



CAMP-BASED
WILDERNESS EXPERIENCE

3-Night Yoga Wilderness Trail

Ground yourself on a deep nature walking safari, and replenish through daily movement, meditation and breathwork. A simple wilderness camp in the heart of the Timbavati becomes our home base—a place to gather, rest and deepen our connection with ourselves and the natural world.

Timbavati Private Nature Reserve
Greater Kruger, South Africa

6–9 September, 2026



WILD YOGA AFRICA
be moved

Wilderness trail
facilitated by:


LOWVELD TRAILS
Co.



Photo: Shara Burger/Serondella



Come on trail...

This 3-night yoga trail takes place in the world-renowned Timbavati Private Nature Reserve, part of the Greater Kruger National Park and one of South Africa's iconic Big Five wilderness areas.

Led by highly experienced wilderness trails guides, we explore one of South Africa's most extraordinary wild landscapes on foot.

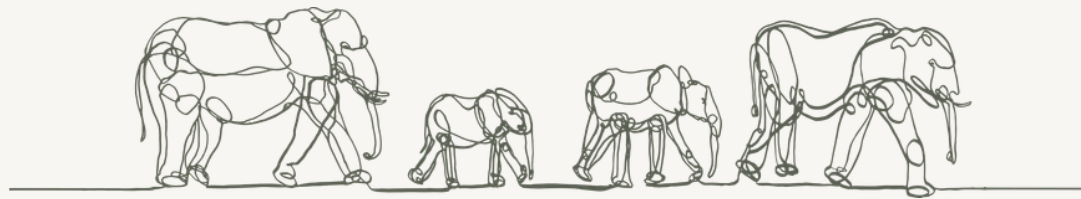
Movement, meditation, breathwork and moments of quiet weave gently through the experience. Some practices unfold at camp, others arise naturally out on the trail, always shaped by the needs of the group and the place itself.

We walk.
We pay attention.
We belong.



A sense of place

Our home base is a small wilderness camp beneath magnificent jackalberry trees that line a dry riverbed. Rustic yet comfortable, our camp becomes a place to gather, rest, share wholesome meals and continue our journey together. We stay in simple canvas dome tents, housing two guests each, with stretcher beds and shared ablutions. Returning home between walks allows us to slow down, settle in and immerse ourselves more deeply in the rhythm of the bush.



Feel more present, connected and alive as you unfold into the shapes and textures of the South African bushveld.

A photograph of a teapot sitting on a metal stand over a small campfire. The scene is set outdoors at sunset, with a bright sun low on the horizon, creating a warm, golden glow. The background shows the silhouettes of trees and foliage. The teapot is a simple, dark-colored design with a handle and a spout. The campfire is small and contained within a ring of stones. The overall mood is peaceful and rustic.

Good to know

- We gather for 3 nights (4 days) with two highly trained wilderness guides, each with thousands of trail hours' experience.
- Suitable for those new to wilderness trails, provided you're comfortable walking several kilometres each day.
- Camp follows a strong "no-trace" ethic. There is no electricity, mobile signal or Wi-Fi.
- Meals, tea, coffee and juice are provided. Let us know about any dietary requirements when making your booking.
- Trail begins at 12 pm at Timbavati Headquarters (Chimanimani) on day 1 and ends there at 11 am on day 4. Vehicles may remain at HQ for the duration.
- A packing list will be sent beforehand.



How we spend our time together

We follow the rhythm of the bush, waking before sunrise, walking the land with our guides and returning to camp to rest, share meals and simply be. As the day cools, we may head out again, remaining responsive to the landscape, the weather and the wildlife around us.

Our yoga practice shapes itself with the trail, inviting us to feel more at home in our bodies.

Evenings invite us to gather around the fire—to chat, reflect, journal or simply enjoy the stillness before another day in the bushveld.

You can expect: guided walks; movement, meditation and breath practices; time to rest and integrate; a full digital detox; mostly silent walks; reflection circles; delicious camp meals and space for solitude.



