

200 HOUR (VINYASSA) YOGA

ORIGINS AFRICA YOGA RETREAT

TEACHER TRAINING



200 HR YOGA TEACHER TRAINING IN AFRICA!

Embark on a profound journey of self-discovery and growth in the heart of Tanzania. Our 200-hour Vinyasa Yoga Teacher Training, commencing in January 2026, offers a unique opportunity to immerse yourself in authentic African culture while deepening your yoga practice. Set against the backdrop of the stunning Great Ruaha River Valley, our retreat lodge provides a serene and soulful luxury environment, designed to nurture your body, mind, and spirit.

WHY CHOOSE TANZANIA OVER TRADITIONAL DESTINATIONS?

While Bali, Thailand, and India are renowned for yoga retreats, Tanzania offers a distinctive experience. Here, you can practice yoga amidst the raw beauty of nature, engage with local tribes, and embark on unforgettable adventures like safaris. This immersive environment fosters a deeper connection to your practice and to yourself. Additionally, it's an excellent way to indulge in yourself and tick off bucket list experiences, in your own time.

200hr Vinyasa Yoga Teacher Training (Tanzania)

Invest in yourself. Embrace transformation. Experience real Africa!

INCLUDED

- Teaching and yoga materials
- Yoga Alliance certificate upon completion
- Accommodation
- Full Board (All Meals, drinks & snacks)*
- Airport Transfers
- Full Use of retreat lodge facilities
- Local Activities (Painting, Drumming & Dancing)
- Personal support from a UK based Co-ordinator. Always a friendly helpful human and never a bot.

NOT INCLUDED

- Flights
- Travel Insurance
- Optional additional excursions (e.g Safari)

FACILITIES

- Yoga Studio - A stunningly spacious studio with floor-to-ceiling glass, overlooking the Great Ruaha Valley. Embrace nature and movement with panoramic views and a log-burning fire perfect for hot yoga.
- Panoramic Yoga Deck - A 360° open-air deck to watch sunrise from the east, sunset in the west, and starlit sessions—immersed in birdsong, cattle bells echoing through the valley and the soothing hum of nature, high above the world.
- Wellness Sauna Sanctuary - A serene retreat featuring a large sauna, wellness waters, an eucalyptus-infused shower room, and a balcony with incredible views—pure relaxation from start to finish.
- Salt Water Pool - An exfoliant for the skin, gentle on the eyes, and naturally rejuvenating—swim in wellness.
- 4 acres of biodiverse woodland gardens for relaxation.

CULTURAL EXPERIENCES

- Safari Adventure - No trip to Africa is complete without a safari—immerse yourself in the wild beauty of Africa's iconic landscapes and encounter wildlife in their natural habitat.
- Tribal Wellness - Venture into tribal communities to meet the people, explore their homes, and discover ancient natural remedies and medical knowledge passed down through generations.
- Authentic African Experiences - Step off the beaten path and embrace the true spirit of Africa—paint with local artists, dance and drum in traditional style, hike trails rich with local myths & legends and explore vibrant markets. shop local at the markets and cook up a storm in the kitchen with African cooking classes.

BONUS LEARNING???

- A powerful investment in your personal growth and career. Alongside expert-led Vinyasa training, we uniquely offer insight on how to design and run profitable retreats—equipping you with tools to thrive in a booming global market. ?



My favourite part of the retreat is definitely the **sauna**.

It's been incredible watching it take shape—honestly, I've never seen anything quite like it in terms of size and atmosphere. With its cozy cabin-in-the-woods feel, it's a standout feature. I can't wait to see it being enjoyed by guests during retreats and yoga teacher trainings. The facility itself is amazing, with a shower room, wellness station with infused water, and a stunning balcony—perfect for slipping into a robe after a sauna session and soaking in the beautiful African sunset.

My favourite activity has to be **African painting**.

We even made a super fun video for Instagram! I didn't expect it to be so therapeutic, especially since I'm terrible at art—but it turned out to be the perfect creative outlet. It was great chatting with the group, getting tips and stories from the local artist, and just vibing to some good tunes while we painted.

My favourite accommodation type has to be the **EPIC RETREAT ROOMS**

Shared with up to 3 others, these rooms offer generous space and comfort, each with a large en-suite bathroom that includes separate toilet and shower areas. Designed to a high standard, they strike the perfect balance between privacy and community—ideal for relaxing, socialising, and living comfortably.



Amy McDonald,
Social Marketing Manager,
Origins Africa Yoga Retreat
Shares her
recomendationns to have
the best experience

FORK

A Personal Invitation

Starting your training in January 2026 is more than a commitment to becoming a yoga teacher; it's a commitment to yourself. Indulge in the beauty of Tanzania, savor fresh, locally sourced cuisine prepared by our private chef, and immerse yourself in the rich culture and warmth of the Tanzanian people. Our retreat lodge is not just a place to stay; it's a sanctuary where you can reconnect with nature and your inner self.

Private Chalets

£6,860

These beautifully appointed chalets can be configured as either doubles or twins. Each includes a private en-suite bathroom, thoughtfully designed interiors, and outdoor space to enjoy the surrounding nature.

Private Chalets (Single Occupancy)

£9,660

Enjoy complete privacy in your own chalet, featuring a spacious en-suite, high-end furnishings, and serene views. Ideal for those seeking solitude and personal space during the retreat.

Epic Retreat Rooms

£4,900pp

Shared with up to 3 others, these rooms offer generous space and comfort, each with a large en-suite bathroom that includes separate toilet and shower areas. A perfect balance of community and privacy, designed to a high standard.

The Founder's Lodge (Invitation Only)

£11,990pp (4 People Sharing)

£14,993pp (3 People Sharing)

£21,000pp (2 People Sharing)

£39,200pp (1 Person Sharing)

Our most exclusive accommodation, this private lodge is reserved for retreat leaders or special guests. It features two luxurious en-suite bedrooms, a large open-plan living area, a fully equipped kitchen, and a balcony with sweeping views over the nature reserve. An exceptional space for rest, reflection, or hosting intimate group sessions.



**INVEST IN YOUR
TRAINING.
INVEST IN
YOU!**