

CONSCIOUS COOKING AND KUNDALINI YOGA RETREAT

2-5 December 2021, Leopards Rock Bush Boutique, Bela-Bela

www.leopardsrockbushboutique.co.za

*“During periods of challenge, support yourself with self-care toolkit
Yoga intension setting, meditation, journaling, good nutrition and
relaxation”*



- Super charge your wellbeing with Kundalini Yoga
- Nature walk Meditation
- Mother earth has a way of putting her arms around
- Mindful movement
- Holistic trends
- Yoga to boost self confidence
- Meditation to help calm the monkey mind
- Take a moment and ask your body the way forward



- Want more wellbeing: Explore nourishing recipes
- Listen and connect with your body
- Start living healthy from the inside out”
- Fall back in love with cooking - nourishing dishes
- Discover the benefits of super foods
- Explore the magic of plant power



Rates includes:

- **3 nights luxury accommodation**
- All meals included
- Conscious cooking course
- Yoga, meditation and nature activities

R6600,00 double room per person sharing

R8500,00 single room per person

Bookings: salomiejek@gmail.com / 0834586968 / 0824435875