

— ✦ — *Wellness* ✦ —
PROGRAMME
4 DAY PROGRAMME



12 - 16 DECEMBER

ARRIVAL DAY

WELCOME • UNWIND • INDULGE

12 DECEMBER 2026

Program:	Time:
Welcome & Programme Introduction Meet your hosts and discover your personalised wellness journey.	14:00 - 17:00
Three-Course Welcome Dinner An elegant culinary experience prepared by the Ndhula kitchen.	18:00 – 21:00

DAY 1

CONNECT • RESTORE • EXPERIENCE

13 DECEMBER 2026

Program:	Time:
Morning Awakening & Yoga Start your day with coffee, movement and connection.	06:00 – 07:15
Wholesome Breakfast	07:20 – 08:20
Porcupine Trail Experience A guided 2½-hour hike through the property with refreshing drinks and a light refreshment stop along the trail.	08:30 – 11:00
Refresh & Recharge Time to shower and prepare for lunch.	11:30 – 12:00
Healthy Lunch	12:00 – 14:00
Relax & Restore 30-minute spa treatments or quiet relaxation. <i>(Treatments will be scheduled on a rotating basis based on group size.)</i>	14:00 – 15:30
Guided Meditation A peaceful pause to restore the body and mind.	15:30 – 16:00
TASTE OF CREATIVITY COOKING CLASS Create your own aromatic oils & signature sauces. A hands-on culinary experience where you blend, create and take home your own unique creations.	16:15 – 17:00
Dinner An evening of beautifully prepared cuisine and relaxed bush hospitality.	18:00 – 21:00

DAY 2

EXPLORE • CREATE • RESTORE

14 DECEMBER 2026

Program:	Time:
Morning Awakening & Yoga Start your day with coffee, movement and connection.	06:30 – 07:15
Wholesome Breakfast A nourishing breakfast to prepare you for the day ahead.	08:20 – 10:00
Explore & Unwind Discover the beauty of Ndhula's surroundings or simply slow down and enjoy some well-deserved relaxation.	10:00 – 12:00
Scenic Drive & Picnic Stop Enjoy a leisurely scenic drive through the surrounding bushveld, with a refreshing picnic stop along the way.	12:00 – 13:00
BUSH PICNIC & SIP + PAINT A relaxed outdoor experience combining delicious picnic fare, creativity, and beautiful bush surroundings.	13:00 – 15:00
Guided Meditation	15:30 – 16:00
Gin Tasting Experience Discover local flavours and enjoy a guided tasting experience.	16:15 – 17:30
BUSH TO PLATE COOKING CLASS Wild Ingredients • Gourmet Flavours • Your Creation. Step into the bush kitchen and create your very own gourmet dinner using inspiring ingredients and creative culinary techniques.	18:00 – 19:00
BOMA DINNER & FIRESIDE REFLECTION Gather around the fire, savour your creations and reflect on the day's experiences.	19:00 – 21:00

DAY 3

LIVE LAVISHLY • RESTORE • REFLECT

15 DECEMBER 2026

Program:	Time:
Morning Awakening & Yoga Start your day with coffee, movement and connection.	06:30 – 07:30
Leisurely Breakfast	08:00 – 10:00
Explore & Unwind Discover the beauty of Ndhula's surroundings or simply slow down and enjoy some well-deserved relaxation.	10:00 – 12:00
Healthy Lunch	12:00 – 14:00
Spa & Wellness Choose between a relaxing spa treatment or an invigorating ice-bath experience.	14:00 – 15:15
Guided Meditation	15:30 – 16:00
Rhythm & Reflection An African-inspired journey of gratitude, music and connection.	17:00 – 18:00
Farewell Dinner Celebrate your journey with an indulgent final evening at Ndhula.	18:00 – 21:00

DAY 4

AWAKEN • SAVOUR • DEPART

16 DECEMBER 2026

Program:	Time:
Morning Coffee & Yoga	06:30 – 07:30
Final Breakfast	07:30 – 09:00
Check-Out & Farewell Take one last moment to enjoy Ndhula before your wellness journey comes to an end.	09:00 – 11:00

LEAVE RESTORED • LEAVE INSPIRED • LEAVE CONNECTED

Pricing:

SINGLE TENT OCCUPANCY	PRICE
3-day full package	R10 485.80
2-day full package	R8 576.50

DOUBLE TENT OCCUPANCY	PRICE
3-day full package	R9 816.50 pp
2-day full package	R8 029.00 pp

ADDITIONAL PRICING:

KRUGER NATIONAL PARK GAME DRIVE	PRICE
Kruger Drive Full Day	R2 425.00 pp
Kruger Drive Half Day	R2 375.00 pp

*All drinks are excluded**

— ✦ NDHULA LUXURY TENTED LODGE ✦ —

Where nature, wellness and unforgettable experiences meet.