



Yoga Getaways @ BROOKDALE

APRIL YOGA GETAWAY... with Fiona Hayhoe-Weiland

4 NIGHTS:

SUNDAY 9TH – THURSDAY 13TH APRIL 2017

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

ADD R1150 TO YOUR STAY

*and enjoy 8 Yoga classes and an outline
of practises to take home with you.*

The Getaway starts with a 15 minute introduction
with Fiona @ 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 Thursday



*“Less is more - a yoga getaway encompassing mindful moving, mindful eating,
mindful being. The yoga practice for this week will focus on relaxation,
movement and strength in the body, through a stable spine.”*



SEPTEMBER YOGA GETAWAY... with Cara-Lisa Sham

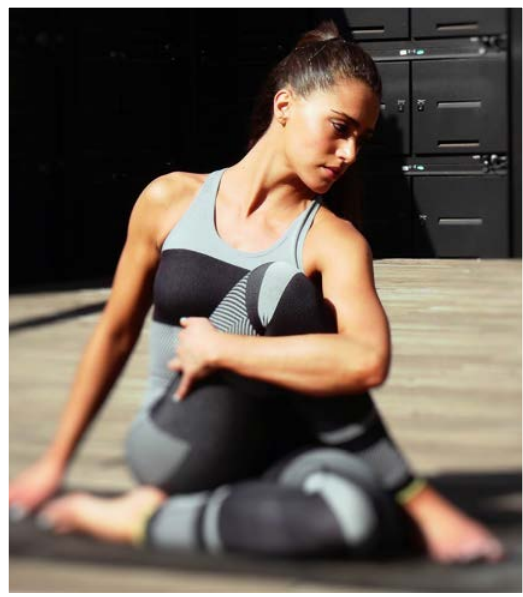
**3 NIGHTS: WEDNESDAY 20TH
– SATURDAY 23RD SEPTEMBER 2017**

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

ADD R750 TO YOUR STAY

*and enjoy 5 Yoga classes and take
home yoga sequences.*

The Getaway starts with a 30 minute introduction
with Cara @ 19h30 on day of arrival
followed by two yoga sessions on Thursday and Friday
@ 06h30 – 08h00 and 18h00 – 19h00
and one final class from 06h30 – 08h00 on Saturday



YOGA INSTRUCTOR : CARA-LISA SHAM
www.caralishious.com
Instagram: @caralishious

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

DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES

Call Misha or Jamie now to book your spot.



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