

200 Hour Yoga Teacher Training

Embark on a profound journey of self-discovery and growth in the heart of Tanzania. Our 200-hour Vinyasa Yoga Teacher Training, 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 Valley, our retreat lodge provides a serene and soulful luxury environment.



EXPLORE AND DISCOVER AFRICA

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.



YOGA TEACHER TRAINING

**JANUARY 2026
BOOK NOW**



africayogaretreat.com



[@africayogaretreat](https://www.instagram.com/africayogaretreat)



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HIGHLIGHTS

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.

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.