



CELEBRATE WELLNESS

RESET REBALANCE RESTORE



SOUTH AFRICAN YOGA & WELLNESS RETREAT

5th – 12th November 2022

From the spectacular Cape Town coastline to the serene Cederberg Mountains, discover two of South Africa's most iconic hotels on this transformative seven-night retreat. Leave the world behind as you focus your energies on rest, purification, awareness, and integration for body and soul.

The Twelve Apostles Hotel and Spa

5th to 7th November

Bushmans Kloof Wilderness Reserve & Wellness Retreat

7th to 12th November

MEET YOUR HOSTS



Tamsin Sheehy, RYT500

Tamsin is the owner and founder of The Shala - Cape Town Yoga School (opened in 2007). She has practiced and taught yoga for over 20 years, and has studied under world-renowned teachers in South Africa, Bali, Hong Kong and Tibet. Tamsin is also the founder and head-teacher of The Shala's internationally accredited yoga teacher-training programmes, at both 200hr (foundational) and 300hr (advanced) levels. She has a special interest in yoga for physical, mental and emotional healing; where the digestive and lymphatic systems are key focus points for her classes, courses and workshops.



Thomas Sheehy, MSc, RYT500

Thomas is the co-owner of The Shala - Cape Town Yoga School and has practiced and taught yoga for 16 years. He has also studied nutritional therapy and naturopathy, completing his MSc Advanced Complementary Medicine (Research & Practice) in 2022. Thomas facilitates the Anatomy & Physiology modules on The Shala's teacher training programmes, and presents courses and workshops on human physiology, food science and digestive health.



A TRANSFORMATIONAL EXPERIENCE

Engage in a personal detox and revitalisation programme to achieve measurable results and gain a deeper understanding of your health, during an active week-long retreat. This experience is facilitated with the service and expertise of the esteemed Tamsin and Thomas Sheehy. The programme includes yoga, fitness and meditation, plus dietary re-education, nutrition talks and exquisite spa treatments featuring Tata Harper products.

This immersive and transformative experience provides guests with a more complete picture and greater control over their overall health and wellbeing. You'll leave with a greater sense of your true self, feeling rested, detoxed and rejuvenated, while having learned exciting new and easily integrated ways to manage the stresses and strains of daily life.

GUESTS WILL

Reset and restore physical, mental, emotional and spiritual health and wellbeing

Partake in daily yoga classes, with guided meditations and breath practices

Experience guided meditation in sacred sites, beside 10,000-year-old rock art

Eat delicious, plant-based meals featuring fresh, nourishing, local, seasonal and organic ingredients

Unwind in our award-winning spas, enjoying treatments with Tata Harper products to pamper, revitalise and reinvigorate the body, mind and soul

Learn healthy living practices with daily nutrition and lifestyle theory discussions

Develop a range of simple and effective health practices, which can be taken home and easily incorporated into daily life

Experience a range of natural therapies and healthy nutritional practices, to live fulfilling and enriched lives





WELLNESS GOALS

RESET, REBALANCE AND RECONNECT WITH THE BODY, MIND, HEART AND SPIRIT. THE PROGRAMME WILL INCLUDE FOUR HOLISTIC DISCIPLINES TO ACHIEVE AN OPTIMAL LEVEL OF PHYSICAL, MENTAL AND EMOTIONAL HEALTH AND WELLBEING.

Diet and Nutrition

- Enjoy a vibrant and abundant wholefood, plant-based diet consisting of organic and locally sourced produce
- Sample a combination of cooked and raw foods to balance optimal flavours and digestive health
- Experience food as medicine, with an alkalizing and antioxidant menu, designed for improved gut health, immune function and vitality
- Develop a positive and long-lasting relationship with our bodies and the foods we eat

Yoga and Physical Activities (daily yoga classes and hikes)

Exercise is a powerful antidepressant and boosts circulation in the cardiovascular and lymphatic systems. Exercise comes with many health benefits with little to no negative side effects.

