



Yoga Getaway @ BROOKDALE

MID-WINTER YOGA GETAWAY

with Fiona Hayhoe-Weiland

3 NIGHTS:

SUN 29TH JULY – WED 1ST AUGUST 2018

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

ADD R800 TO YOUR STAY

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



The Getaway starts with a 15 minute introduction with Fiona at 19h30 on Sunday followed by a 1-hour session.

Thereafter there will be two sessions on both Monday & Tuesday from 11h00 to 12h00 & 18h00 to 19h00 and one final class on Wednesday from 07h00 to 08h00.

BOOST YOUR ENERGY & IMMUNE SYSTEM WITH FIONA

This yoga practice embraces: essential Yin Yoga elements to boost the organs, a stimulating flow practice to improve energy levels, a simple balancing breathing practice, and a guided deep relaxation.

The power of this practice is to take it off the yoga mat and back into your daily life with you. Your experience will be complete with a handout to take home and to continue your practice.

YOGA INSTRUCTOR : FIONA HAYHOE-WEILAND
www.habihochi.com



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

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.



Brookdale

HEALTH HYDRO

Your Wellness Destination

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