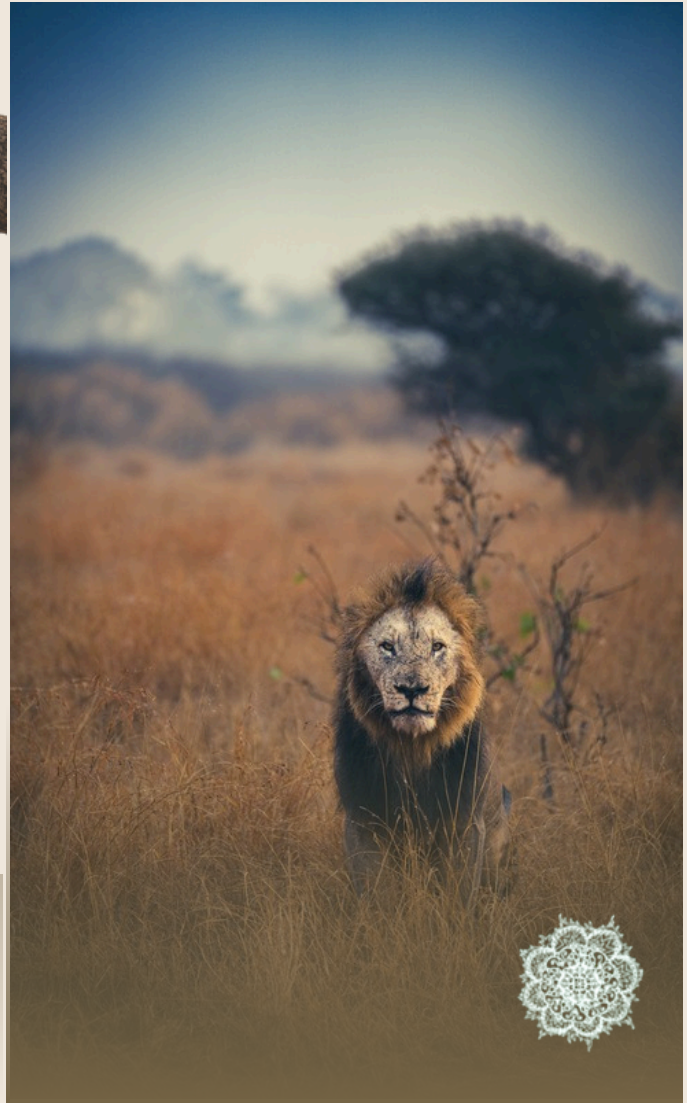




***Sadhana & Safari:
An Iyengar Yoga
Experience
South Africa***

***Marla Apt**
Nov 6 - 14, 2026*



*Extend Your Journey:
The IYISA Conference
with Abhijata Iyengar
Nov 15-19, 2026
Johannasberg*

www.yoganga.com



Itinerary

Nov 6: Arrive at O.R. Tambo JNB Airport
Overnight at Airport Hotel, Group Dinner

Nov 7: Domestic flight from JNB to Hoedspruit

Nov 7 - 11: Sashwa River of Stars Lodge
Wellness lodge in Kruger — Plant-based fine dining, wilderness walks, daily yoga and safari game drives

Nov 11 - 14: Walkers Plains Camp, Timbavati
Yoga & Game Drives

Nov 14: Return to Johannesburg

Optional Extension

Nov 15 - 19: The IYISA Conference with Abhijata Iyengar, Johannesburg

InterContinental Johannesburg O.R. Tambo Airport, Johannesburg

Upon arrival at JNB Airport on your International flight; clear Immigration & collect luggage.

Proceed to the Arrivals Hall.

Walk out of the Terminal building, across the road to the InterContinental Airport Hotel.

Time to relax & recover from your long flight.

Meet up with the group for dinner at Quills.

