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EJ Africa Offers Yoga Retreats at Tanzania's Sayari Camp

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Extraordinary Journeys Africa is partnering with Asilia Africa to offer a series of yoga retreats at Sayari Camp in the northern Serengeti in Tanzania. The centerpiece of the package is a five-night stay at the luxurious and eco-conscious Sayari Camp, with game drives through the Serengeti National Park and twice-daily yoga sessions led by instructor Shannon Paige. The trips are offered in March, June and December. The price starts at \$3,900 per person, double, including five nights at the Sayari Camp, one night at Onsea House in Arusha, domestic travel within Tanzania, and all meals, drinks and activities including yoga sessions and game park entrance fees.

According to Paige, the savannah of the Serengeti is an ideal environment for yoga practices. Paige emphasizes deep spaces of calm and connection with the land through her own brand of Anjali Restorative Yoga, in which meditation and synchronized breathing exercises are guided by the rich imagery of the natural wilderness. Mornings begin with a sunrise game drive across the Serengeti plains.

The Sayari Camp, near the Mara River, was designed to blend in with the savannah. It was recognized by the 2012 World Travel Awards as the best tented camp in Tanzania. It has 15 tents with king-sized beds, private verandas and luxurious amenities, including a fireplace, library, bar and lounge.

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