

# Time to unwind, ground, rejuvenate

Wellbeing and Movement retreat at  
Babylonstoren, *Cape Town, South Africa*  
*16 - 20 February 2023*



Babylonstoren has been voted the #1 hotel in SOUTHERN AFRICA in the Conde Nast Traveller's for multiple years, it is the perfect oasis for our wellbeing retreat.

Move and be moved by the beautiful surroundings. Your retreat experience will include nourishing farm to plate food, daily movement classes, walks in nature and time to explore everything the farm has to offer. This can include bike rides, canoeing, relaxing by the pool, garden tour, workshops, wine tasting, olive tasting, or indulge in one of the heavenly spa experiences.

Our exclusive spa area includes a salt water swimming pool, jacuzzi, salt room and a sauna.

## Included in your retreat

Daily Pilates / Yoga / Myofascial Release

Conscious Breathwork workshop

Accommodation

Brunch and Dinner

All farm activities (including mountain drive, guided garden tour and farm walk, cycling, canoeing, cellar tour, wine & olive tasting)

Personal mini bar

## What's not included

Flights and airport transfers

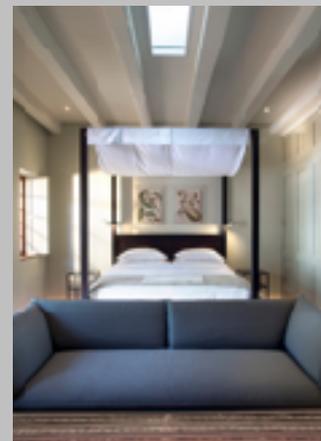
Travel insurance

Spa treatments

## Cost per person (GBP)

One bedroom suite  
(shared twin room) £2300

One bedroom suite  
(Single room) £2950



## How to book

For more information or to book your place please email [anneke@movementintellect.com](mailto:anneke@movementintellect.com).

A £500 non refundable deposit is required to book your place.

Full payment due by 8th December 2022.

**Your Teachers share a passion for movement and a holistic approach to wellbeing.**

### Anneke Kruger

Anneke's approach to teaching is one with functionality at heart, her classes are energetic and aim to build strength through flowing functional movement. She is a comprehensive Pilates teacher, Yoga teacher and a Slings Myofascial Training Practitioner. She believes holistic wellbeing is looking after body and mind and her classes encourages physical wellness, mental presence and emotional awareness .



### Guest Teachers include

#### Dominique Beaumont

Dominique's approach to teaching Pilates is one with mobility at heart, to enable her clients to build strength on top of function for the most efficient use of their bodies. As a practitioner of yoga and meditation she brings this influence into her mindful movement classes.

#### Mike Viljoen

Discover the powerful rebalancing and cleansing effects of conscious breath with Mike. He believes we can achieve "wholeness" of mind, body and spirit through our own healing breath. Mike is an experienced Breathwork Practitioner.