Overnight: InterContinental Johannesburg O.R. Tambo Airport

Located only a short walk away from the arrivals hall of Johannesburg's largest international airport, the award-winning InterContinental Johannesburg O.R. Tambo Airport, South Africa's only luxury airport hotel, offers travelers a luxurious and enjoyable stay upon arrival. Other amenities at Johannesburg's leading airport hotel include the Camelot Spa, an indoor heated swimming pool, and a uniquely African dining experience at the hotel's Quills Restaurant.

Johannesburg is one of Africa's largest and most vibrant cities. It is an economic powerhouse in Africa and the gateway to Southern Africa.





SASHWA

RIVER OF STARS

Safari for the soul

4 NIGHTS AT SASHWA RIVER OF STARS LODGE – ALL MEALS/ LOCAL DRINKS & SAFARI ACTIVITIES INCLUDED

There is a place where time stands still and the magic of Nature unfolds in front of your eyes. A place where a river flows and sparkling sunlight creates starlight in its waters. Welcome to Sashwa – River of Stars. Welcome Home.

Our carefully curated safari retreat is nestled in the wilderness of the renowned Greater Kruger National Park. Perched on the banks of the Olifants River, where the daily flow of wildlife can be witnessed on the floodplain below, our lodge offers a rare, tranquil sanctuary, with the freedom of a fenced camp, for a truly transformative safari experience.

At Sashwa, we believe in the inherent power of Nature and the profound experiences it offers, to heal, inspire, and transform. Whether you're drawn to a soul-stirring safari or seeking wellness in the wilderness, our holistic blend of immersive experiences is designed to awaken your senses, nourish your spirit, and leave you forever changed.



I cannot put into words how amazing our time at Sashwa was, an incredible all rounded experience with amazing people. One of the most gorgeous places I have ever stayed! I don't think I'll ever get over the view looking out over the river, with so many animal sightings right outside your room!

Beth

WALKERS PLAINS CAMP, TIMBAVATI PRIVATE NATURE RESERVE



Located in the Mpumalanga Province, the Timbavati Private Nature Reserve shares a fenceless border with the world-renowned Kruger National Park. This magnificent 60,000 hectare reserve is best known for its two very rare white lions discovered here in the 1970s, which gave this destination its name. Meaning 'the place where something sacred came down to earth from the heavens', the park lives up to the hype with its enthralling African savannah, abundant wildlife, and friendly people. Visitors have the opportunity to see 40 mammal species, 360 bird species and the famous Big Five (lion, leopard, rhinoceros, elephant, and Cape buffalo). Enjoy a wide array of activities including daytime safaris, guided night game drives, bush walks, and excellent bird watching.

A welcoming home with endless views across the plains of the Timbavati Private Nature Reserve, Walkers Plains Camp is about family and creating unity... a place for people to come together and experience a simply exceptional safari destination. Anchored by a central, welcoming homestead, each luxury room, with its own private deck and plunge pool, is spread out amongst the tree line. Guests will feel at home with light-filled interiors that spill out towards the wonders of nature.

More than a place, Walkers Plains Camp is a feeling of unity, of wonder, of passion. It's here that the strength of family and a love for the wilderness culminate. A luxury safari destination that is welcoming, and where guests can come together and create life-long relationships and memories.

No wildlife sightings can be guaranteed but the Timbavati Game Reserve has healthy populations of lion & leopard, so we really hope to see a few of the BIG cats.





Sample Daily Schedule:

Coffee/Tea

**Morning Game Drive
or Bush Walk**

Yoga Session

Brunch/Lunch

Free time to relax, spa, etc

Afternoon Tea

Evening Game Drive

Dinner



**Iyengar Yoga & Safari South Africa with Marla Apt
Johannesburg - Hoedspruit - Timbavati Private Nature Reserve
9 Days / 8 Nights**

Pricing:

\$7,720 USD per person sharing; Single Supplement of \$1,725 USD

Fully Inclusive - Bed, All Meals, Fees, Activities, Domestic Flights

INCLUSIONS:

- Accommodation
- Meals
- Park fees
- Safari activities
- Yoga with Marla Apt
- Laundry
- Return flight JNB to Hoedspruit
- Return Road transfers
- Tipping at lodges

EXCLUSIONS:

- International flights from USA
- Porterage at airport
- Travel Insurance

BOOKING CONDITIONS:

-Space is limited – Payment of US \$500 immediately to secure your place, as well as a copy of your passport.

