



Reboot & Rejuvenate Wellness Retreats

Programme Itinerary and Retreat Activities

(November 2024, February 2025 & March 2025)

Package Option 1: 4-days/3-nights @ R7 345/person (single or shared accommodation)	
Thursday	From 2 pm: Arrive and check-in. Downtime. 6.30 pm: Dinner
Friday	7 am: Guided Nature Walk 8 am: Breakfast 10 am: Coaching Workshop 1 pm: Lunch & Downtime 6.30 pm: Dinner
Saturday	8 am: Breakfast 9.00 am: Healthy Lifestyle Tips 12.30 pm: Lunch 2.00 pm: Art Reflections 6.30 pm: Dinner
Sunday	7 am: Mindfulness Walk 8 am: Breakfast & Downtime 1 pm: Lunch 2.30 pm: Spiritual Symbolism of Trees & Wrap-Up 3.30 pm: Departure

Package Option 2: 3-days/2-nights @ R5 975/person (single or shared accommodation)	
Friday	From 2 pm: Arrive and check-in. Downtime. 6.30 pm: Dinner
Saturday	8 am: Breakfast 9.00 am: Healthy Lifestyle Tips 12.30 pm: Lunch 2.00 pm: Art Reflections 6.30 pm: Dinner
Sunday	7 am: Mindfulness Walk 8 am: Breakfast 10 am: Coaching Workshop 1 pm: Lunch 2.30 pm: Spiritual Symbolism of Trees 3.30 pm: Departure



Please take note of the following:

Meals

All meals are selected from the a-la-carte menu and are freshly prepared. Alcoholic beverages are not served but you are welcome to bring your own alcohol. Meals are served in the tranquil settings of the Random Harvest Tea Garden.

- **Breakfast:** Includes a beverage and a main meal.
- **Lunch:** Includes a beverage, a main meal, and a dessert.
- **Dinner:** Includes a beverage, a main meal, and a dessert.

Additional costs such as extra beverages and meals are for your account.

Retreat Activities

Retreat activities and times may differ slightly from the programme itinerary. You will receive a full programme when you check in for your retreat.

Package Costs

The prices quoted in this programme itinerary refer to the Reboot & Rejuvenate Wellness Retreats taking place in November 2024, February 2025, and March 2025.