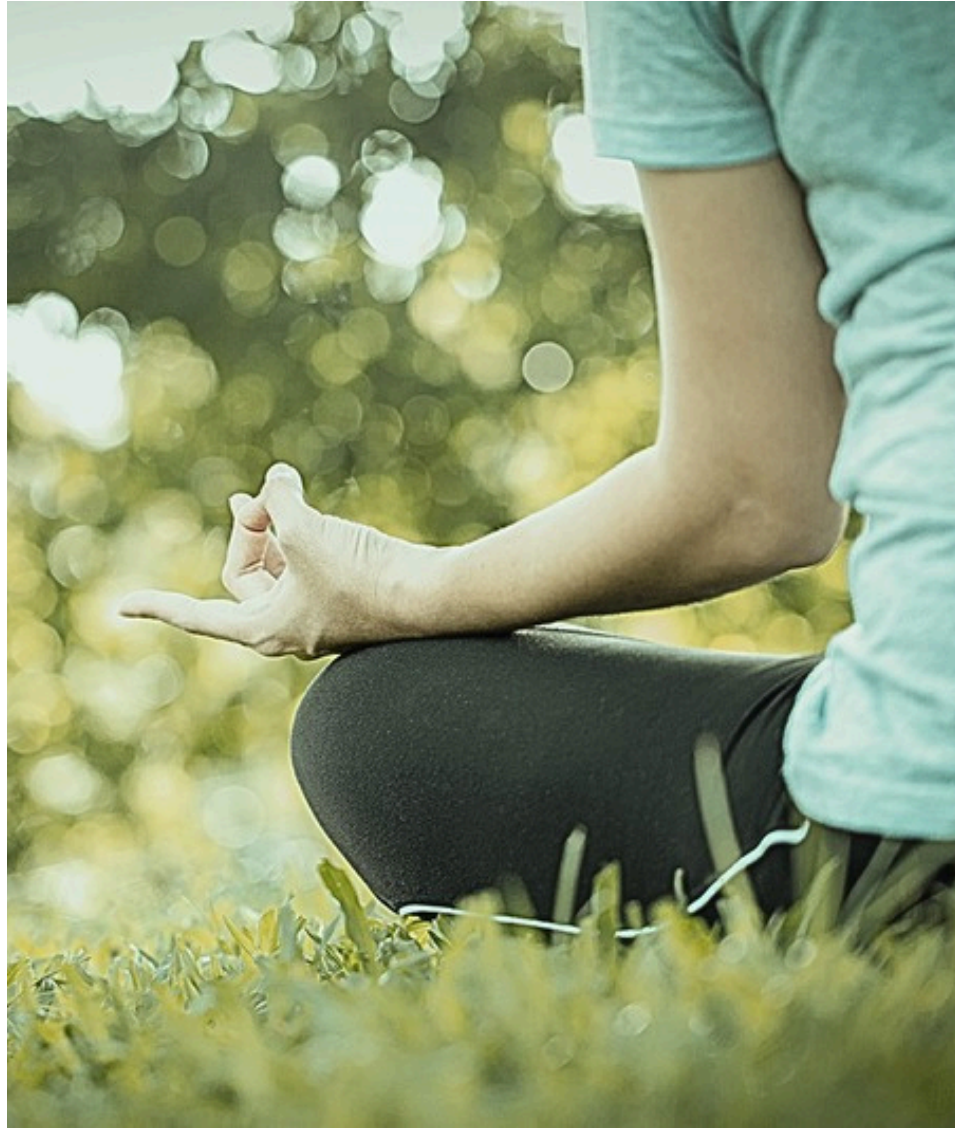


YOGA RETREAT



KARKLOOF SAFARI SPA 16 - 17 MAY 2026

Presented by Virginia Burger
a pure pathways event
in collaboration with Karkloof Safari Spa

www.karkloofsafaispa.com

YOGA RETREATS

BACK TO NATURE - BACK TO SELF

2026



KARKLOOF SAFARI SPA KZN MIDLANDS

YOGA SESSIONS,
NATURE IMMERSIONS & PRACTICES
BIOENERGETICS SESSIONS / JOURNALING
HAND / FOOT / NECK MASSAGE
WELLNESS TALKS / WORKSHOPS

SAVE THE DATES

16–17 MAY

–
22–23 AUGUST

–
24–25 OCTOBER

A PURE PATHWAYS EVENT

OVERVIEW

Step away from the noise of daily life and into a sanctuary of stillness, nature, and renewal. Set within the protected wilderness of Karkloof Safari Spa, this Yoga & Mindful Retreat offers space to reconnect with your body, breath, and inner rhythm.

