



SASHWA

RIVER OF STARS
SELF RETREAT



Greater Kruger National Park
South Africa

Safaris For The Soul



Sashwa Self Retreat

Take a step into the African wilderness



Setting the scene

Hearts open as the roar of Lions call you home, Elephants roam through a river of stars and the rhythms of nature hold the space. We invite you to reconnect with both the nature around you and your own inner self.

Our Self Retreat Package offers a unique opportunity for deep self-reflection, mental clarity, and emotional healing through an immersive experience in nature. We offer both 3-night and 6-night packages, designed to help you reconnect to nature, ground down and allow.

Included in Package

3 Days

- Access to Wellness Facilities including our infrared sauna, salt-water pool and fully equipped gym
- Three Nutritious Plant-based meals daily
- All beverages & snacks throughout the day
- Daily Yoga flows & Meditation sessions
- 2 Wilderness activities per day including one guided bush walk and one game drive
- 30 min Welcome, Head & Shoulders or Foot Massage

6 Days

- Access to Wellness Facilities including our infrared sauna, salt-water pool and fully equipped gym
- Three Nutritious Plant-based meals daily
- All beverages & snacks throughout the day
- Daily Yoga flows & Meditation sessions
- 2 Wilderness activities per day including one guided bush walk and one game drive
- 60 min Welcome, Head & Shoulders or Foot Massage
- Airport Transfers from HDS Eastgate Airport to and from Sashwa

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Why A Sashwa Self Retreat

There are countless reasons you may find yourself here, considering a Sashwa Self Retreat. Whether you're seeking insight or craving profound self-discovery, the serene backdrop of the Greater Kruger provides an ideal setting for deep personal reflection. This tranquil environment nurtures mindfulness and purpose, allowing you to dedicate meaningful time to yourself. As you explore the stunning African landscape, you'll engage with both the external world and your inner self, fostering a deeper connection within and around you. Immerse yourself fully in the retreat experience, embracing every opportunity for growth and transformation. This is your chance to create a lasting shift in your life, empowering yourself to move forward with clarity and intention. Escape to Sashwa, where nature and introspection beautifully combine to inspire your transformative journey.

When do you know it is time for a Self Retreat?

To name just a few ...

- Can't Remember the Last Time You Sat Under a Tree
- Feeling a Curiosity to Explore Inner and Outer Worlds:
- Life Has Been Fast-Paced, you feel overwhelmed and like it's time to take time to rest and process slowly.
- Often Forgetting Your Breathing
- Haven't Seen the Stars for a While
- Can't Remember Eating Leaves from Your Garden:
- Not Noticing the Birds Sing
- Can't feel the Wind
- Forgetting the Sky Can Be Blue, Grey, Purple, Red, Orange, Pink, and Gold
- Feeling a Call to Deepen or Reignite Your Practices
- Probably haven't noticed your nose in a while
- Its been some time since you last sat around a fire staring into the flames under the night sky
- When your feet haven't touched Earth for a while and the Sun hasn't warmed your skin.
- Moving your body and breathing feels like a mission
- You're Ready to Come Home: A longing to reconnect with the earth and your true self is a clear sign it's time for a retreat.

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