

'BEYOND TRAUMA'

DAILY SCHEDULE

with Dr. Arielle Schwartz

1 - 9 April 2024



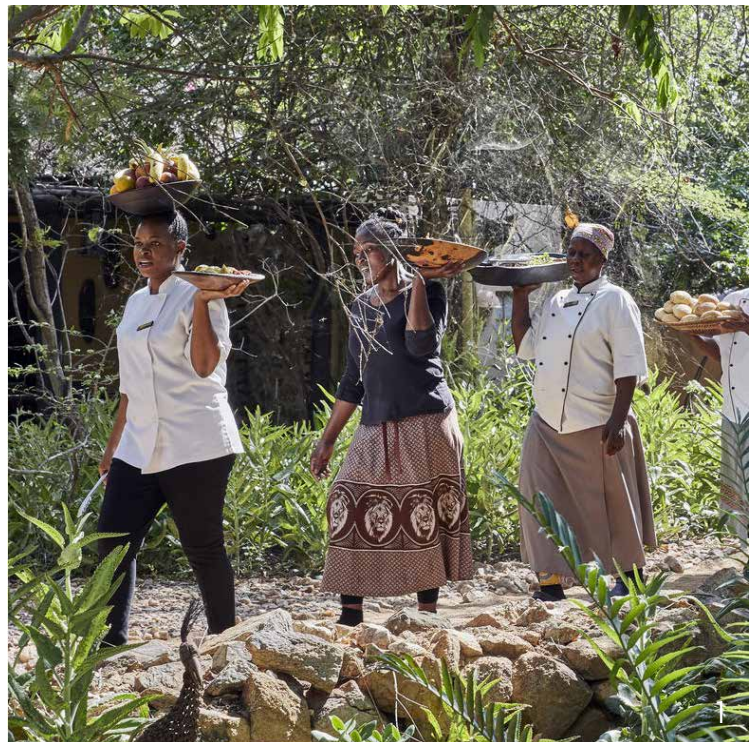
April 1

12h50 arrival in Hoedspruit airport & transfer at Motswari game lodge
14h30 welcome drink / check in
15h30 "high tea" (light lunch) - program explained
16h45 short game drive & sundowner
19h00 intro workshop
20h00 dinner



April 2

05h00 quick coffee - sunrise meditation
06h00 bush walk or game drive
09h00 breakfast
10h00 workshop
12h30 rest
14h30 high tea
15h30 workshop
16h30 full game drive
20h00 dinner





April 3

April 4

05h00 quick coffee, sunrise meditation / reflection time
05h30 bush walk or game drive
09h00 breakfast
10h00 workshop (movement integration)
11h00 rest time
13h00 workshop
14h30 high tea / lunch
16h00 game drive
19h30 dinner

05h00 wake up, coffee / tea
05h30 walk or game drive
08h30 breakfast
09h30 workshop
11h00 rest
13h30 high tea
14h30 workshop
16h30 game drive
20h00 dinner



April 5

05h30 wake up, coffee / tea
06h00 shortwalk or drive
07h30 workshop (yoga class, movement integration)
09h00 full continental breakfast
10h00 check out and transfer

13h00 check in at Hippo Hollow
13h30 lunch & rest time
16h00 workshop (2h)
19h30 dinner



April 6

06h00 breakfast
07h00 workshop (movement integration)
08h30 Blyde river canyon panorama tour
13h30/14h00 lunch at Divine food with a view
16h30 back to lodge
17h00 workshop (yoga Nidra)
19h30 dinner



April 7

06h30 breakfast
08h00 morning workshop, including a break
(transgenerational trauma)
12h30 transfer to restaurant
13h00 lunch at Topolino's
15h00 transfer to elephant orphanage
15h30 Elephant whispers
17h30 back to hotel
19h00 dinner



April 8

06h30 breakfast
08h00 workshop
10h00 tea break
10h45 workshop and rest time
12h30 lunch
14h30 Full afternoon in Kruger national park / dinner
22h00 back to hotel

April 9

07h00 breakfast
08h30 wrap up of workshop
11h00 check out & transfer to Nelspruit airport (alternatively
Hoedspruit airport)

* All safari activities optional and subject to weather conditions