



'Fully Alive' Yoga Retreat

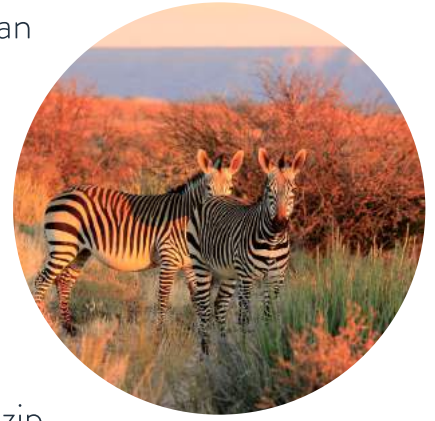
**WITH SONIA TAYLOR BACH & SUZE RETERA
9-16 MAY 2020 - SOUTH AFRICA**



WWW.GLOBALFLOWRETREATS.COM

The Retreat

This yoga retreat with Sonia Taylor Bach and Suze Retera offers you an opportunity to retreat and focus on your practice, in combination with the adventure of a lifetime that makes you feel fully alive!

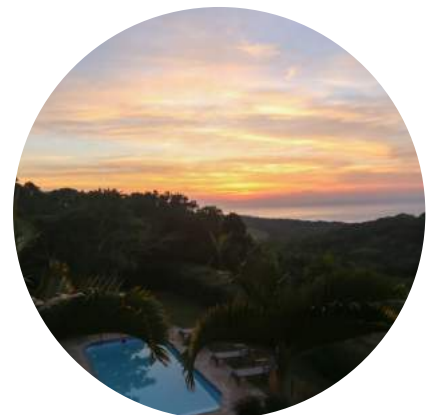


Both on and off the mat you get to explore the different aspects of life; from actively and consciously moving towards your physical boundaries in a challenging asana sequence to finding deep relaxation and nourishment in a yoga nidra practice. From hiking and zip lining in a beautiful nature reserve to watching the sun rise over the savanna, spotting wildlife during one of the safaris.

Sonia and Suze are two senior teachers whose guidance will allow you to truly open up to all aspects of this journey. The practices they will offer you during the retreat are complimentary. You get to enjoy creative, challenging, alignment based Vinyasa classes, theory that transforms sustainability from a concept to something you can integrate both in your practice and daily life, and deeply relaxing practices like yoga nidra.

The retreat itinerary offers you the perfect balance between retreating and staying in one location and going on an adventure exploring the magical country of South Africa. The owners of Pumula Retreat will be your host during the 4 days you are staying at their retreat center and your guide during your stay at Nambiti and Zulu Falls. They make sure you are completely taken care of. Scott has grown up in the area and is the best person to show you around and give you all the background information you need to get the most out of your South Africa experience!

Get ready for the journey of a lifetime that transforms you on all levels allowing you to feel what it is like to be fully alive!



Retreat Highlights

- Yoga Style: Vinyasa Yoga and Yoga Nidra
- Stay 1 night at Zulu Falls
- Stay 2 nights at a 5-star game lodge overlooking the savannah
- Stay 4 nights` at a beautiful retreat center close to the beach
- Enjoy daily yoga, meditation and sustainability`classes with two senior teachers
- Visit a local NGO that supports sustainable development and creative education
- Go on adventurous`trips like hiking and zip-lining in Oribi George Nature Reserve, spotting whales at the beach and hiking at Zulu Falls
- Enjoy no less than 4 game safaris in Nambiti where you can spot the Big 5!
- Delicious vegetarian meals
- Relax deeply, enjoy the pure nature and feel fully alive!

The Activities

This retreat offers you so much more than yoga and a beautiful retreat location. You get to truly experience the many aspects of South Africa that make this country so beautiful. From the beautiful beach, to the breathtaking wildlife on the savanna, or the inspiring local efforts to make a sustainable and fulfilling lifestyle available for everybody, you get to experience it all.

Day 1 at Zulu Falls

Waterfalls and Hiking

After you arrive at Durban Airport you will be picked up and taken to Zulu Falls`where you get to enjoy the view over the stunning waterfalls right from your accommodation.

Our guides take us to the most beautiful spots as we go on a hike in the area and visit the waterfalls.

Day 2 and 3 at Nambiti

The big 5 Safaris

After a night at Zulu Falls, our local guides take us to Nambiti where we get to enjoy no less than 4 game safaris! One in the afternoon, one in the early morning and one in the early evening, giving us the highest chance to see the different wildlife that lives in the area as well as enjoy the magical African sunrise and sunset.