May 1 – 25% deposit required

September 7 – Balance of payment required.

CANCELLATION CONDITIONS:

-25% cancellation – 90 days prior to departure

-100% cancellation – 60 days prior to departure

Note: Travel insurance is required. We highly recommend securing coverage at the time of booking to ensure you are protected against unforeseen cancellations and are eligible for reimbursement under covered circumstances.

PAYMENT METHOD

Payment can be made by Credit Card (Visa & Mastercard) OR

Bank transfer into African Pride's US Bank account

CONTACT DETAILS

Jill Allen jill@africanpride.co.za

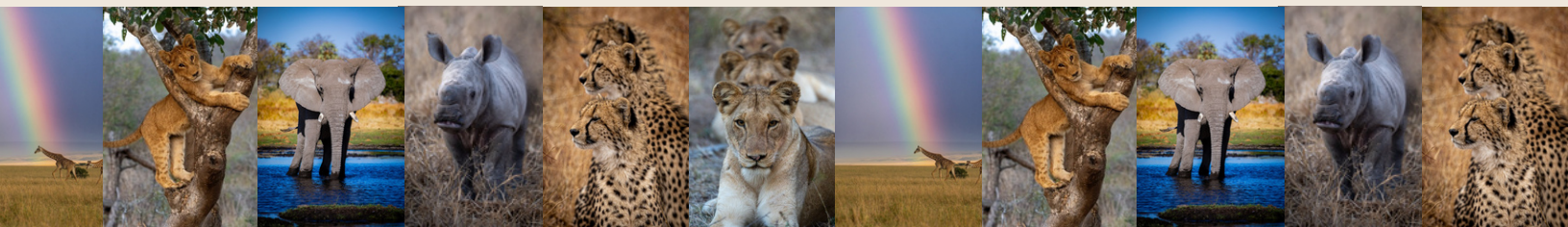
Tracey Martins tracey@africanpride.co.za

Jill +27 83 650 2944 (WhatsApp)

(9 hour time difference between West Coast USA/ SA)

Please ensure that your passport is valid for 6 months AFTER travel is complete. There must be 3 blank pages in your passport.

No visa is required prior to arrival from US.



**Extend Your Journey:
The IYISA Conference with Abhijata Iyengar
Nov 15-19, 2026
Johannesburg**

For the dedicated practitioner, the journey doesn't have to end in the bush. We are lining up the retreat to end at the start of the Iyengar Yoga South Africa Association Conference!

This is a rare opportunity to study directly with Abhijata Iyengar, one of the most respected voices in yoga today. Transition from the tranquility of the safari to the profound wisdom of the Iyengar lineage.

ABHIJATA IYENGAR
JOHANNESBURG
SOUTH AFRICA

IYENGAR YOGA
50
GOLDEN YEARS
IN SOUTHERN AFRICA

5 DAY IN-PERSON
IYENGAR YOGA CONVENTION

DATES: SUNDAY 15 NOVEMBER TO
THURSDAY 19 NOVEMBER 2026

VENUE: BAPS MANDIR COMPLEX,
4 DEXTER ROAD, NORTH RIDING,
JOHANNESBURG

"EARLY BIRD"
DISCOUNTED RATES UNTIL 5 AUGUST

THE BKS IYENGAR YOGA INSTITUTE
OF SOUTHERN AFRICA

REGISTRATION NOW OPEN
[HTTPS://BKSIIYENGAR.CO.ZA/EVENTS/](https://bksiyengar.co.za/events/)

We have held a block of rooms at a nearby hotel with preferred pricing for Marla's retreat and will have transportation, or accommodations can be booked independently. Everyone must register for the convention directly on the IYISA website.