



## NXAI TRAVEL

*Tailored safaris. Timeless landscapes.*

### **Makgadikgadi Mindfulness Retreat**

This is not a getaway.

This is a pause so profound your body remembers how to exhale.

Out on the endless white expanse of the Makgadikgadi Pans, where the horizon dissolves into sky and time loosens its grip, you are gently guided back to yourself; without striving, without fixing, without performance. There is nothing to become here. Only space. And what rises within it.

Held by the land itself, Zoroga Expedition Camp offers rare Basarwa-inspired huts; grounded, non-tented dwellings shaped by ancestral wisdom and designed for quiet comfort. This is not luxury that distracts, it is simplicity that listens. Here, the land does not try to impress you. It meets you.

Designed for solo travellers, couples and small groups of friends seeking an affordable yet deeply meaningful journey, this retreat blends mindfulness, movement, culture and wilderness into an experience that is both ancient and entirely of the present moment. Botswana's most iconic landscapes become your meditation hall. The sky becomes your ceiling. Silence becomes your teacher.

### **Tour details:**

Tour length: 6 days

Accommodation: Serviced Basarwa Huts (Dome): Camping Style

Tour Type: Serviced Mobile Safari

Dates: 20-25 SEPTEMBER 2026  
20-25 SEPTEMBER 2027

*Please note: Weather conditions during the rainy season may require itinerary adjustments.*

### **TRIP SUMMARY**

Day 1,2,3 & 4: Zoroga, Ntwetwe Pan & Nxai Pans National Park

Day 5: Maun

Day 6: (Departure)

### **TOUR HIGHLIGHTS**

- **Dramatic landscapes:**  
Vast salt flats stretch endlessly in every direction, creating a sense of scale that humbles and heals at once.
- **Iconic wildlife:**  
Close encounters with habituated meerkats offer rare, intimate moments. The region is also home to brown hyena, springbok, gemsbok and red hartebeest.



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- **Birdlife spectacle:**  
During seasonal floods, thousands of flamingos and pelicans gather at Sua Pan, turning the sky into a moving colour.
- **Unique desert experiences:**  
Horse riding and quad biking across open pans. Sleeping beneath an unbroken sky. Walking with San Bushmen to learn ancient survival skills shaped by generations of desert living.
- **Cultural & historic landmarks:**  
Visit ancient baobab trees, including the legendary Baines' Baobabs, once used as navigation markers by early explorers.
- **Inner journey:**  
Guided stillness, grounding practices, reflective sessions, gentle movement and mindful presence woven naturally into each day.
- **Signature moments:**
  - Horseback journeys across the pans
  - One night sleeping under the stars
  - Maximum of 8 guests for an intimate, exclusive retreat

### MEET YOUR HOST:

#### Mother.K Masire

Mother.K Masire is a multidisciplinary creative and wellness practitioner with over a decade of experience in curatorial design and holistic well-being. Her work bridges art, mindfulness and emotional healing, creating immersive environments where reflection becomes natural and self-awareness unfolds gently.

As an Art Director and Wellness Consultant, she is known for crafting spaces and experiences that speak to the senses, where light, silence, movement and creativity become tools for restoration. Her retreats are not instructional; they are invitational. Through meditation, creative expression and embodied practices, she guides participants toward deeper presence and emotional clarity.

#### Areas of expertise include:

- Wellness travel design and retreat facilitation
- Mindfulness and meditation
- Art as healing and self-expression
- Curatorial design for restorative spaces

Her collaboration on this retreat brings a rare blend of cultural depth and contemporary wellness practice into the heart of the Makgadikgadi.

### DAY-TO-DAY ITINERARY

**Day 1,2,3, & 4:** Ntwetwe Pan  
(4 nights)



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### **Day 1: Arrival in Zoroga**

**Meals:** Dinner

**Main Activities:** Arrival, check-in, yoga, welcome dinner with the group

#### **Description:**

Your journey begins with a warm welcome at Zoroga Expedition Camp. After settling into your hut and grounding yourself in the landscape, you are invited to a short, optional yoga session, a gentle arrival into the body after travel.

As the sun lowers and the air cools, gather for your first shared meal. Conversation is easy. Laughter comes softly. The rhythm of retreat begins without urgency, a soft landing into the days ahead.

### **Day 2: Journey to the Nxai Pan**

**Meals:** Breakfast, Lunch, Dinner

**Main Activities:** Full-day safari at Nxai Pan, Baines Baobabs, Yoga, bonfire night

#### **Description:**

Today, the safari truly begins. After breakfast, you depart by 4x4 across open plains toward Nxai Pan; a landscape of giant skies, fossilised riverbeds and wandering herds.

Spend the day on game drives, tracking wildlife and absorbing the vastness of the park. Pause for a picnic lunch and a brief yoga session amid the wilderness- breath meeting wind, movement meeting space.

Return to camp by sunset, where a fire waits. Stories rise with the smoke. Stars reveal themselves slowly.

### **Day 3: Zoroga Cultural Day**

**Meals:** Breakfast, Lunch, Dinner

**Main Activities:** Quad Biking, Nature walk, Sound bath and stargazing evening Session & Pan Sleepout

#### **Description:**

These days are designed for true unwinding- time expands and urgency dissolves. Begin the morning with yoga or stillness. Wander the camp paths. Sit with the view.

Activities unfold gently throughout the day:

- Guided walks with cultural storytelling
- Quad biking to the Ntwetwe Pans
- Overnight sleepout on the pan with BBQ dinner, tea and sunrise breakfast

As darkness falls, lie beneath an unbroken sky. A sound bath and guided stargazing session deepen the sense of presence. Nothing distracts you here; not lights, not noise, not expectation.

### **Day 4: Ntwetwe Pan**

**Meals:** Breakfast, Lunch, Dinner

**Main Activities:** Mindful Sessions, Horse riding, Sunrise Silent Meditation, Village & Cattle Post Visit with Traditional Lunch, Cultural Night



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### **Description:**

Begin with silent sunrise meditation as the light stretches across the pans. Mindful movement follows, grounding you in the body before the day's explorations.

Visit a nearby village and cattle post to witness daily life as it has been lived for generations. A traditional lunch offers taste, story and hospitality in equal measure.

In the afternoon, ride horses across the open pans- movement without boundaries.

The evening brings cultural celebration:

A trance dance and storytelling with Bushman elders, followed by communal dining and fire meditation. Reflection closes the day, held by stars and song.

*Camping Accommodation: Zoroga Expedition Camp*

### **Day 5: Maun**

*( 1 night)*

#### **Farewell & Return to Maun**

**Meals:** Brunch

**Main Activities:** Farewell brunch, optional nature walk, transfer to Maun

### **Description:**

A slow morning. One last walk. One last moment by the water. A farewell brunch gathers the group for shared reflections before the journey back to Maun.

Distance: ±260km (4.5–5.5 hours depending on road conditions)

*Standard Accommodation: Maun Studios*

### **Day 6: Maun**

*( Departure / End of Tour)*

Your retreat concludes today with your departure from Maun Airport, carrying with you not souvenirs, but spaciousness.

Go gently. Tell the story slowly. And listen for when the desert calls again.