



Yoga Getaways @ BROOKDALE

**SEPTEMBER & NOVEMBER
YOGA GETAWAYS**
with Margot McMaster



SEPTEMBER 2018

3 NIGHTS:

WEDNESDAY 19TH – SATURDAY 22ND SEPTEMBER 2018

NOVEMBER 2018

3 NIGHTS:

SUNDAY 4TH – WEDNESDAY 7TH NOVEMBER 2018

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

ADD R900 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 Margot @ 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 @ 06h45 – 07h45 and 17h15 – 18h45 and one final class from 06h45 – 07h45 on day of departure.

YOGA WITH MARGOT MCMASTER

*Balance effort with ease in the playful exploration with integrated Yin-Vinyasa flow practice.
When we redirect our focus inwards we collect, gather and process soul-nourishing information.
We feed ourselves in a meaningful way.*

Margot holds both Vinyasa Flow and Kundalini Yoga teacher certificates. She was guided by Mercedes Sieff, Shiva Rea, Guru Dharam and Darryl O'Kieffe, among others. She worked as the in house yoga instructor at BBC Worldwide in London for four years, and taught in studios there, and in Costa Rica, India and Sri Lanka. She currently lives and teaches in Nottingham Road, KZN, where she integrates meditation, pranayama, mantra and heart yoga into her practice.

www.margotmcmasteryoga.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

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.



Brookdale

HEALTHYDRO

Your Wellness Destination

Tel: 033 266 6208 Cell: 082 906 0842
 info@brookdale.co.za www.brookdale.co.za