Surrounded by forest, birdsong, and open skies, the retreat weaves together gentle yoga, mindful movement, creative reflection, bioenergetics awareness, and deep rest. Each element is designed to support nervous system regulation, clarity, and restoration, inviting you to slow down, unplug, and return home feeling grounded, nourished, and renewed.

For those seeking a mindful reset and digital detox amidst nature, this retreat offers gentle movement, creative space for reflection, and deep rest. If you enjoy these rejuvenating experiences, you'll find it ideal. Beginners are warmly welcome, with each participant encouraged to work at their own level. Whether you are looking to deepen your yoga practice or simply yearning for a peaceful escape, this retreat is crafted to cater to your needs. The daily schedule includes guided meditation sessions, invigorating morning yoga classes, and evening practices designed to unwind and relax.

Participants can also indulge in soothing spa treatments, take leisurely walks through the breathtaking landscapes, or simply pause to listen to the symphony of nature around them. Special workshops will be available, focusing on mindfulness techniques and holistic wellness, ensuring that you leave with tools to continue your journey towards balance and tranquility long after the retreat ends.

More than just an escape, this retreat is a journey of returning to self. It's an opportunity to peel away the layers of everyday life and reconnect with your core essence. Through thoughtful practices and serene surroundings, you'll find the space to rediscover who you truly are. Join us to reconnect with nature, nurture your spirit, and rediscover your sense of self in this serene oasis.

a pure pathways event



WHY THIS RETREAT OFFERS EXCEPTIONAL VALUE

This Yoga & Mindful Retreat is designed as a fully integrated wellbeing experience rather than a series of standalone activities. Guests receive access to the spa and hydrotherapy facilities, a complimentary daily massage, and four thoughtfully curated yoga sessions, creating a balance between movement, rest, and restoration.

Beyond the physical experience, the retreat includes a guided bioenergetics workshop and structured journaling sessions, offering practical tools for clarity, coherence, and sustainable wellbeing that extend well beyond the weekend. Immersive nature experiences within the private reserve support nervous system regulation, presence, and deep reconnection with the natural environment.

An integral part of the retreat experience is the thoughtful approach to nourishment. Delicious, healthy meals are carefully planned to support energy, balance, and wellbeing throughout the weekend, while also delighting the senses. Menus offer variety and include vegetarian options, with fresh, seasonal ingredients used to complement the rhythm of the retreat. Each meal is designed not only to sustain the body, but to enhance the overall experience of rest, clarity, and enjoyment.

When considered collectively, the combination of yoga, spa access, massage therapy, bioenergetics education, creative reflection, and nature immersion represents significant value — both in terms of the breadth of inclusions and the depth of the experience. Guests leave not only rested, but equipped with insights and practices they can carry into daily life.



MEET VIRGINIA



Meet Virginia Burger

Virginia brings a deeply compassionate and intuitive presence to her teaching - blending over 12 years of Hatha Yoga and 5 years of Yin Yoga experience with a lifelong passion for helping and healing others. Her approach is rooted in empathy, peace, and mindfulness, guiding others to reconnect with their bodies, calm their minds, and open their hearts.

With studies in Life Coaching, the 3 Principles & Inner GPS Method, and Neuroscience Coaching, Virginia weaves science and spirituality into a grounded, soulful practice. Her classes are an invitation to cultivate peace, love, and gratitude - both for oneself and for others - while learning that true healing begins within.



Having owned her own yoga studio for eight years, and taught for Virgin Active, Club Med, and alongside international yoga masters, Virginia has facilitated numerous retreats, workshops, and women's wellness events across South Africa and Africa. Her teachings inspire faith, hope, and a high vibrational way of living - reminding every student that gratitude and mindfulness are the heart of transformation.



ABOUT

Step away from the noise of daily life and into a sanctuary of serenity. Reconnect to yourself, your breath, and the rhythms of the natural world. Join us for a restorative weekend of Yoga surrounded by nature and wildlife - where forest, flow, and stillness unite. This immersive retreat blends Healing Hatha, Restorative Yin Yoga, and Pranayama (breathwork) with gentle meditation, nourishing meals, spa relaxation, and a guided nature walk through the forest, followed by steam room immersion and hydrotherapy pools.



WHO THIS IS FOR

beginner - intermediate level yoga

beginners are welcome, each person enters at their level
to enjoy with Virginia's expertise & Guidance

If you're feeling the pull for stillness, nature, and time to unwind, this retreat creates a peaceful place to return to yourself. It suits beginner to intermediate yoga practitioners, with beginners welcomed and encouraged to take things at their own rhythm. A lovely option for those seeking calm in nature, a mindful reset, gentle practices, creative space, and nourishing rest.



