

PILATES

RETREAT

28 - 31 MAY

CORECONTROLCENTRE.COM

OTJIMBONDONA.COM

Strengthen Your Core & Nourish Your Soul

Step into the stillness of the Kalahari and reconnect with your body through movement, breath, and nature. Guided by Carol from the Core Control Centre in Windhoek, this Pilates retreat is a space to slow down, strengthen from within, and return to yourself.



The Experience

Where Movement meets Stillness



Wellness Treatments



Pilates Sessions



Evenings by the fire under the stars



Nature walks & cycling

28 – 31 May

What to expect

- Daily guided Pilates sessions (all levels welcome)
- Sunrise and sunset movement experiences
- Time to relax, explore, and reconnect with nature
- Accommodation in Villa or Safari Tents, in the heart of the Kalahari
- 2 Daily nourishing, thoughtfully prepared meals + beverages
- A small, intimate group setting
- Lymphatic Drainage Massage + Guided session



An aerial photograph of a rectangular swimming pool at Camp Kalenga. The pool is surrounded by a wooden deck and a stone border. A person is swimming in the pool. The background shows a building with a corrugated metal roof and some outdoor furniture.

All-inclusive Retreat

What's included:

- Accommodation
- All drinks & meals
- Pilates Sessions
- Guided activities (Game drive, Meerkat experience)
- Access to facilities (Pool, Sauna, Gym)
- Lymphatic drainage Massage

Not included:

- Spa treatments
- Curio Shop Purchases
- Scenic Flights
- Transport to/from lodge

N\$ 15.000 Pp

Guests will be accommodated in either our private Villas or Safari Tents at Camp Kalenga, with two guests sharing each space. As availability is limited and allocated on a first-come basis, we invite you to book early to secure your preferred setting.

TO SECURE YOUR BOOKING PLEASE SEND AN EMAIL TO ANITA SLANEY AT: WELCOME@OTJIMBONDONA.COM

Kalahari Villas

Every villa includes a private deck with plunge pool and shaded sala, overlooking its own waterhole for quiet wildlife viewing. Inside, guests can unwind in a generous lounge with fireplace, enjoy the comfort of air-conditioning, and relax in a beautifully designed open-plan bathroom with a freestanding bathtub and large glass-fronted shower framing views of red sands and acacia trees.



Camp Kalenga

Set on stilts and nestled underneath Camel-thorn Trees amidst the red Kalahari sand, Camp Kalenga's spacious safari tents feature canvas walls and a thoughtfully designed open-plan layout. Each tent consists of a King sized Bed, en-suite bathroom facilities and its own private deck with heated splash pool overlooking the Kalahari landscape. A fully equipped outdoor braai area and outdoor lounge allow for private dining on the deck, on a self-catering or fully catered basis.

