



# Yoga Getaways @ BROOKDALE

## APRIL YOGA GETAWAY... with Fiona Hayhoe-Weiland

**4 NIGHTS:**

**SUNDAY 9TH – THURSDAY 13TH APRIL 2017**

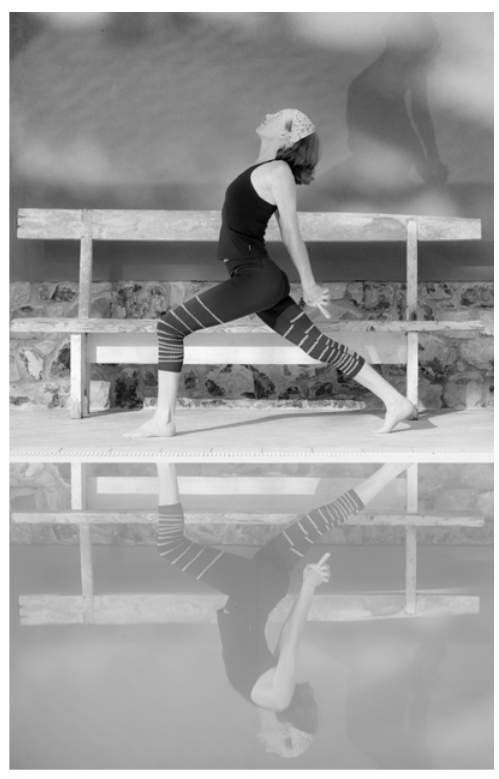
THIS GETAWAY IS APPROPRIATE FOR ALL LEVELS,  
WHETHER YOU HAVE YOGA EXPERIENCE OR NOT

**ADD R1150 TO YOUR STAY**

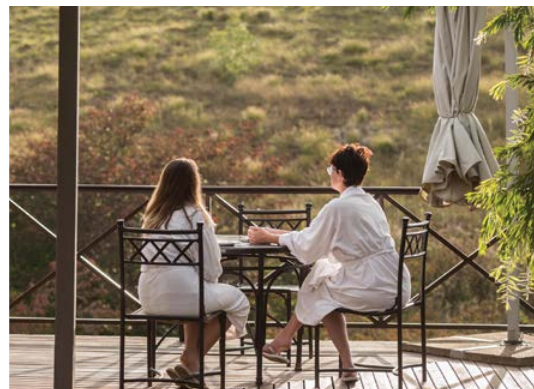
*and enjoy 8 Yoga classes and an outline  
of practises to take home with you.*

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

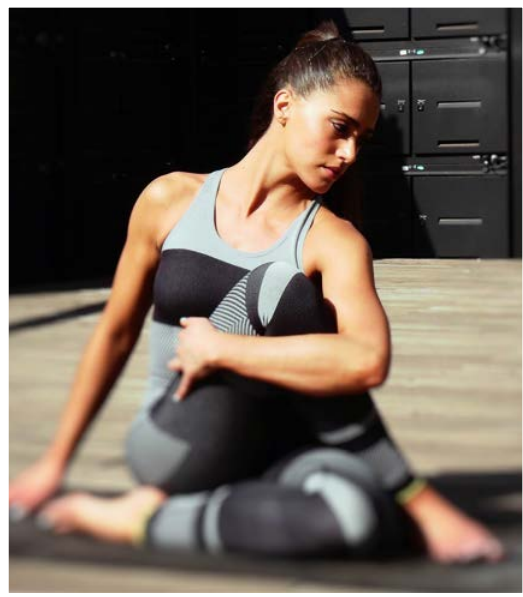
**ADD R750 TO YOUR STAY**

*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.



**Brookdale**  
HEALTHYDRO

*Your Wellness Destination*

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