



20<sup>th</sup>-23<sup>rd</sup>  
JULY

Refresh &  
Restore

Accommodation Included



## 3 nights 4 days Retreat

This retreat offers a comprehensive introduction to the philosophy and practice of yoga.

The Cape Saint Francis resort team are ready to welcome you and treat you to explore this unique area with nature reserve's and beach walks, river cruises, birding, paddling, surfing and more.

The retreat program is designed for all ages and beginners – there are daily classes and activities, as well as time and space to spend on your own to enjoy the environment. This retreat destination location is at one of the best beaches in the world. With luxury Beach Break villa accommodation included for the three nights.

Meals are simple, light and nutritious, the retreat menu is designed to cleanse, nourish and rejuvenate your spirit as well as your body. Recipes will be made available as a part of your package. Please let us know if you have any specific dietary requirements.

This 4 day Retreat is designed to help you manage your emotions, reduce depression, and tame anxiety. The Training is built on the sciences of Yoga and Ayurveda. You'll learn how food, meditation, and the power of breath affect your emotional and mental health, and how you can use these tools to increase your energy, focus, productivity, and well-being.

R9260.00 per person single  
R8250.00 per person sharing

\* Min of 5 guests

If you have a group of more than 5 people we will gladly tailor make a package for you.

### In this course you'll learn to:

- Balance your emotions through Meditation and breathwork
- Experience mental clarity and greater peace of mind through meditation
- Focus your mind, improve self-awareness and health through yoga
- Communicate better with others and express yourself through discussions
- Deepen your understanding of your body type and a diet plan that best suits you
- Relax and energize with our personalized Spa treatments (2 treatments included)

### Facilitator

Facilitator Sacha Park through her years of work experience in holistic and commercial fields of study, has realised the value in the interconnectedness of emotions, mind, body and nature. As a Life coach, Sacha loves helping her clients see the power within themselves, assisting people to accept and embrace the awesome power they have over their own lives. Sacha will guide you in Yoga, Positive Visualisation, Breathing, Relaxation, Meditation, Self-Expression, Movement and Flow. Learning simple techniques to greatly improve your relationship with yourself, the world and your loved ones. Leading to a more satisfying professional and personal life. Most importantly you'll have fun doing it!



**Cape St Francis Retreat**  
A Holistic Health Experience

### Contact

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# Retreat Schedule

## Friday

03:00 PM – 06:00 PM	Welcome tea with light snacks, Registration and Introduction (Body analysis with qualified Health Educator included)
06:30 PM – 07:30 PM	Nutritious Dinner
08:00 PM – 08:30 PM	Relaxation Meditation
09:00 PM – 10:00 PM	Movie

## Saturday

06:00 AM	Personal time
07:30 AM	Group morning practice: asana (postures), pranayama (breathing exercises), meditation
08:30 AM	Breakfast in dining room
09:30 AM – 12:00 PM	Personal time: rest, relax at the beach, self-study/practice, healing massage and beauty treatments, private therapy sessions with herbal tea and light snacks
12:00 PM – 01:30 PM	Life coaching, philosophy and focus class
01:30 PM – 02:30 PM	Healthy and Delicious Lunch (Based on your Nutritional assessment and Body type)
03:00 PM – 05:00 PM	Nature walk and/or canal cruise
06:30 PM – 07:30 PM	Dinner in dining room
07:30 PM – 08:30 PM	Music, Fun and Healing
09:00 PM – 09:30 PM	Evening self-empowerment meditation

## Sunday

06:00 AM	Personal time
07:30 AM	Group morning practice: asana (postures), pranayama (breathing exercises), meditation
08:30 AM	Breakfast in dining room
09:30 AM – 12:00 PM	Personal time: rest, relax at the beach, self-study/practice, healing massage and beauty treatments, private therapy sessions with herbal tea and light snacks
12:00 PM – 01:30 PM	Life coaching, philosophy and focus class
01:30 PM – 02:30 PM	Healthy and Delicious Lunch (Based on your Nutritional assessment and Body type)
03:00 PM – 04:00 PM	Beach Yoga, fresh air, sunshine, fun relaxed movement and flow
04:00 PM – 05:00 PM	Positive visualization and Positive affirmations
06:00 PM – 07:30 PM	Dinner and a Healthy cooking demonstration
08:00 PM – 09:30 PM	Vision Board, creative self expression

## Monday

06:00 AM	Personal time
07:30 AM	Group morning practice: asana (postures), pranayama (breathing exercises), meditation
08:30 AM	Breakfast in dining room
09:30 AM – 11:00 PM	Personal time: rest, relax and pack
11:00 PM	Final session with feedback and take-home materials
01:00 PM	Tasty light lunch, free time and Departure

This R&R Retreat offers a sense of spaciousness in a pristine natural environment to restore vitality and bring greater clarity to mind and body. The structure of the retreat program provides the opportunity to immerse yourself in self-improvement practices and directly experience the transformation that is possible as you explore the unfolding of the true Self. The retreat schedule and guidelines are in place to support this.