

MOUNTAIN BLISS

YOGA & HIKING IN THE BERG

Are you in need of a weekend away to disconnect and reconnect with yourself? A weekend spent with like-minded women enjoying nature at her very best?

Well, I have the perfect offering for you... Join me in the majestic Drakensberg for a few days of elemental bliss. Think fresh mountain air, hikes, river swims, daily yoga, ecstatic dance, massage and more!

With a deep connection to the mountains that are constantly guiding us, supporting us and grounding us, I am super excited to be sharing this magical experience with you.

DAILY GUIDED HIKES

Enjoy daily guided hikes with different options to suite different levels. Visit the top of Montusi Mountain with picturesque views, Bushman's Cave and the beautiful Waterfall Cave where you have the option to enjoy a dip in various streams and rock pools. Hikes vary between 5-8km and usually take about 2-3 hours as we stop for tea, crunchies and swims in between.



INCLUDED IN YOUR RETREAT:

- 3 night's luxury accommodation at the beautiful Montusi Mountain Lodge with the option of a sharing or single room
- Breakfast, lunch, and dinners included
- Daily Guided Hikes exploring mountains, waterfalls, and rock pools
- Daily yoga classes including Restorative, Kundalini and Flow
- Wild swimming experiences in beautiful dams
- A Full Moon Cacao and Ecstatic Dance experience
- A 60-minute full body massage
- A Gin & Rum tasting experience
- Free time to relax, reflect and recharge

NOT INCLUDED IN YOUR RETREAT:

- Transport to and from the venue
- Additional massages
- Additional meals and drinks
- Excursions during your free time



FREE SPIRIT
Cacao

FULL MOON CACAO & ECSTATIC DANCE EXPERIENCE

We will share an evening under the magnificent Full Moon as we set intentions with the beautiful medicine of Cacao, a nourishing cup of heart opening, sacred chocolate. Through this exquisite process, we will set intentions and prayers to manifest our hearts desires for the year ahead. Surrounded by and using the elements of Earth, Air Fire and Water, we will dance our intentions into form with an Ecstatic Dance Experience around a bonfire with the beauty of Montusi's natural dam close by. An experience you won't want to miss!

Start each day with an outdoor yoga practice suited to all levels. Enjoy a variety of classes including a slow restorative practice to help ground and connect us to our beautiful surroundings, a Kundalini practice to tap into our heart space and expand our absolute joy for life and a grounding flow to find balance, stability and a sense of peace.

ALL YOGA CLASSES ARE OPTIONAL BUT ENCOURAGED.

Choose to share a beautiful Garden Suite with a friend or fellow yogi or spoil yourself with your own room enjoying incredible panoramic views of the Drakensberg Amphitheatre. Each suite contains either a King size bed or 2 single beds with an en-suite bathroom (shower and bath), a lounge with TV, Wi-Fi, a fireplace and your own private patio. Your unit also includes a tea and coffee station with a mini fridge.



SHARING PACKAGE OPTIONS:

1st TIER: R8,999 per person sharing
Paid in full by the 31st August '22

2nd TIER: R9,499 per person sharing
Paid in full by the 30th September '22

3rd TIER: R9,999 per person sharing
3 payments of R3333
Paid by 15th November '22

SINGLE PACKAGE OPTIONS:

1st TIER: R11,699 per person
Paid in full by the 31st August '22

2nd TIER: R12,349 per person
Paid in full by the 30th September '22

3rd TIER: R12,999 per person
3 payments of R4333
Paid by 15th November '22

Any participation in a scheduled Retreat may be cancelled only in writing. This can be done by sending an email to Sophia@freespiritwellness.co.za. A 50% non-refundable deposit will be required to secure your spot. In the event of cancellation by the guest, regardless of the circumstances, the following refund fees, minus the deposit, apply:

- 8 weeks before - 100% refund minus deposit
- 4-6 weeks before - 50% refund minus deposit
- 4 weeks before - no refund
- Free Spirit Wellness reserves the right in any circumstances to cancel a retreat, in which case a full refund of all monies will be paid.