



Motswari
AFRICAN RETREAT



A curation of authentic African experiences, intently designed as a revival and connection to mind-body harmony, tranquility, nature, and overall well-being. Our Retreat invites you to unplug from life's demanding rhythm and savour nature's gentle embrace.

Nestled within Motswari Private Game Reserve, echoing its sentiments of the African landscape, thoughtful interactions, and commitment to sustainability, reflectively realised by elements of luxury and holistic wellness practices.

AFRICAN RETREAT EXPERIENCES

An escape beckons, a respite for mind and body alike.

Journey into the tranquil African bush and immerse yourself in serene surroundings. Our sanctuary offers a peaceful haven to soothe your spirit. Embrace nature's rejuvenating spirit and discover a fresh perspective at our retreat space.

Our curated activities aim to promote relaxation, grace, and adaptability for all visitors. We encourage you to approach each moment with a spirit of exploration, curiosity, and mindfulness. While each day follows a structured framework, there is freedom to adapt and flow with the unfolding present.

WELLNESS EXPERIENCES

At African Retreat by Motswari, wellness is diverse and multifaceted.

Start your day early. Observe the sunrise, inhale deeply, and tune in to nature's gentle welcoming of each new day. Experience a tranquil and rejuvenating moment. It's about finding simplicity within life's intricacies.

We utilise all aspects of our bush sanctuary to promote well-being and welcome adaptability for fostering creative inspiration and growth.



BREATH DISCOVERY

Explore how breath influences our well-being.

Breath is nature's most precious gift, as all living creatures, we need to breathe.

Your breathing patterns influence your heart rate, digestion, and mood. We will explore the world of breath to grasp how various techniques affect our physiological responses. These uncomplicated, evidence-based breathing methods can be employed by anyone to promptly influence their autonomic nervous system, stress levels, mood, and vitality.

The goal is to equip individuals with this self-care tool. Our approach is scientific, uncomplicated, secure, and available to all.



YOGA

An inclusive and inviting practice for everyone.

We craft an inclusive and inviting practice by adapting traditional yoga poses and incorporating functional mobility and primal movements. Our approach merges essential yoga components to offer a space for individuals to unwind and customise each session to enhance their mind-body connection. This fosters a spirit of exploration and curiosity.



TAI CHI & QIGONG

Find tranquillity in motion.

We encourage finding tranquillity in motion by practicing tai chi and qigong, engaging in a form of moving meditation that harmonises the mind and body. These practices feature simple movements that are accessible to all, fostering inner peace and serenity through their flowing meditative nature.



MOVEMENT

Everything in life is in motion.

Our movement activities aim to rejuvenate and harmonise the mind and body while fostering a sense of wonder and gratitude towards our physical selves. Uncover overlooked areas of your body through a combination of meditative and active movements that encourage gentle strengthening and stretching of muscles and joints for restoration.

BUSH BATHING

A gentle, therapeutic experience.

Immerse yourself in the sights and sounds of the African bush. Watch the trees sway in the wind and witness awe-inspiring animals. Engage in a mindful walk without a set destination. Concentrate on deeply connecting with nature through your senses. This gentle therapeutic experience of relaxation in nature promotes enhanced well-being and happiness.



DINING

We've consulted nutritional experts to align your dining options with what's good for your soul, body and mind. Catering for vegetarians and carnivores alike, be sure to expect delicious, heart-warming meals that you will savour.

At the African Retreat by Motswari, the dining experience is an authentic celebration of true African cooking, where the rich aroma of smoke and the warmth of open flames create a captivating atmosphere. Guests will relish the essence of the bush as meals are prepared outdoors, showcasing a fusion of traditional techniques and health-conscious choices. Emphasising regional produce, both wild and cultivated, every dish is crafted from scratch, guided by the bounty of the surrounding landscape. Local herbs, wild berries, and leaves enrich the flavours, reflecting the intimate knowledge of our experienced guides.

The retreat's holistic dining theme seamlessly integrates with your wellness journey, offering unique food experiences that replace conventional mealtime routines. Fresh vegetables and African grains are complemented by sustainably sourced venison from the Timbavati butchery, aligning with our commitment to conservation. Each meal is a harmonious blend of nature and nourishment, where the chef collaborates closely with guides to deliver a culinary adventure deeply rooted in the essence of the African bush.



SPECIALISED WELLNESS FACILITATORS

The retreat has been designed by various wellness experts, faithfully and authentically dedicated to the pursuit of holistic wellbeing. By making use of their specialised expertise, you can disconnect with ease, knowing your experience is taken care of by certified professionals.

Your certified Wellness Facilitator, Roeline Hansen, specialises in a variety of wellness techniques and decades of experience garnered from numerous countries across the globe. Roeline's expertise include massage therapy, yoga, tai chi, and compassionate touch.



ITINERARIES

The authentic African wilderness calls out to those seeking profound immersion in the enchanting embrace of untouched nature, offering restoration and rejuvenation for the mind, body, and soul. Step into the African Retreat at Motswari, a peaceful wellness haven, tucked away in the Timbavati and Umbabat Private Nature Reserve.