EVENT SCHEDULE

Breathe deeply. Move gently. Reflect fully.
Return to yourself in the stillness of Karkloof.

SATURDAY

11:00 AM – Arrival & Welcome

Arrive at Karkloof Safari Spa and begin to unwind as you settle into the serenity of the reserve. Enjoy welcome refreshments while immersing yourself in the sounds, scents, and stillness of the natural surroundings.

11:45 AM – Meet & Greet Circle

A gentle opening circle to welcome the group, share an overview of the weekend, and set personal intentions. Guests are invited into a conscious digital detox, creating space for deeper presence and restoration.

12:15 PM – Gentle Hatha Yoga: Arrival & Unwind

A grounding and accessible Hatha yoga practice designed to release travel tension, calm the nervous system, and reconnect body and breath in a supportive, mindful way.

1:30 PM – Nourishing Lunch

Fresh, seasonal salads and light, wholesome dishes enjoyed in a relaxed and unhurried setting.

2:30 PM – Afternoon Choice Time

An open afternoon allowing guests to follow their own rhythm and needs:

- Spa relaxation and use of the hydrotherapy pools
- Creative journaling and reflective time
- Complimentary 15-minute massage (choice of head, neck and shoulders or foot massage)
- Quiet rest and personal integration

4:30 PM – Bioenergetics Workshop

An informative and experiential session exploring bioenergetics and coherence, offering insight into how environment, awareness, and physiology interact to support balance, resilience, and wellbeing.

6:30 PM – Dinner

A nourishing evening meal shared together, creating space to relax, connect, and enjoy the calm of the evening.

8:00 PM – Boma Fire Yin Yoga Under the Stars

A deeply restorative Yin yoga session held around the boma fire. Gentle postures, stillness, and breath are accompanied by the sounds of nature and the night sky, closing with a quiet intention-setting moment.

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SUNDAY

6:45 AM – Morning Smoothies

Light, nourishing smoothies served to gently energise the body before movement and walking.

7:00 AM – Gentle Stretching Hatha Yoga

A soft morning practice to awaken the body, ease stiffness, and prepare for the day ahead.

8:15 AM – Guided Nature Walk & Forest Bathing

A slow, mindful walk through the reserve, including periods of silent, meditative walking to deepen presence and sensory connection with the natural environment.

10:30 AM – Brunch, Tea & Coffee

A relaxed and nourishing brunch enjoyed after returning from the nature walk, with tea and coffee served.

11:15 AM – Reflection, Journaling & Integration

Creative space to reflect, journal, and integrate insights from the retreat, supported by gentle prompts and quiet guidance.

12:30 PM – Closing Circle

A gentle closing session to reflect on the experience, share intentions, and carry insights forward into daily life.

2:00 PM – Departure



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BLISSFUL REST & QUIET SPACES

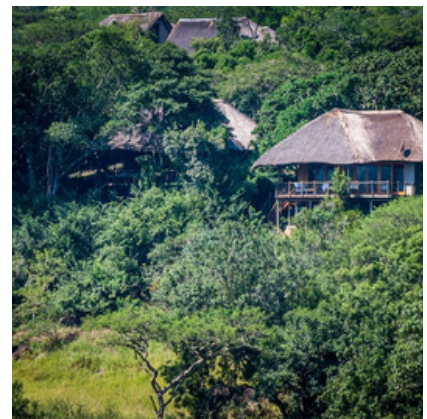
Accommodation & Lodgings

Quiet. Serene. Nature-Immersed.

Settle into the stillness of Karkloof's valley, where your villa becomes a peaceful haven surrounded by birdsong and the soft rustle of the bush. Each free-standing villa is tastefully appointed with natural textures, gentle tones, and spacious interiors that open onto views of unspoiled wilderness. Sleep deeply in crisp linens as the night hums with life, and awaken to the chorus of birds and the distant call of wildlife. Every element has been designed for comfort, calm, and connection — inviting you to slow down, breathe deeply, and simply be.