Day 4 – 7 at Pumula Retreat Center

Whale watching at the beach, Zip-lining, and supporting a local NGO

While staying 4 nights at Pumula Retreat you can enjoy the beach and spot whales if you are lucky as they are frequently visiting the coastline. But the area has more stunning nature to offer! We take you on a day trip to Oribi George Nature Reserve for a beautiful hike and zip-lining adventure.



With Global Flow Retreats we always include a local sustainability project that offers us insight and education on the issues the local population runs into, the initiatives they start to create change and awareness and how we can take the teachings they offer us with us when we go home. For this retreat we will visit Thanda (<https://thanda.org/>), a local NGO that supports children and families in learning creative and sustainable skills that allows them to create a life that fulfils their potential while supporting the environment.

The Locations & Accommodation

Day 1-2 | Zulu Falls Lodge

The first night you spend at a beautiful Zulu Falls Lodge. The lodge consists of twin, en-suite rooms and triple Rondavels.

The lodge is situated in a secluded hideaway 36 km from Mooi River. It overlooks the impressive 83 meter high Zulu Falls and it is located at the Mooi River which has 5 water falls in total.

It offers double and triple rooms. only.. All cottages and and Rondavels have their own bathroom, some tiled some with bricks.



Day 2 -4 | Nambiti

The next two nights you get to stay at the beautiful Nambiti game, from where you get to enjoy 3 safaris. Nambiti is a luxury 5-star private game reserve in a malaria-free zone. It is also the only reserve in the area that has the big 5, along with 40 other game species. It's 22000 acres of land offers incredible biodiversity, with grasslands, riverine bush, savannah and thornveld..

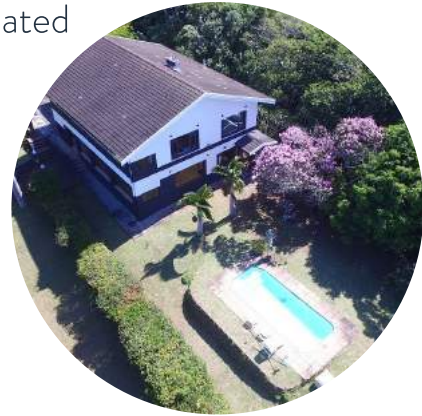


The accommodation is an African farmstead, which has been completely renovated into a homely lodge. It offers double rooms and single rooms.



Day 4-7 | Pumula Retreat, Kwazulu Natal

You will stay the last 4 nights at Pumula Retreat. Pumula Retreat is situated 120 km south of Durban, in the Uzumbe area. The large property boasts breath-taking sea views, offers direct access to the forest and is only 1 km away from the beach. Enjoying the silence, the nature and wildlife surrounding the retreat center, including duiker, bushbuck, and birdlife, you can truly dive deep in your practice. The glass yoga studio, surrounded by trees, provides the perfect setting for the yoga classes.



The accommodation consists of a main house and a cottage. The main house offers 4 double rooms and one en-suite room, with private and single bathrooms. All double rooms can be set up with two single beds or one double bed.

The Teachers

Sonia Taylor Bach

Sonia Taylor Bach is the director of movement culture at the Yogaloft cologne. With a masters degree in philosophy & a former professional jazz musician, Sonia became deeply involved in yoga & movement over 20 years ago.

Her goal is to drive you to extract more from your practice and more from your life: an honest you, built by new insights, resulting in a clear-cut representation of who you truly are.



As an authentic, poetic and persistent instructor, she guides us through an informative practice of delicate movement with fierce, grace and focus; while inspiring attention to the details, transitions and to the precious subtleties of movement culture. To the not obvious beauty of this specific elegant & liberating flow. Each session focuses on innovative combinations of poses and exercises, mind introspection, and offers new challenges, new

perspectives and is composed to build momentum for the next experience to come. In these moving conversations she prioritizes transitioning and mobility; rather than being obsessed with the arrival, we are led to focus on the quality of entry and exit from one form to the other.

The metaphysics of yoga or movement may seem ‘complicated’ yet, our bodies have heroic potential, natural intelligence and in combination with quality conditioning, can brilliantly navigate us through life.’

Sonia insists that we: Work. Dig Deep. Transition. Cut Clear.

