



Art Therapy Getaways @ BROOKDALE

JOIN US AT BROOKDALE...
with Kim Pereira

MARCH 2018

3 NIGHTS: Wednesday 14th – Saturday 17th March

JULY 2018

3 NIGHTS: Wednesday 18th – Saturday 21st July

ADD R750 TO YOUR STAY
and enjoy four 90 minute Art Classes
with all art materials included.

classes @ 10h30 – 12h00 and 15h30 – 17h00



ZERO TALENT REQUIRED

You are taken through the process of painting your very own masterpiece step by step.

Co-ordinated and run by Durban artist, Kim Pereira, who paints a mock up of the painting you will be doing. She documents each stage of the process, even down to the mixing of the colours you will be using!

'Cheat sheets' are available for those who would prefer to trace the image to begin with.

Getting creative is a powerful therapy for stress management and a tool to help you switch off!

YOUR ART TEACHER : KIM PEREIRA

Facebook: <http://facebook.com/Kimpereiraart>

Instagram: @kimpereira_art

#comepaintwithme (artclasses) Art Nite (social painting evenings)





2018 RATES FROM R 5 250 per person sharing for a 3 night stay

OUR PACKAGES INCLUDE:

- Accommodation in the scenic country
- 3 wholesome meals a day
- Morning & afternoon snacks
- A daily morning tea tray delivered to your room
- Organic herbal teas available all day
- Treatments specified for the package
- Informative talks on aspects of healthy living
- Daily guided morning walks
- Daily aquacise classes
- Guided relaxation Classes
- Yoga | Pilates
- Make up demonstrations using Clarins

UNLIMITED USE OF ALL FACILITIES:

indoor heated pool | jacuzzi | sauna | steam room
outdoor pool | labyrinth | studio | reflexology path | gym

TERMS AND CONDITIONS APPLY

DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES

Call Misha or Sarah now to book your spot or book online on www.brookdale.co.za/online-booking



Brookdale

HEALTH HYDRO

Your Wellness Destination

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