



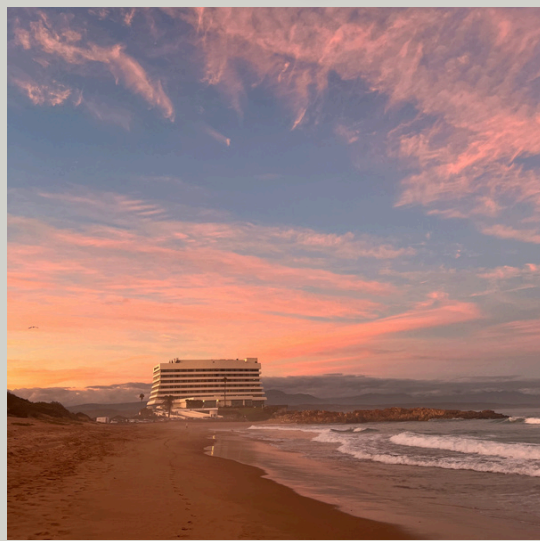
Nature Nurture RETREAT

ENDLESS SUMMER VILLA
PLETTENBERG BAY

12 - 15 SEPTEMBER 2024



Plettenberg Bay



Situated in one of the most picturesque shores of the Western Cape, you will find Plettenberg Bay, nicknamed “Plett” by South Africans. Its scenic mountain and ocean views are part of South Africa’s Garden route. Plett is surrounded by the soothing Indian Ocean with the most amazing sights, sounds and activities to suit all individuals.

Plett is home to wildlife sanctuaries, game reserves, whale and dolphin watching, birding, canoeing and kayaking, sailing ... and so much more. Situated between the hills covered with indigenous Fynbos and the Bitou River is the tranquil and rural village of Wittedrift, a bird and nature lover’s paradise.

Whilst Plett is a host to many beautiful natural sights, there are plenty of restaurants, coffee shops and more for tourists to explore when they visit this amazing little town. There is always something to see and do in Plett.



The Venue



Endless Summer Villa is a gorgeous luxurious space with spectacular panoramic views stretching across the ocean. Perfectly designed to host an intimate gathering and to maximise the gorgeous views. The open plan living areas flow out to the patio where views of Robberg Peninsula and the iconic Beacon Island hotel can be admired while lounging by the pool.

This villa is exquisite with top end finishes and perfectly located with just a short stroll through the garden gate and onto the beach. Accommodation is spread through 8 bedrooms which accommodate up to 16 participants sharing. It has two levels, with spectacular views in each room.

Robberg Peninsula and the iconic Beacon Island hotel can be admired while lounging by the pool, alfresco dining in the evening watching the sky turn shades of pink across the ocean.

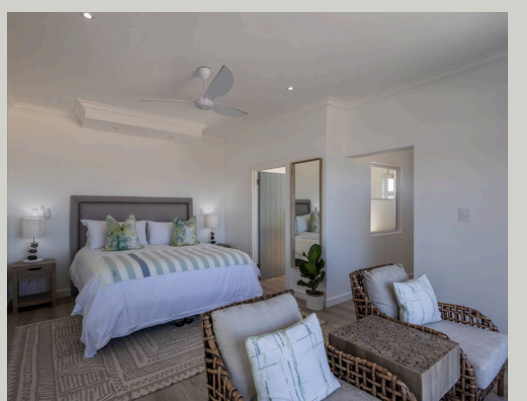
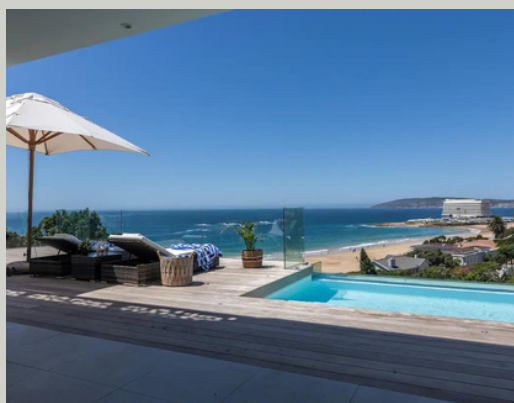
Our Yoga, Breathwork & Meditation sessions will be held on the patio, beach and at the stunning "The Space Between" studio.



Rates

	Facilities	Rate
Twin sharing per person	En-suite bathroom	R7,960.00
Single room	En-suite bathroom	R9,460.00

Each bedroom is modern and tastefully decorated, with four bedrooms downstairs including the large master suite. Three bedrooms are upstairs together with a kitchenette and a second lounge which leads onto an entertainment braai area with large folding windows inviting the view in.