Suze Retera

Suze is a diverse yoga teacher with a background in Psychology. Based in Amsterdam, she has been teaching since 2006. Suze is a certified TRE® (Trauma Release Exercises) provider and Yoga Nidra facilitator. As a coach she also includes family constellations and breath work in her sessions.



Her passion for travel, a conscious lifestyle, and (self) healing, inspired her to create Global Flow in 2010. Global Flow offers global yoga events, with international yoga teachers who combine a deep yoga practice with sustainability and self-care.

Suze believes strongly that the holistic approach of combining yoga asana with disciplines like mindfulness, breath work, Ayurveda, aromatherapy, and trauma- and stress release practices, offer all the tools we need to not only find inspiration but to gain insight and find the healing that can alter the course of our lives.

Her yoga teaching style is a combination of challenging asana sequences, focus on alignment, deep embodiment, and self-healing. The challenging parts of the practice are met with humor and clear guidance that keeps you safe and grounded. Suze's Yoga`Nidra`and meditation teachings offer you a relaxation that goes beyond just the physical and allows`healing to take place on a deeper level.



The Schedule

DAY 1 | Saturday 9 May | Arrival at Zulu Falls

Pick up from Durban Airport

14:00	Arrival and check in
15:00 - 15:30	Group Welcome & Retreat Opening
15:30 - 17:30	Hike at Zulu Falls
18:00 - 19:00	Restorative Yoga / Yoga Nidra with Suze
19:30	Dinner

DAY 2 | Sunday 10 May | Zulu Falls > Nambiti

7:00 - 8:30	Yoga Class with Sonia
8:30 - 9:30	Breakfast
09:30 - 12:00	Free time / hiking
12:00 - 14:00	Drive to Nambiti
14:00 - 15:00	Lunch at Nambiti
15:00 - 18:00	Game drive
19:30	Dinner

DAY 3 | Monday 11 May | Nambiti

6:00 - 9:00	Morning Game drive
9:00 - 10:00	Breakfast
10:00 - 11:00	Free time
11:00 - 13:00	Yoga Class with Sonia
13:30 - 14:30	Lunch
15:00 - 18:00	Afternoon Game drive
18:00 - 19:30	Restorative Yoga/ Yoga Nidra with Suze
19:30	Dinner

DAY 4 | Tuesday 12 May | Nambiti --> Pumula

6:00 - 9:00	Morning Game drive
9:00 - 10:00	Breakfast
10:00 - 11:30	Yoga with Sonia
12:30 - 13:30	Lunch
13:30 - 17:30	Drive to Pumula
18:00 - 19:00	Yoga Nidra with Suze
19:30	Dinner



DAY 5 | Wednesday 13 May | Pumula Retreat

7:00 - 7:30	Morning tea and snack
7:30 - 10:00	Yoga Class with Sonia
10:00 - 11:00	Breakfast
11:00 - 14:00	Free time at the beach
14:00 - 15:00	Lunch
15:00 - 16:30	Free time at the beach
16:30 - 19:00	Yoga Class with Sonia
19:30	Dinner

DAY 6 | Thursday 14 May | Pumula Retreat

7:00 - 7:30	Morning tea and snack
7:30 - 10:00	Yoga Class with Sonia
10:00 - 11:00	Breakfast
11:00 - 15:30	Visit NGO Thanda with lunch
16:30 - 19:00	Yoga Class with Suze
19:30	Dinner

DAY 7 | Friday 15 May | Nambiti

7:00 - 7:30	Morning tea and snack
7:30 - 10:00	Yoga Class with Sonia
10:00 - 11:00	Breakfast
11:00 - 15:30	Trip to Oribi Gorge with lunch
16:30 - 19:00	Yoga Class with Suze
19:30	Dinner

DAY 8 | Saturday 16 May | Pumula --> Durban Airport

7:00 - 7:30	Morning tea and snack
7:30 - 10:00	Yoga & Yoga Nidra Class with Sonia & Suze
10:00 - 11:00	Breakfast
12:00	Check out
12:00 - 15:00	Drive & Drop off Durban Airport

NB: The retreat schedule is subject to change if this serves the flow of the retreat.



Value

THE PACKAGES INCLUDES

- Retreat package includes:
- 7 nights accommodation
- breakfast, lunch and dinner
- 17 hours of yoga with Sonia
- 9 hours of yoga and yoga nidra with Suze
- trip to the beach where you can spot whales
- visit and tour of NGO Thanda
- * trip to Oribi George for hiking and zip lining
- 4 Safari game drives of 3 hours each
- Hiking at Zulu Falls
- Guiding from local guides
- All transport during the retreat
- Airport pick-up and drop-off

INVESTMENT

The early bird rate is only available for the first 8 registrations before 15 January 2020 that are paid in full upon booking.

