

Kapama, South Africa

June 2017



Our third visit to Kapama Private Game Reserve was just as it was on our previous trips; simply brilliant. Because Kapama shares an open border with the famous Kruger National Park, the wildlife in the Reserve is plentiful, and the variety magical to observe.

The formula for our Kapama trips is always the same – sunrise and sunset game drives of approximately three hours each, with seminar sessions during the day. Any spare time seems to be spent eating delicious meals in the open air boma restaurant, before retiring early to sumptuous rooms to rest before doing it all again the following day.

On this adventure, keynote speaker Diane Lee presented her Integrated Systems Model for the head, neck, upper thorax and shoulder girdle. Daily seminar sessions were conducted in a well equipped seminar room. Once again Diane made complex concepts seem so simple with a blend of theory and practical sessions that always kept delegates entertained and well-educated.

The unique blend of adventure, relaxation and education makes Kapama a wonderful venue for our StuVac Seminars.

