

Cederberg Ridge

SIMBAVATI
LODGE COLLECTION

Cederberg Wellness Weekend

Thursday 28th - Sunday 31st July 2022

BREATHE • FEEL • CONNECT • REFLECT • REST • REPEAT

DISCONNECT from a busy life to **RECONNECT** with yourself

Give yourself the gift of a restorative wellness weekend in the rugged mountains of the Cederberg, just 2.5 hours' drive from Cape Town. We've got sunshine to share in one of the world's most spectacular natural habitats where water flows pure and the air is clean. We've set aside some time for you for a natural (and decadent) reset.

We've brought together three powerful women to lead this wellness weekend, guiding you through yoga, meditation and natural healing.



MEDITATION

Perfectly suited to beginners and experienced meditators

Ilze Schlebusch is a practitioner in the Max Meditation System, which uses the full spectrum of meditation techniques for a fully revitalizing experience. This will truly teach you how to meditate. It is based on a fusion of ancient techniques of Yoga and mind acrobatics, mixed with modern techniques of psychology and Neuro-linguistic programming (NLP).

The Max Meditation System is based on the 5 components of meditation:

• Relaxation • Passive Meditation • Active Meditation • Guided Visualisation • Soothing Down

YOGA

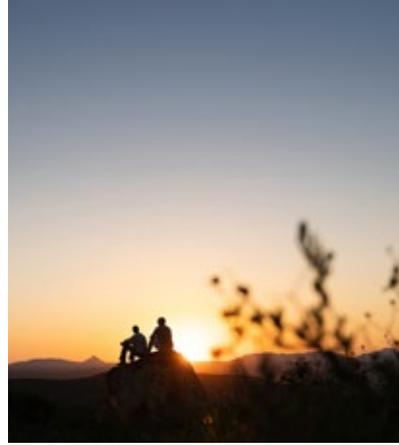
Yogi, Lydia van der Westhuizen, will be leading the daily yoga sessions.

Yoga's incorporation of meditation and breathing can help improve your mental well-being. A regular practise promotes mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centres attention, and sharpens concentration. It improves strength, flexibility, coordination and range of motion. Yoga has been proven to enhance cardiovascular health, and benefits the respiratory and nervous systems. It also aids sleep and digestion.



Tracy du Plessis has been working with a variety of healing modalities since 2009. Her philosophy of health is that of minimalist intervention and she regards herself as a facilitator to your process rather than using the word "healer". Healing, after all, is the responsibility of the individual.

Tracy is qualified in a number of biofeedback modalities, including Touch for Health, Specialised Kinesiology (Neurotraining), Neuro-organisational Technique and the Stress Indicator Points System.



The Flow of the Weekend

THURSDAY 28 JULY 2022

- 17:00 ~ Sunset Yoga
- ~ Dinner at your leisure (health/vegan and vegetarian choices available)

FRIDAY 29 JULY 2022

- 7:30 ~ Sunrise Yoga
- 8:30 ~ Introduction to meditation with Ilze
- ~ Breakfast at your leisure
- 11:00 ~ Plant walk with Tracy du Plessis
- ~ Lunch and the rest of the afternoon at your leisure, perhaps we could interest you in a spa treatment?
- 17:00 ~ Sunset Yoga
- ~ Dinner at your leisure (health/vegan and vegetarian choices available)

Plants are keepers of ancient wisdom and stories. The more we learn about a plant - whether studying its phytochemistry, the environment it prefers, its growth habits, its stories and traditions, proven uses (medicinal or otherwise), its appearance and colour, its taste and the experience of ingesting it - the more we start to understand its profound teachings.

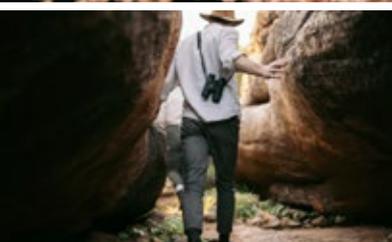
SATURDAY 30 JULY 2022

- 7:30 ~ Sunrise Yoga
- 8:30 ~ Guided meditation with Ilze
- ~ Breakfast at your leisure
- 11:00 ~ Wellness autonomy workshop with Tracy
- ~ Lunch, followed by a Guided Walk
- 17:00 ~ Sunset Yoga
- ~ Dinner with health/vegan and vegetarian choices

"Living on a farm, equipped with self-help techniques from kinesiology and a working knowledge of plant medicine and general nutrition, we can honestly report that our family almost never visits a doctor. While we are not qualified or permitted to dispense medical advice or put you off your prescribed regimen, we do have a range of techniques and information that are helpful for gaining a certain amount of personal autonomy, both in the maintenance of health, immunity and wellness and in dealing naturally with common health complaints."
 - Tracy du Plessis

SUNDAY 31 JULY 2022

- 7:30 ~ Sunrise Yoga
- 8:30 ~ Guided meditation with Ilze
- ~ Breakfast at your leisure before checking out



YOUR INVESTMENT

Rate

- Classic Room – R2,400 per person per night sharing
- Suite – R2,850 per person per night sharing

Inclusions & Exclusions

- Includes** accommodation, breakfast, lunch & dinner, and the activities listed
- Excludes** beverages, spa treatments, transfers, curios, and other items of a personal nature

- ~ Single supplement 33% of per person sharing rate
- ~ Add a third or fourth night for R1,600 per person per night sharing (dinner, bed & breakfast included)

Reservations

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