



ITINERARY

January 24

Welcome to the Spa Kalahari
Bubbles & Yoga
Enjoy the Spa

January 25

Healthy Breakfast
Morning Vinyasa Yoga
Skincare Workshop
Mindful Lunch
Yin Yoga
Dinner & more downtime in the Spa

January 26

Breakfast
Nature Hike
Yoga & Breathwork workshop
Mindful Lunch
Nutrition Workshop
Final Dinner
Down time in the Spa