Photo: Barry Morgan Photography



Photo: Wild Yoga Africa

Bushveld- inspired movement

Together, we explore nature-inspired movement, yoga asana, somatic practices and gentle nervous system support techniques. You are welcome, whatever your yoga experience.

We move responsively, guided by our energy levels, our needs and cues from the natural world, including the temperature, terrain and rhythm of each day.

We experiment during creative movement sessions that integrate what we see, hear and sense around us. We might ask questions like: *How is this terrain holding me? What did I not notice before? How will I carry this experience forward into my life?*

Shared by guests

"A sacred experience. Escaping my busy world and moving through yoga asana, held by the wild surroundings, was so nourishing. I enjoyed Renata's incorporation of nature's creatures: from damselflies to elephants, her ecological passion is infectious."

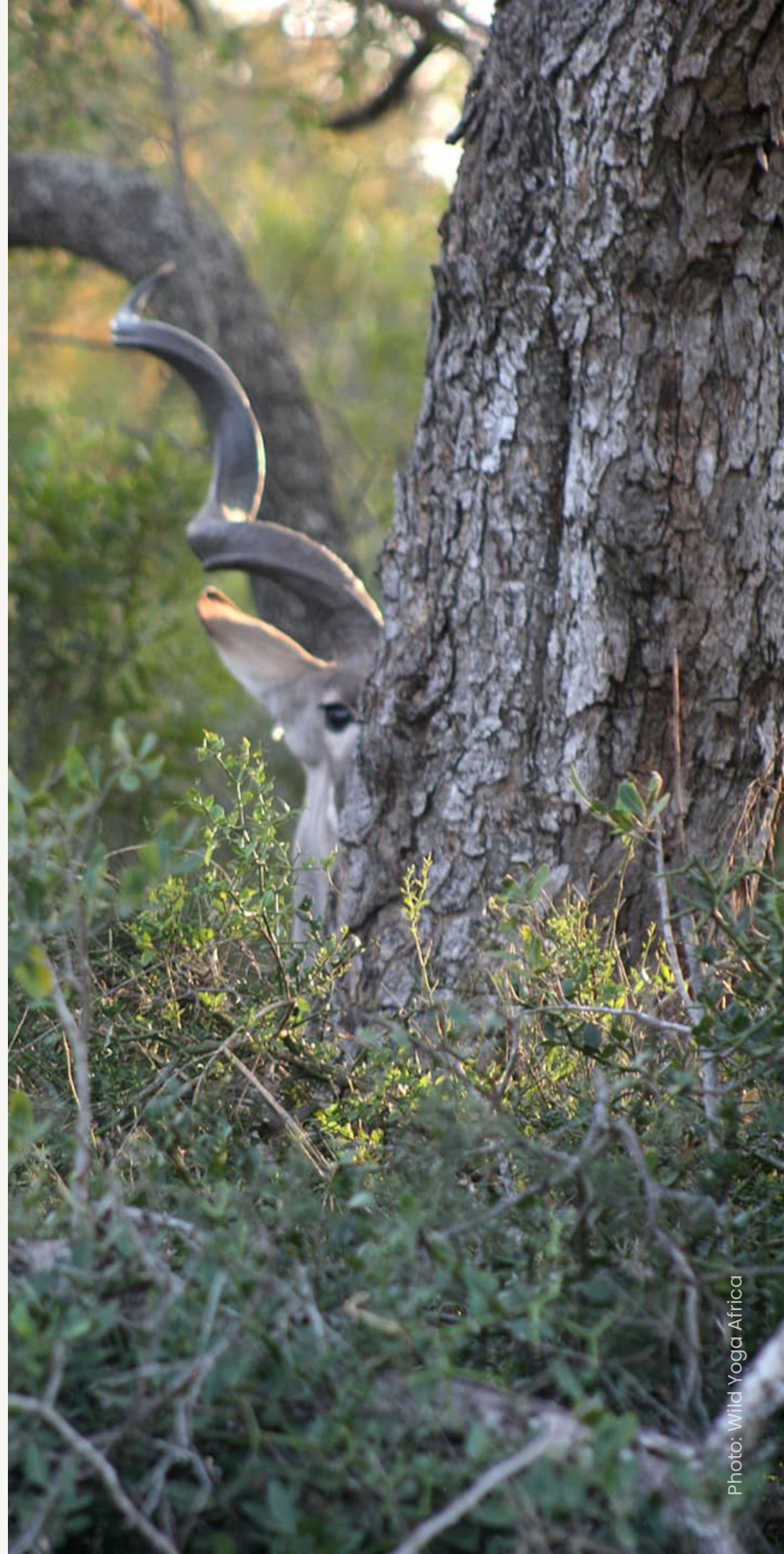
– **Ashleigh**

"A beautiful balance between nature connection, walking, yoga, somatic movement and shared reflection. I gained deeper insight into myself and the gift of time to broaden my view—both literally and figuratively. Through somatic movement, I became more aware of where I hold pain in my body and how to release it. This was one of the most peaceful, meaningful experiences I've ever had."

– **Priscilla**

"An absolute one-of-a-kind trail. Renata and the Lowveld Trails Co. guides created a peak wilderness and mindfulness experience. Being in sync with nature in my most vulnerable state made me feel part of something far greater than myself. The yoga integration is a vital part of this experience—grounding you and deepening every encounter throughout the day. What makes this truly unique is that nothing can be replicated: the sightings, memories and company are entirely signature to your time with the group. I look forward to returning."

– **Josh**



Meet your facilitators



Renata Harper is a yoga teacher, integrative somatic facilitator and writer with a special interest in intuitive body and nature connection. She is the founder of Wild Yoga Africa and runs a yoga and movement studio in Hoedspruit, Limpopo.