Details

INCLUDES:

- 3 x morning Hatha Flow yoga session
- 1 x Candlelit Yin & Poetry yoga session
- 1 x Transformational Breathwork Journey
- 1 x Ariel Yin yoga session @ The Space Between studio
- Return transfers from George airport and around Plett
- 2 x group dinners
- 3 x group breakfasts
- 1 x group picnic lunch
- 3 nights accommodation in a luxury villa

EXCLUDES:

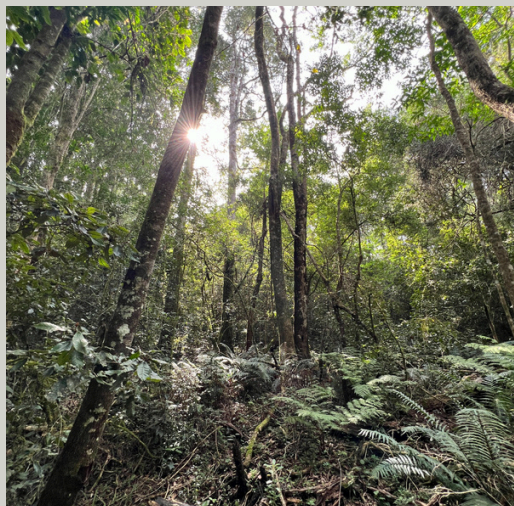
- Flights from Johannesburg to George
- 1 x group dinner @ local restaurant
- 1 x group lunch @ local restaurant
- 1 x group breakfast @ local restaurant

BOOKING POLICY:

- 50% non-refundable deposit secures your spot
- 25% payment due by end July
- 25% payment due by end August

CANCELLATION POLICY:

- Cancelling within 1 month of departure = 50% refund
- Cancelling within 7 days of departure = no refund



Travel Info

SUGGESTED FLIGHTS:

FLY SAFAIR

Thursday, 12th September 2024 (Arrival)
O.R. Tambo International (ORT) @ 11:00am (FA220)

Sunday, 15th September 2024 (Departure)
GEORGE AIRPORT (GRJ) @ 15:10PM (FA651)

AIR LINK

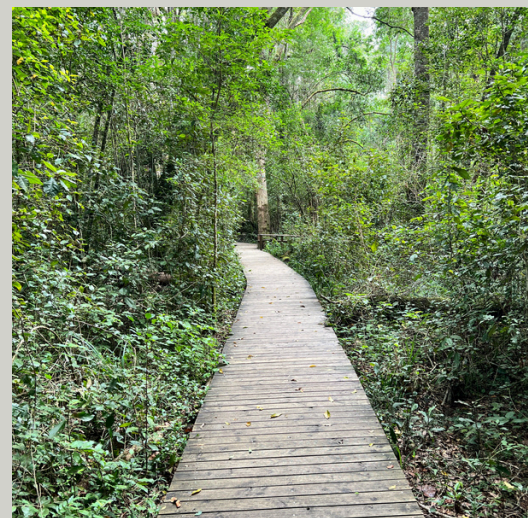
Thursday, 12th September 2024 (Arrival)
O.R. Tambo International (ORT) @ 11:45am

Sunday, 15th September 2024 (Departure)
George Airport (GRJ) @ 14:20pm

TRANSFERS

Collection by minibus will be between 14:30pm – 15:30pm from George Airport to Plettenberg Bay on the day of your arrival.

Transfer by minibus will be at around 11:00am from Plettenberg Bay to George airport on the day of your departure.



Meet your Facilitators



NATALIE ZEID



Natalie is a zealous love of life, yoga and adventure who has come to understand that life is about uncovering your passions, finding your flow and following your dreams. She weaves together all facets to create unique yoga classes filled with breath inspired movement and purposeful intention to help students reach their full potential on and off the mat. Her greatest passion is authentically connecting with others and guiding her students with a sense of mindfulness, positivity and deep compassion.

Natalie is a 500hr+ registered Hatha and Yin Yoga teacher, 300hr Yoga Therapist trained by Ma'Akash and an Advanced Breathwork Practitioner and trainer. She is the founder of TRUST and believes that: "When you heal yourself, you heal the collective"



MA'AKASH

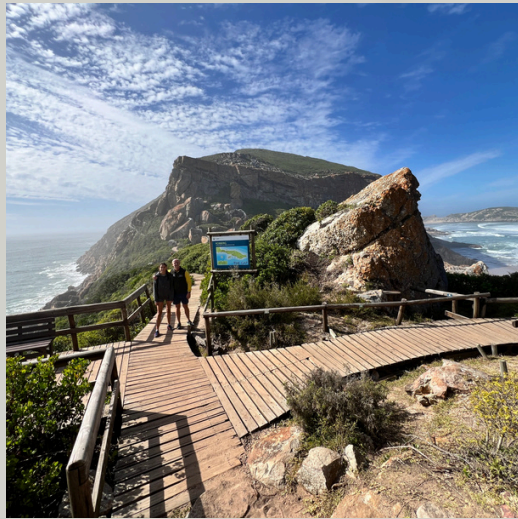


Shakti Yoga
TEACHING ACADEMY & THERAPY CENTRE

Ma'Akash is a Yoga teacher, therapist and the studio director of Shakti Yoga Therapy Centre and Yoga Alliance Africa. With over 15 years of experience in this field, she blends her wide international influences and extensive training in India, to provide a compassionate and therapeutic approach to Yoga.

Also holding a MA in Psychology, she uses her in depth knowledge of yogic techniques to support emotional health and treat stress-related conditions, making use of the many physiological and psychological benefits of Hatha, Yin and Restorative Yoga. As a teacher, she creates a relaxed and inclusive atmosphere that makes joining her retreats and workshops a favourite amongst South African yogis and beyond.

Bookings



**TO BOOK YOUR SPOT
PLEASE CLICK ON THE LINK BELOW AND COMPLETE THE FORM:**

**NATURE NURTURE RETREAT
12 - 15 SEPTEMBER 2024**

If you have any additional questions, you can contact Natalie on:

Email

info@trustyoga.co.za

WhatsApp

+27 82 523 2676

