

# Body+Soul Healing Retreat

3-DAY LUXURY  
HEALING RETREAT

10 - 12 JUNE, 2022

**Find inner calm and tranquility with this luxurious weekend retreat at De Kloof Luxury Estate, Swellendam. Immerse yourself in nature, release tension and restore inner calm. Join us for this weekend healing retreat 10 - 12 June, 2022**

This Body+Soul Healing Retreat is especially curated for you to step out of the busy-ness of your life to experience the restorative power of connection and self-care.

Kundalini Yoga, Gong Sound Healing, Tremor Therapy (TRE), breathwork, meditation classes as well as spa treatments are the features of this 3-day healing retreat.

The weekend programme is designed to help you release tension & trauma while connecting with your inner wisdom for greater joy, connection and wellbeing. This is the time to prioritise your self-care while nourishing your body and soul. With only eight garden suites available this retreat is guaranteed to be a private restoring experience.





# Healing in the Countryside

**During your retreat you can indulge in daily mindfulness, yoga, mantra, silence and nature. Explore and practice different meditation and breath techniques. Experience the deep healing practice of Tension & Trauma Releasing Exercises and Kundalini Yoga alongside Gong Sound Healing.**

## The Venue



De Kloof Luxury Estate is a spacious country heritage estate in Swellendam, Western Cape. Bordering Marloth Nature Reserve, De Kloof boasts panoramic mountain views. Set within expansive gardens, De Kloof has everything needed for a luxurious healing escape including a spa, koi pond, woodfired hot tub and a large outdoor swimming pool.

Accommodation includes eight luxury garden suites, guaranteeing an exclusive and private healing retreat. All suites, divided over several outbuildings, are spacious, offering modern designer decor, stunning bathrooms, free WiFi, air conditioning, a Nespresso machine and all expected 5-star facilities. Three suites are available for sharing should you wish to attend with a friend.

The head chef at hotel restaurant, 18ZeroOne will keep you well fed and hydrated with a range of healthy, nutritious meals using local sourced ingredients. Superfood juices and smoothies are served during the retreat and participants can choose from a fish, vegetarian, vegan or meat menu.





# The Programme

## What is included in this Healing Retreat?

- Two nights 5-star accommodation plus meals
- Daily Kundalini Yoga
- A Gong Relaxation Sound Journey
- A Trauma Release Session (TRE)
- A Cocoa Ceremony
- Learn how to stimulate your Vagus Nerve
- Practice a range of breathing techniques
- Guided Meditation
- Receive a Wellbeing Workbook
- Enjoy a 30-minute Stress Away back neck and shoulder massage at San Souci Spa (worth R495)
- Ample down time to book additional spa treatments, enjoy the vast gardens or relax in your private suite
- Nutritious 3-course dinner (Fri & Sat)
- Fresh and cooked breakfast (Sat & Sun)
- A light nutritious lunch (Sat)
- Detox juices, water, tea and coffee



## Investment

This all-inclusive, luxury healing retreat is offered to you at a discounted launch price of R6,990 per person in a private suite. R5,990 per person sharing.

Spaces are limited with just eight suites available. Three suites offer sharing (first come, first serve). All accommodation includes an en-suite bathroom, a Nespresso machine, free Wifi, porter service and a car wash before departure.

## Optional Extras

Pre-book additional spa treatments  
Pre-book Reflexology treatments  
Order local wines, craft gins and mocktails

[View Spa Treatment Menu](#)

Make an Enquiry and  
Receive Full Retreat Programme

# Treatments & Therapies



## Kundalini Yoga

Kundalini Yoga is for everyone who wants to maximise their healing, increase their vitality and strengthen their resilience, immunity and nervous and glandular systems. Kundalini Yoga is a form of yoga that involves chanting, breathwork, and physical movement. It is designed to activate your kundalini energy for increased wellbeing, vitality and inner calm.

## Tremor Therapy (TRE®)

Trauma and Tension Releasing Exercises (TRE®) safely activates a natural reflex mechanism of shaking or vibrating in the body. This therapeutic tremoring helps the body release deep muscular patterns of stress, tension and trauma that are held in the body. This naturally restores and rebalances your nervous system, leaving you feeling at peace.



## Spa Treatments

Sans Souci Spa offers a tranquil healing space. It has professional therapists who work with award winning anti-ageing, collagen enhanced products TheraVine™ and TheraNaka™. The extensive menu offers a range of body, wellness, facial, hand and foot treatments to help you dissolve stress and tension.

## Reflexology

Reflexology is the application of pressure to areas on the feet (or the hands). Several studies indicate that reflexology may reduce pain, stress and anxiety while enhancing relaxation and sleep. Book a private reflexology session during your retreat and experience the healing power of reflexology.



# Meet your Facilitators

## Susan Rossetto



Savitri Jiwan Kaur (Susan Rossetto) is an experienced Kundalini Yoga Teacher who specialises in using sound and sacred mantra to promote healing, spiritual connection and self awareness. Susan helps people remove blocks in their life and navigate life's challenges. Susan will facilitate Kundalini Yoga, Sound Gong Healing, meditation and breathwork sessions.

## Charisse Fourie



Charisse is an internationally certified TRE® Provider and Wellbeing Coach who specialises in helping people restore and rebalance their nervous systems for greater health, wellbeing and resilience. Charisse will facilitate group TRE® Sessions as well as host classes on nervous system health, vagus nerve stimulation and somatic mindfulness.

## Retreat Details

Bookings are open for this luxurious Body & Soul Healing Retreat.

Spaces are limited, book early to avoid disappointment.

Email [info@dekloof.co.za](mailto:info@dekloof.co.za) to make an enquiry or receive full retreat programme.

WHEN: 10 - 12 June, 2022  
CHECK-IN: 3pm Friday  
CHECK-OUT: 11am Sunday  
WHERE: De Kloof Luxury Estate, Swellendam  
COST: R6,990 per person in a private suite  
R5,990 per person sharing

**BOOK  
NOW**

[www.dekloof.co.za](http://www.dekloof.co.za)