As a curation of authentic and thoughtful practices, reflective of the individual guest's interests, the experiences are offered as either three or four day occasions.

SELF-GUIDED MORNING RITUAL

A time for quiet reflection and journaling in your private bungalow.

MORNING TEA

An introduction to the day ahead, complimented by a variety of refreshments served amidst nature's serenity.

MORNING ACTIVITY

An activity that may include Movement Practice or an Outdoor Adventure.

Movement Practices include yoga, tai chi, dynamic mobility, and functional movement.

Outdoor Adventures include guided walks, bush bathing, and game drives.

BREAKFAST

A nourishing breakfast in the camp or paired with an outdoor adventure.

LEISURE TIME

A moment to simply relax, take a power nap, soak up the sun by the pool, marvel at nature, or treat yourself to a soothing massage.

LUNCH

A nourishing offering designed to delight the taste buds.

STRUCTURED ACTIVITY

An element of surprise, interweaving wellness and nature for creative exploration, educational activities, and informational talks involving several topics on wellness and nature. The activities are interactive in nature, directed by the reserve's experienced guides and specialist facilitators.

Structured Activities include breath discovery, art therapy, medicinal plants, and more.

AFTERNOON ACTIVITY

An activity that may include Movement Practice or an Outdoor Adventure.

Movement Practices include yoga, tai chi, dynamic mobility, and functional movement.

Outdoor Adventures include guided walks, bush bathing, and game drives.

DINNER

A memorable evening of nourishment and uplifting conversations set in our boma or around the fire pit. The chosen setting will vary, as the ritual is created alongside the weather and other considerations.

FIRESIDE CONVERSATION

An after dinner pause guided by our firepit's glowing embers and African starlit sky, a moment to share and connect with the surroundings.

SELF-GUIDED NIGHT RITUAL

A time for quiet reflection and journaling in your private bungalow.

ACCOMMODATION

BUNGALOWS

All luxury bungalows have access to

- River-facing infinity pool with relaxation area/sun lounges
- Designated Wi-Fi hotspots
- Open-air Boma (River facing)
- Outdoor lounge deck and relaxation area overlooking the riverbed
- Yoga, meditation, and relaxation area (Equipment provided & indoor space with an air conditioner and ceiling fans)
- Outdoor spa facility with views of the riverbed
- Open air fire pit ideal for stargazing and storytelling
- Room service twice daily
- Secure parking (at Motswari main camp)
- Guided bushwalks with trained and qualified professional guides
- Game drive in the Umbabat area
- Boma dinner
- Outdoor dining table for breakfast and evening dinners under the stars
- Intimate library nook
- Kitchen

SUPERIOR PRIVATE BUNGALOWS

Both our Superior Bungalows enjoy magnificent views of the river. Nestled under trees, these are designed to harmoniously blend with nature, transitioning seamlessly from interior to exterior. The architectural details are unusual and original, showcasing innovative design and craftsmanship.

MAROELA

- 30m² | Sleeps 2
- Large bathtub with indoor and outdoor shower
- River-facing outdoor deck
- En-suite bathroom with double vanity area
- Luxury bathroom amenities
- Separated dressing room
- Bathrobes
- Twin beds (3/4 extra length beds)
- Luxury cotton linen (300TC)
- Hair dryer
- Luggage rack
- Bottled water
- Tea and coffee station
- Air-conditioning
- Ceiling fan



TAMBOTI

- 40m2 | Sleeps 2
- Indoor shower
- River-facing outdoor deck
- En-suite bathroom with double vanity area
- Luxury bathroom amenities
- Separated dressing room
- Bathrobes
- Twin beds (³/₄ extra length beds)
- Luxury cotton linen (300TC)
- Hair dryer
- Luggage rack
- Bottled water
- Tea and coffee station
- Air-conditioning
- Ceiling fan



LUXURY PRIVATE BUNGALOWS

These bungalows are slightly larger than the Superior Bungalows and are gently nestled within the natural vegetation. The Mopani Bungalow offers glorious views of the bush, while Ebony Bungalow is river-facing. The harmonious blend with nature is amplified by unusual, original architectural details that showcase innovative design and craftsmanship.



EBONY

- 40m2 | Sleeps 2
- Indoor shower
- Outdoor river-facing viewing deck
- Private patio area overlooking the bush
- Desk
- En-suite bathroom with double vanity area
- Luxury bathroom amenities
- Separate dressing room
- Bathrobes
- Twin beds (³/₄ extra length beds)
- Luxury cotton linen (300TC)
- Hair dryer
- Luggage rack
- Bottled water
- Tea and coffee station
- Air-conditioning
- Ceiling fan

