring local shops and cafés. In the evening, Kim leads an Ayurveda cooking demonstration and spice tasting, culminating in a shared meal after a guided meditation with Suzie using water as a metaphor for the mind.



Day 6 — Dreamwork & Deep Rest

We start with a mindful beach walk and pranayama practice with Kim, before breakfast and another round of therapies or free time. In the afternoon, we'll embark on a river cruise through Sibuya's estuarine wilderness, guided by an expert on the rich local flora and fauna, with Suzie leading sensory awareness practices along the way. In the evening, we gather for a Dreamwork Circle before sharing dinner together. Afterward, we explore symbols, set intentions, and prepare for meaningful, restorative sleep.

Day 7 — Integration & Celebration

Our morning begins with mindful swimming and a beach yoga session, anchoring presence through movement and breath. After breakfast, we gather for an integration workshop, mapping retreat learnings into daily life. The afternoon is yours to enjoy — whether in free time or final therapy sessions. That evening, we celebrate together with an al fresco dining and cocktails experience at the House Kitchen, ending the day in conversation under the moonlit dunes.



Day 8 — Closing

On our final morning, SJ leads a heart-centred sunrise vinyasa to honour the journey we've shared. After a closing breakfast, we part ways — nourished, connected, and ready to carry these practices into the flow of daily life. As you leave the retreat space, the stillness of the bush and the rhythm of the sea travel with you, offering a reminder that presence, balance, and breath are always within reach — wherever you may go next.

Meet your Guides



Sarah-Jane Wagg
Yoga & Breath
Facilitator

Leads daily movement practices - from mindful stretching to energising vinyasa - always anchored in breath, bandhas and mindfulness to reconnect body and mind.



Kim van Niekerk
Ayurveda, Breath &
Yoga therapist

offers personalised Ayurvedic consultations and breath-led workshops designed to support seasonal balance, nervous system regulation, and inner clarity.



Dr Susie McGarvie
Mindfulness-Based
Therapist

Invites you to pause and reconnect through presence-based practices that gently restore calm, mindfulness, and a deeper attunement to self and nature.

Roxi Smith LYNQ® Practitioner

Private sessions using The LYNQ® Method. a gentle fascia-based technique combining breath, soft touch and movement to release restriction and restore functional freedom.

Chantel Bartleman Ozone & Meridian Therapist

Restorative treatments using ozone-infused therapies - including a detoxifying steam sauna and meridian massage with reflexology to oxygenate & revitalise the body.

Shirley Wheeler Craniosacral Therapist

A gentle hands-on treatment that deeply relaxes the body and mind, bringing the nervous system back into balance and allowing the body to heal naturally.

Candice Norden Sports Massage & Infrared Therapy

offers a 90-minute session combining deep tissue and trigger point massage with breathwork to support healing and balance. Sessions include an infrared sauna blanket to enhance cellular recovery, detox, and sleep.

Dr Dominique Santos Dreamwork Facilitator

Introduces conscious dreamwork practices that help you engage with the wisdom of your dreaming mind - to support insight, decision-making, and deeper connection between your inner and outer worlds.



