

Ant's Nest & Ant's Hill detox on safari

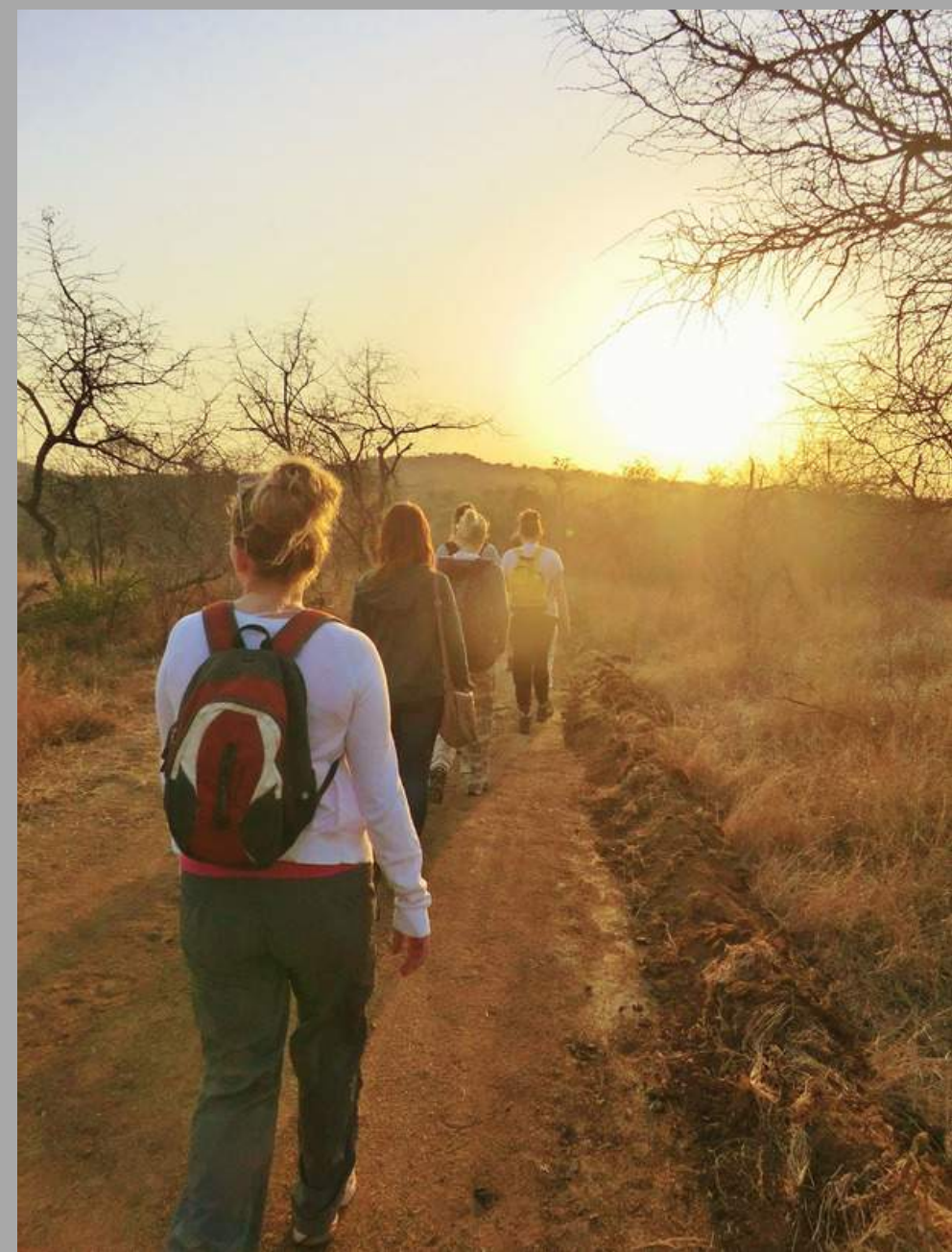


We all know come January the Festive season would have taken its toll on the waist so book your detox safari now

FROM 9 JANUARY TO 9 FEBRUARY 2019 WE WILL BE DEDICATING ALL ACTIVITIES AND MEALS ON THREE ELEMENTS:

WILD MOVING, WILD EATING AND WILD LIVING.

The detox and fitness experience will reconnect you with nature and leave you feeling invigorated, re balanced and restored, ready to take on 2019



We include:

- *Fully inclusive stay with healthy, locally sourced products and meals are prepared in-house daily.**
- *Drinks, vegetable and fruit juices, smoothies, laundry and activities**

Activities are:

- pilates,**
- running,**
- swimming,**
- body weight training,**
- mindfulness meditation,**
- walking,**
- riding,**
- game drives**

***1 massage for every 3 night stay**

***Ultimate flexible safari where each day is tailored to your needs**

***Plenty of down time**



Ant's Detox safari experience

Lets kickstart your new years resolution



Suggested daily itinerary:

Start your day with a run ,pilates, body weight workout or cycle

A healthy breakfast which will also include juices and smoothies of your choice

Ride, walk or game drive

Lunch

Relax or massage

Afternoon tea / health juice

Pilates or gym

Ride, walk or cycle

Ending off with sundowners in the bush and followed by dinner

Please contact us or your local agent for more information. Low season rates apply during this month