



Art Therapy Getaways @ BROOKDALE

**JOIN US AT BROOKDALE...
with Kim Pereira**

MARCH 2019

3 NIGHTS: Sunday 3rd – Wednesday 6th March

SEPTEMBER 2019

3 NIGHTS: Wednesday 18th – Saturday 21st September

ADD R750 TO YOUR STAY

and enjoy four 90 minute Art Classes with all art materials included. Choose either 1 large canvas or 2 small canvases.

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
www.kimpereiraart.co.za



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





2019 RATES FROM R 5 700 per person sharing for the full 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 LUMA & Clarins

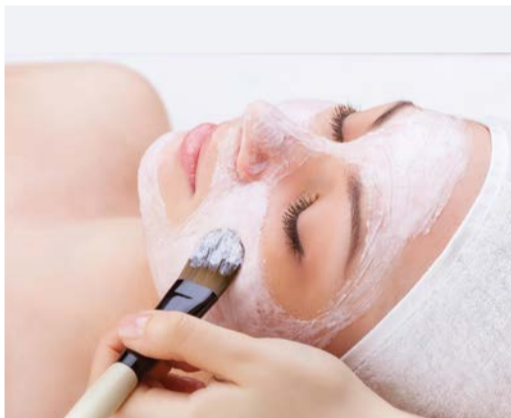
UNLIMITED USE OF ALL FACILITIES:

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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