- Build strength, mobility and flexibility
- Improve body posture to alleviate physical, mental and emotional tension
- Relieve common ailments of contemporary living, including lower back pain, tight hips, and stiff neck and shoulders
- Boost circulation in the cardiovascular and lymphatic systems
- Improve sleep, mood, weight management, muscle tone and hormonal function
- Calm the mind and improve cognitive skills

Mindfulness and Meditation (wilderness meditations)

Mindfulness practices improve our state of mind, helping us to feel empowered and in greater control of our daily lives. This discipline will help to improve our relationship with ourselves and others.

- Experience a range of meditation techniques and breathing practices including seated, lying down and walking meditations
- Develop and sustain a calm and focused mind
- Cultivate good sleeping patterns

Spiritual Connection (rock art, heritage and the fire ritual)

Experience the uninhibited magnificence of the Cederberg mountain region

Immerse yourself in pristine landscapes and unfiltered natural beauty

Get in touch with nature to increase connection to yourself and your true essence

Visit ancient San rock art and sacred spiritual sites, guided by a dedicated rock art curator

Explore gratitude practices whilst immersed in the outdoors

Finish with a guided fire ritual to consolidate your transformational personal experience



YOUR WELLNESS EXPERIENCE

THE TWELVE APOSTLES HOTEL AND SPA

Airport transfer (for one or two guests) from Cape Town International Airport to The Twelve Apostles Hotel and Spa in a luxury sedan

Two-night stay at The Twelve Apostles Hotel and Spa, including breakfast daily

Three-course Journey Through The Cape dinner (or lunch) per person once during your stay in the Azure Restaurant

Signature Sushi Experience dinner (or lunch) per person once during your stay in the Café Grill

30-minute private use of our Heated Flotation Tank per person at The Spa at The Twelve Apostles once during your stay

60-minute Tata Harper Facial per person at The Spa at The Twelve Apostles once during your stay

Daily morning yoga practice

Introductory health discussions and roadmap for the main retreat



A GLIMPSE OF YOUR DAY

THE TWELVE APOSTLES HOTEL AND SPA

Morning yoga

Take part in a 90-minute yoga practice to restore and revive the body and mind. Meet Tamsin and Thomas your retreat hosts to lay the framework for the week ahead and help with any personal questions or concerns.

Breakfast

Enjoy breakfast al fresco on the ocean-facing terrace of Azure Restaurant. Overlooking the Atlantic Ocean and the stunning Twelve Apostles mountain range, Executive Chef Christo Pretorius' talented team serves an extensive selection of breakfast dishes made with locally sourced produce.

Free time

Make the most of your surroundings with a journey to the top of Table Mountain, explore the local area with a visit to the beach in Camps Bay, or enjoy the breathtaking vistas as you explore some of the Cape Peninsula's most impressive sights.

Group physical activity

Head out onto the trails of the Twelve Apostles mountain range, with access to this magnificent mountain kingdom available directly from the hotel gardens.

Spa treatment

Relieve your jetlag and centre yourself with a 60-minute Tata Harper Facial at The Spa at The Twelve Apostles once during your stay.

Journey Through the Cape

This three-course dégustation menu offers an unforgettable gourmet adventure. Available at both lunch and dinner, the 'Journey through the Cape' menu offers a memorable food discovery of the flavours, produce, and culinary heritage of the Western Cape and its varied landscape of oceans and mountains.

