

# YOGAROMA RETREAT

3-DAY RETREAT

08<sup>th</sup> – 10<sup>th</sup> April 2022

Find inner calm and tranquillity with this luxurious Yogaroma weekend retreat at the De Kloof Luxury Estate, Swellendam. Immerse yourself in nature, enjoy relaxing yoga, unwind and pamper yourself, create face & body creams and experience the creativity of carrier oils and aromatic essential oils.

This Yogaroma 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, Aromatherapy, breathwork, meditation, cacao ceremony as well as spa treatments are the features of this 3-day pamper retreat.

This is the time to prioritise your self-care while nourishing your mind, body and soul. With only eight garden suites available this retreat is guaranteed to be a 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 Kundalini Yoga alongside Gong Sound Healing, blend your own face and body creams and experience the creativity of carrier oils and aromatic essential oils. You will be given a firm foundation into the theories and benefits of using aromatherapy to rebalance your life.

## 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 including meals
- A full body African-infused massage
- Kundalini Yoga
- A Gong relaxation sound journey
- A Cream blending workshop
- 30 minute reflexology treatment
- Aromatherapy tips
- Cacao ceremony
- Breathwork and meditation
- Nutritious 3-course dinner (Fri & Sat)
- Fresh daily breakfast
- A light lunch (Saturday)
- Detox juices, tea, coffee & water
- Ample time to book additional spa treatments and enjoy the vast garden areas.



## Investment

This all-inclusive, luxury retreat is offered to you first come first served basis at a price of R6,550 per person single suit. Please enquire for price for 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

For enquiries and booking please contact us  
Contact Number: 028 514 1303  
Email: [info@dekloof.co.za](mailto:info@dekloof.co.za)

# Treatments & Therapies



## Kundalini Yoga

Kundalini Yoga is suitable for everyone of all levels 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.

## Aromatherapy

Aromatherapy aims to improve psychological and physical well-being through the use of aromatic materials such as essential oils and other scent compounds. Aromatherapy has a number of advantages, including reducing stress, anxiety, and sadness. As well as relaxation emotions will be boosted and you will sleep better.



## 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**



Susan Rossetto (Savitri Jiwan Kaur) is an internationally certified and 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.

**Michell Parker**



Michell has an international diploma in Aromatherapy and Reflexology and over 30 years of experience in the field. She has lectured aromatherapy and is registered with the Allied Health Professions Council of South Africa. Michell incorporates her knowledge of aromatherapy into making her own creams, which will be shared with you over the weekend of the retreat.

## Retreat Details

Bookings are open for this luxurious Yogaroma Retreat. Spaces are limited, book early to avoid disappointment. Email [info@dekloof.co.za](mailto:info@dekloof.co.za) to make an enquiry and book.

**WHEN:** 08<sup>th</sup> – 10<sup>th</sup> April 2022  
**WHERE:** De Kloof Luxury Estate, Swellendam  
**CHECK-IN:** 14:00 Friday  
**CHECK-OUT:** 12:00 Sunday  
**COST:** R6550 per person

For bookings and queries, email [info@dekloof.co.za](mailto:info@dekloof.co.za) or call 028 514 1303