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by 15 June 2019.

Bookings made after 15 June 2019 are to be paid in full upon booking to secure your booking.

Accommodation Option 1: Early Bird Price: €1497 or Regular Price: €1747

* 1 night at Zulu Falls in a triple Rondavel (single beds) with a private bathroom.

* 2 Nights at Nambiti in a double luxury safari tent with private bathroom.

* 4 Nights at Pumula Retreat in a double room in the main house or a cottage with shared bathroom (2 rooms per bathroom).

6 Spots available for this option.

Accommodation Option 2: Early Bird Price: €1547 or Regular Price €1797

* 1 night at Zulu Falls in a double cottage tent with a private bathroom

* 2 Nights at Nambiti in a double luxury safari tent with private bathroom

* 4 Nights at Pumula Retreat in a double room in the main house or a cottage with shared bathroom (2 rooms per bathroom).

2 Spots available for this option.

Accommodation Option 3: Early Bird Price €1597 or Regular Price €1847

* 1 night at Zulu Falls in a double cottage with a private bathroom

* 2 Nights at Nambiti in a double luxury safari tent with private bathroom

* 4 Nights at Pumula Retreat in a double room in the main house or a cottage with private bathroom

6 Spots available for this option.

Booking & Cancellation Policy

You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31-60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the retreat if fewer than 10 participants have signed up by 15 June 2019. In such circumstances the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.

When booking a double or a triple room as a solo traveler, we will do our best to find a same-gender roommate for you. In the unlikely event that we are unable to do so, you will be required to upgrade to a single or double room respectively and pay the accompanying rate. When a single room is not an option to book, we will look at an appropriate solution and rate with you.

Insurance

Following legislations for the travel branche in the European Union, all teachers / organizations that offer a retreat need to have a full liability insurance that covers the entire trip. According to the same legislations, the organizer is only allowed to work with accommodation, teachers and any other third party services that also have full liability coverage and therefore follow the European guidelines for safety and responsible travel.

Global Flow Retreats is fully covered and we follow the legal guidelines for safe and responsible tour operating. All locations we will be visiting during the retreat follow these guidelines too as well as the teachers that we work with, making sure we can offer you high quality and responsible retreats.

Please do make sure your own insurances are in order too. Check the coverage of your medical insurance and make sure you have a travel insurance that covers the locations we visit and activities you take part in.

How to Get There

You can best fly to Durban. Durban airport is located only 2,5 hours away from the first retreat location and 1 hour from the last retreat location.

Both your airport pick up as well as the drop off is included in the retreat price. Pick ups will be grouped. If you arrive a (few) day(s) early but like to make use of the pick up, you can meet us at the airport at the pick up time, which will be communicated closer to the retreat date.

There are good flights going from Frankfurt and Amsterdam for around €700 for a round trip.. We recommend you fly not later than 2 August as many flights are overnight.

Please contact us if you need support with the booking of your flight as we connect you with a travel agent that can help you to get a flight for the best price.

You can also find your own way to the retreat center if you are planning to travel around before the start of the retreat. Please inform us of your planned arrival time.

The full address of the first retreat location is:

Pumula Retreat
Hibberdene
4235, KwaZulu-Natal
South Africa

What to Bring

The climate in South Africa is very comfortable at this time of year as it is their Winter-time. The clear skies make this time of year the best time for safaris and the temperatures during the day are comfortable for outdoor activities. During the retreat we will move from the coastline to the savanna and embark on a variety of activities. This means you should bring clothing for warmer days at the beach, cool nights and early mornings during the



safari trip and activities like hiking. The average temperature in August goes up to 24C during the days and can drop as low as 6C at night..

Please keep the eco-friendly nature of the retreat in mind when packing your bag. We recommend you to bring the following:

- Yoga mat (yoga mats are not available on all locations we visit)
- Water bottle to refill
- Swimming clothes
- A scarf or long shawl (nice to have for meditation and savasana)
- Cool clothes for warm days and warmer clothes for the mornings and evenings (bring layers)
- Hat to cover your head on hot days
- Walking shoes and flip flops
- Notebook and a pen
- Camera
- Any medication you need
- Passport, insurance documents, credit card

