



NXAI TRAVEL

Tailored safaris. Timeless landscapes.

Yoga & Wellness in the Pans Retreat

5 nights/6 days

A restorative yoga and wellness journey across the Makgadikgadi Pans. This is not simply a yoga retreat. It is a return to rhythm; to breath, to movement, to the quiet wisdom of the body.

Set within the vast openness of the Makgadikgadi Pans, where earth and sky blur into one endless horizon, this all-inclusive safari retreat offers a deeply personalised path to renewal.

With your own professional yoga and wellness instructor guiding you each day, you are invited into a practice shaped by the land itself: slow where the landscape is vast, steady where the salt flats stretch to infinity, and grounded where silence speaks loudest.





Retreat details

Each day unfolds gently, with guided yoga sessions and meditations held against sweeping views of white pans and distant baobabs. Sessions are flexible and responsive to your needs and may include yoga, stretching, breathwork, fitness conditioning, relaxation, and mindful presence. Here, wellness is not rigid or prescriptive – it flows, just like your breath.

Your base is Zoroga Expedition Camp, a rustic sanctuary designed with safari zen in mind. Its swimming pool mirrors the wide sky above, while panoramic views encourage stillness and quiet reflection. Built to blend with its surroundings, the camp invites you to slow down, soften, and reconnect – not only with nature, but with yourself.

This yoga programme is woven seamlessly into unforgettable safari experiences. Venture into the wilderness on game drives across the pans, ride horseback through open salt flats, and glide across the landscape on quad bikes. Spend a night sleeping beneath a canopy of stars on a pan sleep-out, where the night sky feels impossibly close.

This retreat is ideal for travellers seeking more than rest; for those longing for a transformative journey that nourishes mind, body, and spirit. It blends movement and stillness, wildlife and wellness, culture and care. Whether you are drawn to yoga as a physical practice or as a path to inner clarity, or simply seeking a healing escape wrapped in Botswana's extraordinary scenery, this experience offers space to breathe, to move, and to return home changed.



More about this retreat

Retreat duration: 6 days

Accommodation: Serviced Basarwa Huts (Dome): Camping Style

Tour Type: Serviced Mobile Safari

Dates: PLEASE ENQUIRE FOR DATES

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

TOUR HIGHLIGHTS

Dramatic Landscapes

Iconic Wildlife

Birdwatching

Unique Activities

Cultural & Historic Sites

Wellness Practices

Exclusivity

Maximum of 8 guests per group, ensuring a deeply personal and intimate experience.



Meet your host Samantha Vermeulen

Samantha's philosophy centres on yoga as a holistic pathway to well-being; one that integrates mind, body, and spirit into a single living practice. In her sessions, she creates spaces where students are invited to listen deeply to their bodies, connect consciously with their breath, and cultivate awareness that supports emotional resilience and mental clarity.

Her teaching emphasises the profound influence of breathing on both physical and emotional states, guiding students through techniques that encourage balance, release, and renewal. Each class is an invitation to explore personal potential, to soften into self-awareness, and to rediscover a sense of belonging – to oneself, to others, and to the land.

Samantha's Specialisations:

Strength, flexibility, and functional mobility

Mindfulness and breathwork

Sound therapy

Compassionate, adaptive teaching tailored to individual needs

A belief in yoga as a journey toward inner peace and self-discovery

Day-to-day itinerary

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, where you settle into your surroundings and begin to slow your pace. For those arriving earlier, a gentle 30-minute yoga session offers a chance to release the tension of travel and arrive fully in the body.

As evening falls, you gather for a relaxed group dinner – your first opportunity to connect with fellow travellers and ease into the shared rhythm of retreat life. This is a soft landing, where the outside world gradually fades and the landscape begins to lead.





Day-to-day itinerary

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:

After breakfast, you travel by 4x4 safari vehicle into the heart of Nxai Pan, a region celebrated for its dramatic baobabs and rich wildlife. The day is spent exploring this vast reserve on game drives, moving slowly across open plains in search of unforgettable wildlife encounters.

A picnic lunch and a short yoga session in the wild allow body and breath to align with the rhythm of the land. As the sun lowers, you return to camp, where a glowing bonfire and shared stories close the day beneath a sky scattered with stars.

Day-to-day itinerary

Day 3: Zoroga Cultural Day

Meals: Breakfast, Lunch, Dinner

Main Activities: Quad Biking, Guided Walk & Cultural Storytelling, Sunrise Sound Healing, Sunrise Yoga Session, & Pan Sleepout

Description:

These days at Ntwetwe Pan invite deep immersion. Mornings may begin with yoga or quiet moments overlooking the vast flats.

Your day unfolds through a variety of experiences such as guided walks with cultural storytelling, quad biking to a remote pan sleep-out site, or horse riding across the open landscape.

The sleep-out includes a barbecue dinner beneath the stars, followed by tea, coffee, and breakfast in the open air. Between activities, you are free to rest, read, or simply absorb the silence.

All meals are prepared by a private chef, offering nourishing, thoughtfully crafted dishes. These days are about freedom and flow – moving when you wish, resting when you need, and allowing restoration to happen naturally.





Day-to-day itinerary

Day 4: Ntwetwe Pan

Meals: Breakfast, Lunch, Dinner

Main Activities: Strength & Conditioning Flow, Village & Cattle Post Visit with Traditional Lunch, Cultural Night

Description:

Today offers insight into daily local life with a visit to a village and cattle post. A traditional lunch introduces you to Botswana's cuisine, prepared and shared in a communal spirit.

In the evening, Cultural Night brings the journey full circle: a powerful trance dance performance and interaction with a traditional Bushman group, followed by shared dinner and an evening of fire meditation and reflection beneath the stars.

Day-to-day itinerary

Day 5: Maun
(1 night)

Farewell & Return to Maun

Meals: Brunch

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

Description:

You gather for a final farewell brunch before departing Zoroga Expedition Camp. Those who wish may take one last walk or sit quietly beside the water, holding the stillness a little longer.

The retreat concludes with shared reflections and a scenic return to Maun (approximately 260 km, 4.5–5.5 hours depending on road conditions).

Overnight in Maun at Maun Studios

Day 6: Maun
(Departure / End of Tour)

Your journey comes to an end as you depart from Maun Airport.