From your private deck, watch the light shift across the valley; soak in the bath as the bush quiets at dusk; and feel the harmony of indoor comfort and outdoor freedom blend seamlessly into one restorative experience. At Karkloof, rest is not just sleep — it's reverence for stillness, serenity, and the soul of nature itself.

www.karkloofsafarispa.com



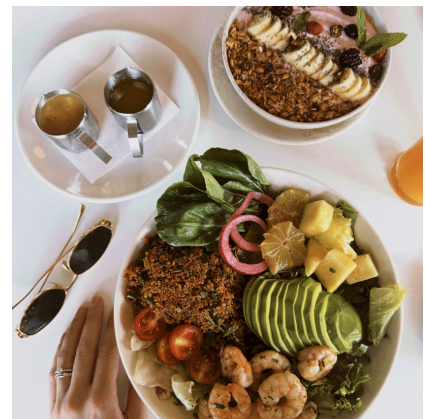
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NOURISHING MEALS FOR MIND & BODY

Nourishment as a Key Element of the Retreat Experience

A vital aspect of this retreat is the mindful consideration given to nourishment. Scrumptious and nutritious meals are meticulously crafted to promote energy, balance, and wellbeing over the weekend, all while tantalizing the taste buds. The menus provide a diverse selection, featuring vegetarian options and utilizing fresh, seasonal ingredients that align with the retreat's rhythm. Each meal is thoughtfully designed to not only nourish the body but also to enrich the overall experience of relaxation, clarity, and enjoyment.

The sensation and experience of food at our retreat are designed to be simple, tasty, healthy, and wholesome. Imagine the aroma of freshly baked bread greeting you as you enter the dining space, or the satisfying crunch of organic nuts in your afternoon snack. Each bite is crafted to delight the senses and promote a sense of wellbeing, allowing you to feel nourished and invigorated. Our menus are created to ensure that every meal contributes positively to your physical health and emotional well-being, making your retreat experience both fulfilling and rejuvenating.





Experience a weekend of tranquility, harmony, and rejuvenation. Your stay features spacious and peaceful villa accommodations, wholesome meals, and access to Karkloof's nature-inspired spa and hydrotherapy amenities.

RATES

SINGLE: R6050 single occupancy

SHARING: R4550 sharing

Includes accommodation, meals, and full yoga retreat programme including guided nature meditation walk.

VIP: R7650 pp (Single Occupancy)

- Base Single Retreat Cost: R6,050

- VIP Add-on: R1,600

Total VIP Cost: R7,650 per person

Includes Room Upgrade plus a 2 hr Game Drive and 45min Spa Massage., Accommodation, meals, and full yoga retreat programme including guided nature meditation walk.



INCLUDES

Your stay includes spacious and serene villa accommodation, nourishing meals, and access to Karkloof's world-class spa and hydrotherapy facilities.

DINING & MENU OPTIONS

- All meals are included in the retreat package
- Special dietary requirements can be accommodated with prior notice.
- Wholesome vegetarian or light meat menus are pre-arranged for the group.
- Note: Beverages, soft drinks and alcohol are for individual expense - Guests are welcome to bring their own beverages – no corkage fee applies.

OPTIONAL ADD-ONS

- Guided Game Drive (R650 pp or R2200 for 4 guests)
- Waterfall Walk (R650 pp)
- Spa Treatments – from our Renew Spa Collection
- Combined Game Drive + Waterfall Walk: R2600 (4 guests min) and >4 people R650pp)



ACTIVITIES

Escape to a serene retreat where tranquility and rejuvenation harmonize in perfect balance. Immerse yourself in a holistic experience that combines the gentle flow of yoga with the healing embrace of nature. Begin your journey with a Gentle Hatha yoga session to unwind and ground your mind and body. As the stars illuminate the night sky, indulge in Boma fire Yin yoga, creating a soulful connection with the universe. Awaken each morning with a Gentle stretching Hatha yoga session, preparing you for a day filled with mindfulness and self-discovery. Explore the forest with a unique combination of yoga and mindfulness, fostering a deeper connection with the natural world. Complementing these sessions are a variety of enriching activities designed to nurture your well-being.

Activities include:

4 yoga sessions

Hydrotherapy pools and lounge access

Complimentary daily massage: head, neck, shoulder, or foot massage

Bioenergetics workshop

Guided nature walk

Creative journaling

Additionally, you have the option to include digital detox elements within your retreat experience. This optional feature allows you to fully disconnect from the digital world, enhancing your ability to focus on personal growth and inner peace.

WHAT'S NEXT?



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TO BOOK YOUR SPOT..

- WhatsApp or email us to let us know you're "in"
- We'll send you a registration form with payment details
- Make payment
- We'll send you your ticket and reservation details
- Start counting the sleeps... see you soon - we will send you updates and all the information you need by email.



BOOKINGS

BOOKING DETAILS

Payment in full is required to secure your booking.

Limited spaces available.

WhatsApp:

Virginia 084 4550133

Kim 082 7712416

Bookings & Enquiries:

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purepathways22@gmail.com

www.karkloofsafarispa.com