

13 - 20 December 2024



**InRetreat**  
TRANSFORMATIVE JOURNEYS

# *Zimbabwe Retreat*



# *Experience the rhythm of life on the Zambezi river*

*Zimbabwe is a land of immense, abundant wilderness and warm hospitality. There is a distinct rhythm to the passing of time that is just the right mix of vibrant and restful. You are invited to experience this rhythm, and to let it seep into your veins, over 7 nights retreat on the mighty Zambezi River at an award-winning luxury safari eco-lodge, Matetsi. Anticipate an elevated nature experience - your own plush, spacious suite with a private plunge pool and veranda on the Zambezi, daily game drives, a UNESCO-protected Victoria Falls guided tour, river cruises at sunset, spa treatments, personalised, attentive service, and daily yoga and meditation with Nina Butler. This is a transformative water journey that will deliver the rest you need, the nature you love, the luxury you deserve, and the inspiration you crave.*



# *Your InRetreat guide*



## *Nina Butler*

*Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.*

*She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business - InRetreat - and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.*

# Anticipate a journey ...



## AN ELEVATED SAFARI LODGE

*Experience Matetsi, a five star lodge that has consistently been named as one of the top lodges in Africa by guests and critics alike. Matetsi is situated within its own 136,000-acre pristine wilderness, and each room is a stand-alone apartment, with a private plunge pool and veranda overlooking the Zambezi. Matetsi offers unparalleled personalised service and many WOW touches.*

## TIME TO REJUVENATE

*Life on the river is slow, and all the pressures of your everyday life are on pause. There is no need to rush, there is no to-do list, and time feels fluid and expansive. This retreat is an experience in deep rest. You are invited to reset and rejuvenate. There is an on-site spa with many wonderful massage and wellness treatments, each suite has it's own housekeeper and Butler service, so all your needs will be expertly attended to, ensuring REST.*



## VICTORIA FALLS TOUR

*Victoria Falls (Mosi-oa-Tunya, “Thundering Smoke” in Tonga) is one of the largest waterfalls in the world, with a width of 1708 meters along the border of Zimbabwe and Zambia. We will have a guided tour of the falls. Along the way to the falls, we’ll get to stop at one of the oldest protected baobab trees in the world, and time to support local artisans.*



## GUIDED SAFARIS

*Matetsi has a team of conservation-minded safari guides, luxury safari vehicles and river cruiser boats. This expert team pulls together bespoke, intimate nature experiences that enable you to view wild African animals like lion, cheetah, elephant, wildebeest, zebra and crocodile up close in their natural habitat while remaining safe and comfortable.*

## CONSERVATION ENCOUNTER

*Meet the people involved in tracking poaching activity over Matetsi's 136,000 acres of privately owned land. They also engage local communities and NPOs to ensure conservation efforts are responsible and sustainable. We get a very special opportunity to meet the anti-poaching unit and get a glimpse into the amazing work they do!*



## DAILY YOGA & MEDITATION

*Feel grounded, energized, open and inspired throughout your retreat through daily Hatha Vinyasa and meditation sessions. Nina weaves personal transformation, poetry and music into her unique and accessible style of yoga. She is able to match the level of the class to the needs of the group and offer soothing alternatives and adjustments.*



# *Retreat location: Matetsi Victoria Falls*

*Matetsi is an idyllic five-star retreat situated on a private 9-mile stretch of the Zambezi river, in 136,000 acres of pristine African wilderness. This is a family-owned conservation project that has developed into an award-winning, superbly appointed and designed boutique eco-lodge, where the attention to detail and service is unmatched. Matetsi offers guests proximity to the mighty UNESCO world heritage protected Victoria Falls, and access to privately guided excursions in their conservancy, on foot, on the river, or in a safari vehicle. While the superb location, beautifully designed lodge and understated luxury are the initial draw cards, it's the feel of Matetsi - an indelible magic - that makes this an unforgettable destination.*



# *The daily flow*

## *13 - 20 December | Victoria Falls*

*Fly into Victoria Falls Airport (VFA) on 13 December. The Matetsi staff will arrange your ground transfer to the lodge ( $\pm 1$  hour). Settle in to your suite and we meet for an opening circle at 5pm, followed by a welcome dinner.*

*Each day at Matetsi will flow with the rhythm of being out in nature and able to behold the majesty of sunrise and sunset.*

*We arise before dawn with a hot beverage of your choice brought to your room by your butler and a jolly wake up call. We then head out for a morning safari drive, stopping at sunrise for refreshments and a meditation and stretch.*

*We return to the lodge for breakfast, followed by time to relax, swim or book a massage. We meet for a light lunch at around 13:00 alongside the Zambezi river.*

*By 15:00 we convene for yoga with stunning game viewing opportunities, followed by an evening game drive, or river cruise.*

*We will return to camp for dinner under a blanket of stars and the roaring thunder of the Victoria Falls in the distance.*

*On one day we have a guided day trip to Victoria Falls. On another we will sync up with the Matetsi conservation team to observe their amazing work.*