Renata finds sanctuary in stillness and rest, and in laughter and celebration. She prioritises nourishing, whole-body movement and encourages curiosity and authenticity. Renata feels most at home in nature and offers a unique yoga experience shaped by the rhythms and intelligence of the South African bushveld.

 www.wildyoga.africa

 [@thebushveldyogi](https://www.instagram.com/thebushveldyogi)



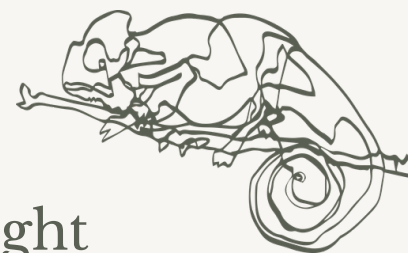
Lowveld Trails Co. specialise in creating and facilitating African wilderness experiences through expertly guided walking safaris and training—with the intention to create space for personal, social and wilderness regeneration. In an increasingly hyper-connected world, they offer guests the opportunity to disconnect from noise and engage directly with wild spaces.

Small and intimate groups are led by professional wilderness trails guides, who offer a holistic nature-based experience during your trail.

 www.lowveldtrails.co.za

 [@lowveld_trails_co](https://www.instagram.com/lowveld_trails_co)

Guests on a Wild Yoga Africa trail enjoy a complimentary class at our studio in Hoedspruit.



Book your 3-Night Yoga Wilderness Trail

South African residents: R14 950.00 per person
International rate: R16 950.00 per person

50% deposit immediately secures your spot; remainder to be paid by 3 August 2026.

Includes: trail fee; conservation levy; yoga & somatic facilitation; 3 nights' accommodation (sharing) at tented camp; linen and bath towels; all meals, coffee, tea and juice.

Excludes: transport to meeting point; alcohol; soft drinks.

BOOKINGS CLOSE ON 3 AUGUST 2026 (OR ONCE ALL 7 PLACES ARE FILLED).

Can't make these dates?

Get in touch about other set departures (open groups that anyone can join), or to arrange alternative dates with a private group (friends, family, colleagues). Yoga trails take place from 1 April to 30 October and are generally three nights.



WILD YOGA AFRICA
be moved

Bookings & enquiries

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