YOUR WELLNESS EXPERIENCE

BUSHMANS KLOOF WILDERNESS RESERVE & WELLNESS RETREAT

Luxury transfer from The Twelve Apostles Hotel and Spa to Bushmans Kloof Wilderness Reserve & Wellness Retreat

Digital detox program with daily morning and evening yoga practices and a comprehensive health and wellness programme

Five-night stay at Bushmans Kloof Wilderness Reserve & Wellness Retreat, inclusive of meals

45-minute talk and 15-minute Q&A by Jordan Stevenson, Global Spa Manager at Tata Harper Skincare with welcome cocktail or mocktail

Crystal Steam Rasul Experience at The Spa at Bushmans Kloof once during your stay (per person)

A choice of the 90-minute Tata Harper Organic Honey Cocoon Ritual OR the 90-minute Tata Harper Organic Body Massage once during your stay (per person)

Luxury transfer from Bushmans Kloof Wilderness & Wellness Retreat to Cape Town (CBD or Cape Town International Airport)

A variety of enriching and exhilarating lodge activities at Bushmans Kloof including: nature drives, guided rock art excursions, botanical walks, canoeing, archery, fly fishing, hiking, swimming, special interest presentations (birding, entomology, social responsibilities and rock art) or merely relaxing. WI-FI throughout the lodge and welcome drink on arrival.





A GLIMPSE OF YOUR DAY

BUSHMANS KLOOF WILDERNESS RESERVE & WELLNESS RETREAT

Morning yoga

Early morning is an ideal time to practice yoga as the mind is quieter and the body more receptive. Simple yet strong practices will leave you feeling invigorated and ready for the day ahead. Arrive at the yoga venue (from 6.45am) for a hot water infusion of fresh lemon, mint, and ginger before taking part in a 75-minute morning yoga practice and guided meditation to awaken and enliven your body and mind for the day ahead.

Brunch followed by free time

You'll have the opportunity to experience individual spa treatment and engage in individual health consultations with Thomas.

Afternoon snacks and theoretical discussion

Enjoy light snacks and refreshments such as a healthy adaptation of traditional high tea and join a 90-minute facilitator-led health and wellness discussion (see Discussion/Education Topics).

Group physical activity

Take part in a group activity such as a tour of the food garden, a visit to the rock art sites or a hike. This will be followed by free time.

Early evening yoga

Take part in a 90-minute restorative yoga practice including pranayama (breath practice) and nidra (guided meditation).

Dinner

The menu will be predominantly plant based.



JORDAN STEVENSON

Jordan Stevenson is Tata Harper's Global Spa Manager. With over a decade of experience in luxury hospitality, Jordan brings a strong passion for health and beauty to all of her accounts and clients. She uses her experienced background in training diverse teams and developing advanced protocols to deliver an elite spa experience with the utmost attention to detail.

Jordan will be presenting a 45-minute talk and a 15-minute Q&A on Tata Harper's skincare range on the first night at Bushmans Kloof Wilderness Reserve & Wellness Retreat. Guests will be welcomed with a complimentary mocktail or cocktail.



DISCUSSION/EDUCATION TOPICS

What's going on?

Vertical disease: identify and address the root causes of daily symptoms including fatigue, brain fog, headaches, low energy, digestive disorders, insomnia, anxiety, depression and more The four pillars of health: dietary modification, physical activity, stress reduction, and the avoidance of chemical toxicity

Diet and Nutrition

Review a range of popular diets, explore our options, and develop a personal roadmap to guide our daily food and lifestyle choices Learn to love the foods we eat and make the best choices from the options we have each day

Yoga and Physical Activity

Discuss ways to implement positive daily rituals and practical self-care methods to support our physical and mental health Create internal balance and homeostasis of our internal organs for systemic health and wellbeing Explore yoga for digestive health

Spiritual

Explore the emotional connection to our diet and our health, including social and cultural influences. Learn to develop personal intuition and awareness of the effects that our daily choices have on our physical, mental and emotional wellbeing



BEGIN YOUR WELLNESS JOURNEY

Prices start from:

£835 per person per night for solo travellers

£500 per person per night based on two sharing
(Flights not included)

For your information:

reservations@bushmanskloof.co.za

+27 (0) 87 743 2399

12apostleshotel.com | bushmanskloof.co.za