*On 20 December after yoga and breakfast we depart to the Vic Falls airport.*

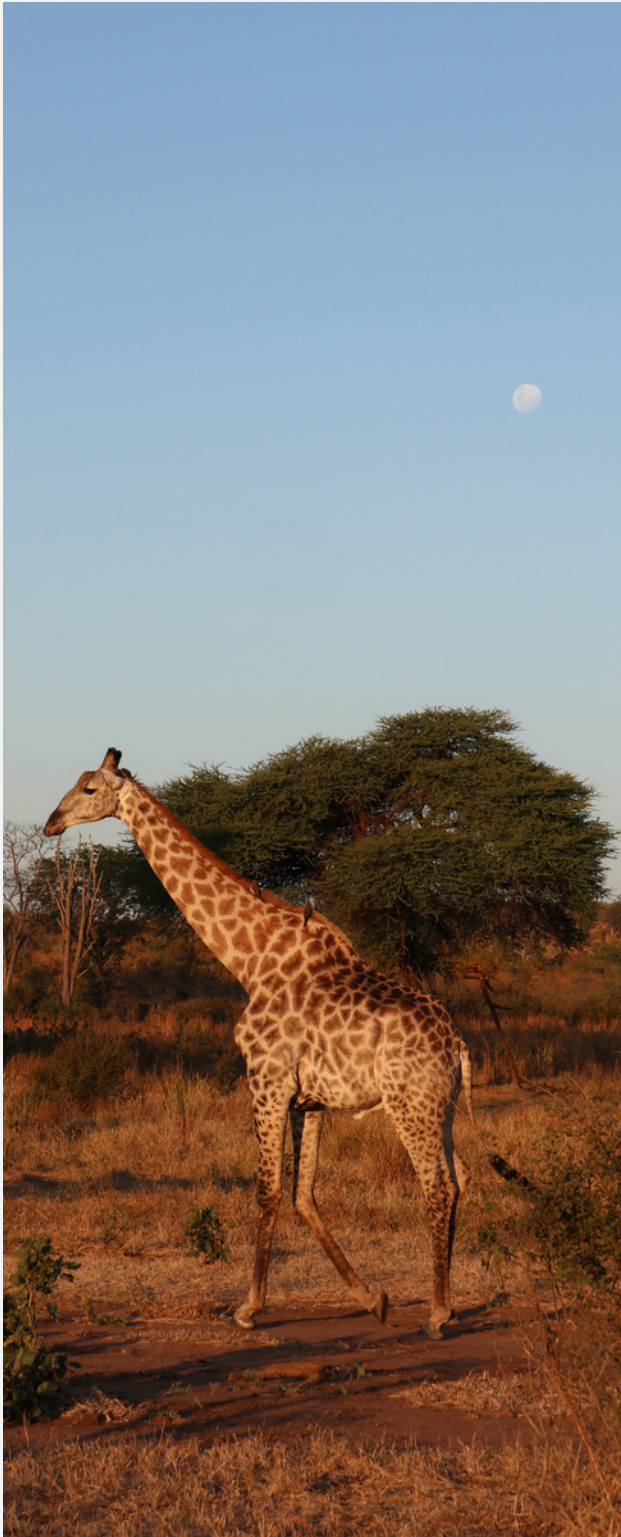
*Relax and enjoy your trip, knowing all details are taken care of. Please let us know if you need assistance in planning further travel in Africa; let us help you plan an incredible trip!*





# *All the retreat details ...*

## *Getting there*



### **ARRIVAL**

*Fly into Victoria Falls (VFA) on 13 December. The Matetsi staff will meet you in arrivals and transfer you to the lodge, which is around 1 hour drive away.*

*The retreat begins with an opening circle on 13 December at 5pm, followed by a welcome dinner.*

*If you are adding on to your retreat and would like assistance booking additional travel, as well as flights, please don't hesitate to ask us.*

### **DEPARTURE**

*On 20 December our retreat concludes after a final morning game drive and breakfast.*

*We will get a private taxi transfer from Matetsi to Vic Falls airport. From there we bid friends farewell and get onward travel.*

*If you would like some assistance with further travel arrangements in Southern Africa, please don't hesitate to reach out to us.*

# *Retreat package*

## WHAT'S INCLUDED

- 7 nights luxury accommodation at five-star boutique lodge
- Breakfast, lunch and dinner and all beverages
- Daily yoga and meditation with Nina
- All ground transfers and taxis
- Guided half day tour of Victoria Falls
- All conservation and park fees
- Daily guided safari drives
- Zambezi river cruises
- Guided safari walk
- Sustainable tourism activity
- Welcome gift bag

## NOT INCLUDED

- Flights to/from Victoria Falls airport
- Visas
- Tips and gratuities
- Spa treatments



# Retreat investment 13-20 Dec 2024



## SHARING SUITE PACKAGE

Sharing / twin room for 2  
US\$ 13099

Deposit required to secure booking  
US\$ 4590



## SINGLE SUITE PACKAGE

Single per person  
US\$ 8399

Deposit required to secure booking  
US\$ 3000





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