



nourish your mind, body, and spirit.

Let nature, community, and therapeutic practices inspire you to step into your power with clarity and grace. This is more than a retreat—it's a homecoming to the vibrant, intuitive woman you truly are.

WHY ATTEND?

1. Opportunity to learn from three experienced practitioners
2. Each guest enjoys a one-on-one session with one of the practitioners
3. Burning ritual with a Cacao Ceremony
4. Sound healing journey
5. Delicious and nourishing whole foods
6. Three movement sessions, drawing from both yoga and pilates
7. A workshop & meditation journey on reclaiming your feminine intuition
8. Down-time to enjoy the pool, the walks and the stunning location

VENUE

Abbotts Hill Guest House, Malmesbury

“A farmhouse on a hill, surrounded by vines and views over the beautiful Swartland farmlands”



FRIDAY

12PM - 3PM

Arrive at your leisure and settle in

3PM

Welcomes & Introductions, with a gentle movement class

6.30PM

Nourishing & wholesome dinner

8.30PM

Burning ritual & Cacao Ceremony around the fire

SATURDAY

8.30AM

Breakfast with tea and coffee

9.30AM

Reclaiming your Feminine Knowing opening with a movement class

SATURDAY

12PM

Silent lunch closed with an introduction to understanding & feeding your cycle

2PM - 6.30PM

One-On-One Sessions with a sacred sharing circle to close the day
Dinner with a fireside snack & hot beverage

7.30PM

SUNDAY

7AM

Revitalizing movement class

8.30AM

Nourishing breakfast with tea & coffee

SUNDAY

10.30AM

Enjoy a peaceful sound journey

12.30PM

Final meal together

2PM

Closing ceremony

3PM

Say goodbye & travel home



Enjoy a breakdown of our pricing:

We would love to help you plan your retreat with ease.

All-inclusive: R 5,500.00

Only 7 spots available, private rooms dependent on availability. Shared rooms enjoy 15% off.

PAYMENT PLAN

Two payments with final payment due on the 5th of April
*50% due prior to retreat, with signed agreement to make the final 50% payment by the 5th of April

Please note: for payment plans, a deposit R 500 is required to secure your spot.

Connect with one of your three hosts to book your place.