



Wellness within precedes everything else as it is the first critical step toward a flourishing, integrated being. The foundation of Wellness Wild Retreats is to take the retreatant into nature, whether that be the African bush which stimulates all of the senses, or the magnitude of the scenic feast. The vast African bodies of water, the Okavango Delta, the mighty Zambezi River, babbling brooks or the crashing coastal waves all promote wellness within.

WELLNESS



RETREATS

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