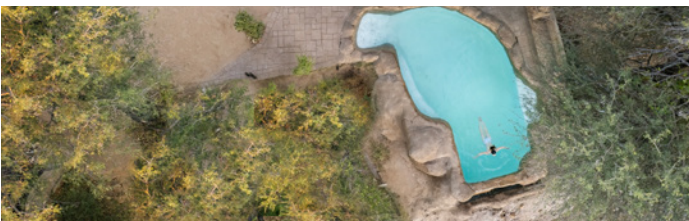
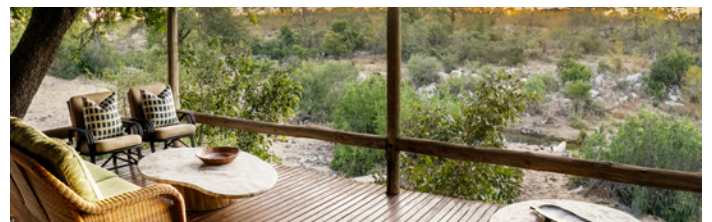
MOPANI

- 45-50m² | Sleeps 2
- Inside and outside shower
- Enclosed outside area with a daybed
- Private patio area overlooking the bush
- Desk
- En-suite bathroom with double vanity area
- Luxury bathroom amenities
- Separate dressing room
- Bathrobes
- Twin beds (3/4 extra length beds)
- Luxury cotton linen (300TC)
- Hair dryer
- Luggage rack
- Bottled water
- Tea and coffee station
- Air-conditioning
- Ceiling fan



SERVICES & FACILITIES

- **Immersive Micro-Experiences**
Dynamic and meditative movement practices like yoga, tai chi; paired with breathwork, mindfulness and creative outdoor activities that nurture positive mind-body shifts to benefit all our guests.
- **Infinity Pool and Relaxation Area**
An intimate, reflective space with uninterrupted views of the African bush, offering nutritious refreshments.
- **Outdoor Bush Experiences**
Immerse yourself in the tranquility of the untamed African landscape and bask in the stillness that soothes the soul through various sensory experiences, facilitated by qualified guides.
- **The Nest**
Our lounge haven in the bush overlooking the riverbed. It's an space to connect with oneself or with the inspired thoughts of others, be it journaling or simply admiring the African landscape.
- **Outdoor Spa and Relaxation Area**
An intimate, gentle space for you to savour the natural surrounds, find peace, and enjoy multiple holistic treatments, including restorative and rejuvenating massages.
- **Our Fire Pit**
Something special and sacred. Think of the enchantment of star-gazing, the magic of storytelling, and the beauty of being in the bush, whilst all snug and cosy.
- **The Boma**
Nestled in the untamed beauty of the African wilderness, the boma dinner is an unforgettable experience. An outdoor dining area overlooking the tranquil riverbed, offering guests a mesmerising backdrop as they dine under the blanket of stars. Here, amidst the rustle of the bush and the whisper of the night breeze, guests are treated to an holistic culinary journey under the vast African sky.
- **Game Drive**
Definitely not a conventional game drive! Expect more: more connection, more life-enhancement and more soul-enrichment. The activities are carefully selected and paired with each game drive, taking into account the weather, the mix of guests, and the flow of the moment, promising beautiful surprises along the way.



GENERAL INFORMATION

CHECK-IN AND CHECK-OUT TIMES

Check-in: 13H00
Check-out: 11H00

DISTANCES

70 km from Hoedspruit

CHILD POLICY

Children must be older than sixteen years of age to participate in African Retreat by Motswari wellness offerings, game drives or guided bush walks

LOCATION

Physical Address:

Motswari Private
Game Reserve
Limpopo
South Africa

Postal Address:

P.O. Box 2
Hoedspruit
1380
South Africa

GPS Co-ordinates:

24O 11.036' South 031 23.347' East

CONTACT

Reservations:

Tel: +27 21 427 5900
Email: reservations@newmarkhotels.com
www.newmarkhotels.com

Lodge:

Tel: +27 15 793 1718
reception@motswari.co.za
www.newmarkhotels.com

LOCALITY

TEMPERATURE

Average Day Temperatures:

31°C (December to March)
28°C (April to May)
26°C (June to September)
30°C (October to November)

ELECTRICITY

220 V
A selection of international adaptors are available

CURRENCY

Currency: South African Rand (ZAR)
Accepted Credit Cards: Mastercard and Visa
No cheques accepted

HEALTH

African Retreat by Motswari falls within a malaria area.

It is recommended that guests contact their local travel clinic for advice on the necessary precautionary measures for visits to this region.

SUGGESTED PACKING LIST

- Light-weight clothing
- Yoga or active wear
- Walking or hiking shoes
- Swimwear
- Warm clothing, including items such as a jacket, scarf and beanie
- Waterproof jacket
- Hat
- Sunblock
- Sunglasses
- Insect repellent
- Small flashlight
- Binoculars
- Camera

ABOUT THE TIMBAVATI AND UMBABAT PRIVATE NATURE RESERVES

The breathtaking Timbavati and Umbabat Private Nature Reserves form part of the Associated Private Nature Reserves region, which borders on the Kruger National Park. The Timbavati and Umbabat Private Nature Reserves share an unfenced border with the Kruger National Park, which allows animal species to move freely between these expansive parks. Guests can therefore look forward to exceptional game viewing moments. The region is easily accessible by air or road and is a six- to seven-hour drive from Johannesburg. The climate in this area is subtropical and rains fall during summer. The warmer months of the year roll in from October to March, whereas winter is from April to September. Generally speaking, daytime temperatures are pleasant, but mornings and evenings can be cool.

