



# Yoga Getaway @ BROOKDALE

## JANUARY DETOX YOGA GETAWAY...

with Fiona Hayhoe-Weiland

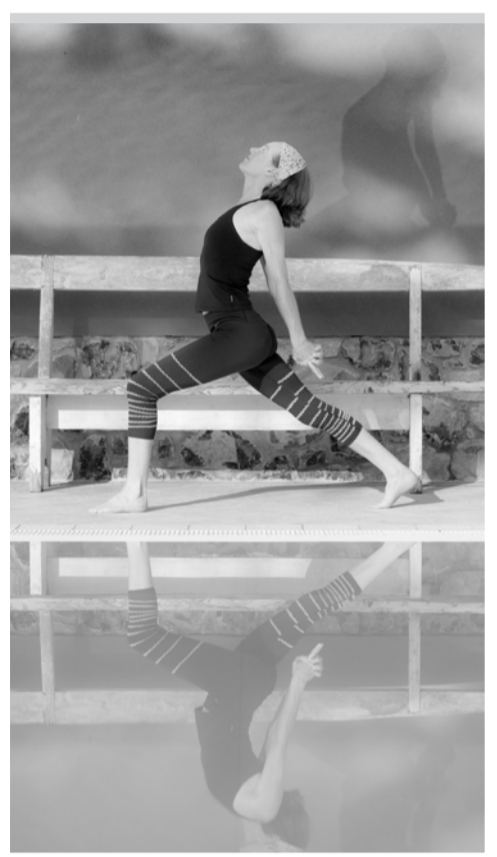
**6 NIGHTS:**

SUNDAY 7TH – SATURDAY 13TH JANUARY 2018

THIS GETAWAY IS APPROPRIATE FOR ALL LEVELS,  
WHETHER YOU HAVE YOGA EXPERIENCE OR NOT

**ADD R1600 TO YOUR STAY**  
and enjoy 12 Yoga classes and an outline  
of practises to take home with you.

The Getaway starts with a 15 minute introduction  
with Fiona @ 19h30 on Sunday  
followed by a 1 hour session from 19:45 to 20:45  
Thereafter there will be two yoga sessions each day  
@ 06h45 – 07h45 and 17h15 – 18h45  
and one final class from 06h45 – 07h45 on Saturday



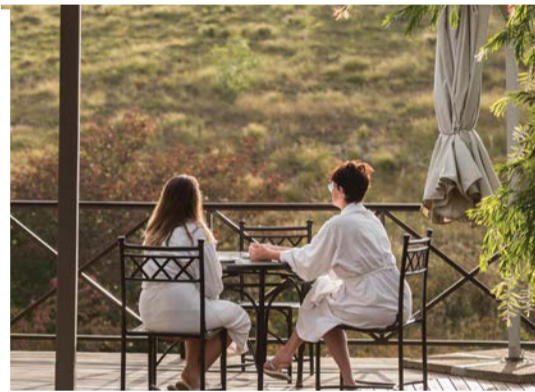
### INTEGRATIVE YOGA-DETOX WEEK WITH FIONA

*Why does “detoxing” feel so good? Supporting a nourishing meal plan, we use our yoga practice to invigorate the body from the inside out, stimulating the central channel of the spine, thus affecting all the organs that are innervated by the spinal nerves, as well as bringing clarity and quietness to the activities of the mind.*

*Through an integrated Yin-Vinyasa yoga practice, focusing on spine and core strength, we encourage a soft detox effect of the organs, and invite balance to the mental-emotional state. The power of this practice is to take it off the yoga mat and back into your daily life with you.*

**YOGA INSTRUCTOR : FIONA HAYHOE-WEILAND**

[www.habihochi.com](http://www.habihochi.com)



### 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

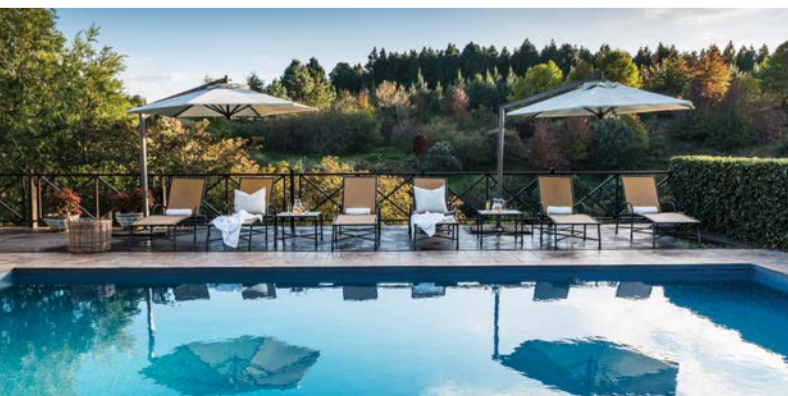
### USE OF ALL FACILITIES:

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 Jamie now to book your spot.



**Brookdale**  
HEALTH HYDRO

*Your Wellness Destination*

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