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## YOGA IN THE WILD

The Bushcamp Company features an exciting yoga and spa program with a spectacular African backdrop

As the birthplace of the walking safari (which turned 50 recently), and home to some of Africa's least-congested national parks, Zambia is one of the best places to connect with the wild beauty of the region. Now, one of the country's pioneering safari camp operators has introduced another way to draw energy from the spectacular surroundings.

Launched last fall, The Bushcamp Company's yoga program features a visiting yogi from somewhere in the world (the first was from Denmark), who will do a limited-time residency with the company. She or he will act as a traveling instructor, rotating between Bushcamp's six eco-chic tented camps and main Mfuwe Lodge as needed, offering both private and group yoga, meditation and mindfulness activities, all perfect for getting the kinks out after

a day spent bumping around in a safari jeep. Sessions take place on an outdoor deck or your room's private terrace—so you'll enjoy a soundtrack of chirping birds and twittering monkeys, and maybe even spot a giraffe or elephant in the distance as you do your sun salutations.

The typical entry and exit point for Bushcamp guests in South Luangwa National Park, Mfuwe Lodge is also home to a breezy spa, where the three rooms (including a deck for wet treatments) look out over a deep green lagoon favored by pods of hippos. Services use products rich in local ingredients like marula, baobab and kigelia, the latter a flowering tree used to treat skin ailments. Facial products are all Zambian-made—just one of the many ways in which The Bushcamp Company celebrates its location.

*bushcampcompany.com*

—Sandra Ramani