



Yoga Getaways @ BROOKDALE

Inspiring Health & Vitality through the simple and effective

PRACTICE OF YOGA

WITH SOLVEIG GEVERS

The daily yoga sessions will encompass different avenues of mindful movement, primarily based on the principles and practice of Hatha yoga with an element of creative Vinyasa. Vinyasa means 'to place in a special way' and teaches us to unite the breath and postures into a flowing sequence bringing ease, creativity and joy into movement.

JANUARY 2019

6 NIGHTS: Sunday 20th - Saturday 26th January

OR 3 NIGHTS: Sunday 20th - Wednesday 23rd January / Wednesday 23rd - Saturday 26th January

APRIL 2019

3 NIGHTS: Wednesday 24th - Saturday 27th April

DECEMBER 2019

6 NIGHTS: Sunday 1st - Saturday 7th December

OR 3 NIGHTS: Sunday 1st - Wednesday 4th December / Wednesday 4th - Saturday 7th December

THE RETREAT WELCOMES ALL LEVELS OF YOGA, FROM ABSOLUTE BEGINNERS TO ADVANCED PRACTITIONERS.

ADD R 700 TO YOUR 3 NIGHT STAY

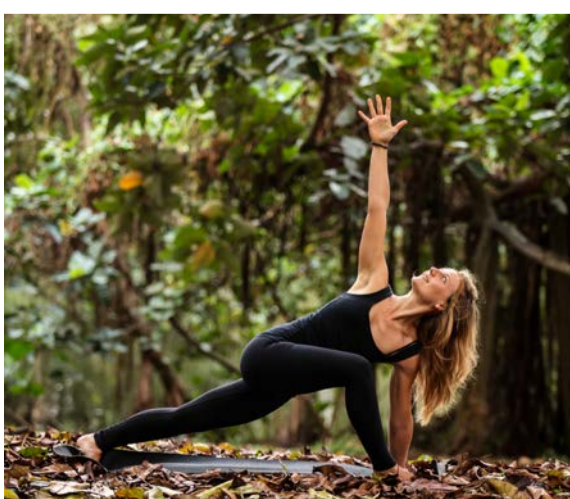
and enjoy 6 Yoga classes and an outline of practises to take home with you.

ADD R 1 400 TO YOUR 6 NIGHT 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 Solveig @ 19h30 on day of arrival followed by a 1 hour session from 19:45 to 20:45.

Thereafter there will be two yoga sessions each day and one final class from 06h45 - 07h45 on day of departure.



YOGA WITH SOLVEIG

Solveig completed her first 200hr Sivananda (Hatha) Yoga Teacher training course in 2008 at the Sivananda Yoga Vedanta Dhanwatari Ashram in the south of India. In 2010 she furthered her training in Astanga-based Vinyasa Yoga, with the remarkable Jim Harrington in Cape Town. In March 2019 she will again be furthering her exploration of the practice and teachings with a 200hr Kundalini Yoga training in Goa, India.

www.livingblissyogawellness.wordpress.com



#liveblissyoga



2019 OUT OF SEASON RATES FROM R 4 550 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

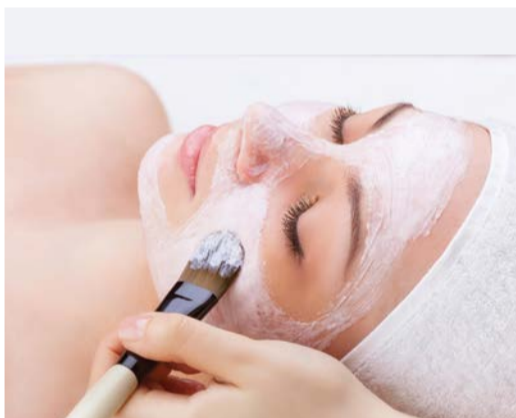
UNLIMITED USE OF ALL FACILITIES:

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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