



NOW
it's about
ME!



Guiltless, Boundless Selfcare for Overworked Women

Relax, Unwind & Transform **@ OUR WOMEN'S SELF-CARE RETREAT**

BY CLINICAL PSYCHOLOGIST
MARISSA MORKEL – MA CLIN PSYCH (UP)

Therapist. Wife. Mother of two boys and constant seeker of life balance and simple solutions to complex expectations.

- Are you feeling tired and overloaded?
- Is modern living demanding too much of you?
- Do you feel stressed and unable to cope?
- Do you often feel anxious?
- Are you juggling too many roles?
- Do you feel unappreciated and undervalued?

Then this getaway with Marissa is just for you!

The getaway will focus on identifying modern day life stressors and the impact these have on the lives of women. Focusing on self-care and simplifying your life is imperative for your mental and physical health. Walk away with practical and simple interventions to combat stress and reconnect with the inner you.

This practical therapeutic workshop is guaranteed to help you find easy solutions to combat anxiety, stress and depression.

www.marissamorkel.co.za

AUGUST 2018

3 NIGHTS:

WEDNESDAY 22ND – SATURDAY 25TH AUGUST 2018

ADD R 1000 TO YOUR STAY





2018 RATES FROM R 5 310 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 THIS FANTASTIC OPPORTUNITY

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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