



Mountain Spirit retreat 1

**BAINS KLOOF
24TH - 26TH JUNE 2022**

**R 4,740 PP SHARING
R6,470 PP SINGLE**

*"We climb, but not because the mountain is there
But because there is great joy in climbing,
We climb, not because we want to conquer the peaks
But because we want to test our own limits,
We climb, not because ascending is easy or direct
But because it is a struggle that strengthens us."*



Hiking supports health, keeps you balanced, connects you with nature, focuses you in the moment and expands your knowledge. But hiking isn't only about exercise or fresh air, it's also about life and staying connected to wildness, the naturalness of nature that stands ready, when we are, to remind us there's a bigger picture that our worries often don't let us see.

... and if you decide on dips in the rock pools... Cold water boosts the immune system, improves circulation, deepens sleep, boosts energy levels, reduces inflammation, improves metabolic function and improves our mood!

You are invited to a nurturing retreat in the spectacular Bains Kloof, only an hour and a half from Cape Town. Take time out to reset your system, recharge and rejuvenate. This is a gentle nudge; an open invitation to embrace new awareness and habits.

The Mountain Spirit Retreat features early morning rock pool swims, yoga and meditation with a view of the mountain, and magnificent walks in nature to witness and immerse yourself in waterfalls. Meals are plant-based and promise to be delicious. Your hosts will ensure your stay is sublime and unforgettable.

Schedule

Friday 24th June:

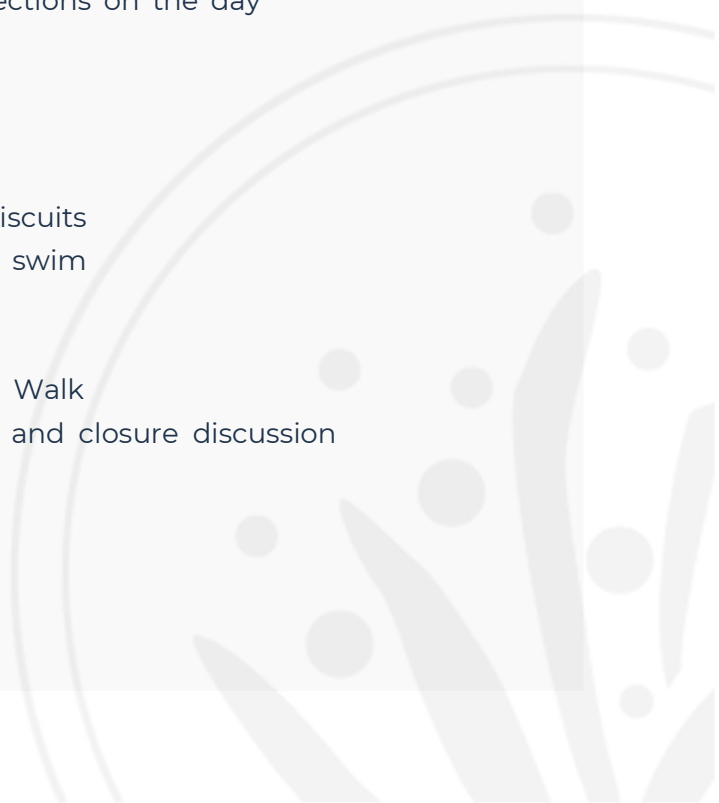
2 - 4pm:	Optional early arrival
4 - 5pm:	Welcome orientation- herbal teas
5 - 6pm:	Introduction to Mountain Spirit
6 - 7pm:	Meditation and gentle yoga
7 - 8pm:	Nutritious Dinner
8 - 9pm:	Meditation and intention setting

Saturday 25th June:

6:30am onwards:	Coffee, teas and biscuits
7am:	Optional morning swim
7:30 – 8:30am:	Yoga class
9 - 10am:	Breakfast
10am – 4pm:	Mountain hike with packed lunch. Different levels available according to fitness and skill.
4 - 6pm:	Rest / Tea time
6 - 7pm:	TRE session
7 - 8pm:	Dinner
8 - 9pm:	Meditation and reflections on the day

Sunday 26th June:

6:30am onwards:	Coffee, teas and biscuits
7am:	Optional morning swim
7:30 – 8:30am:	Yoga class
9am:	Breakfast
9:30am – 12:30pm:	Optional Mountain Walk
1 – 2pm:	Lunch, meditation and closure discussion





Your Hostess Lindy Taverner is excited to share with you her passion for the environment.

Lindy is the founder of RE Wild Food, offering nutritious and progressive food, incorporating edible seaweeds, wild plants and organic produce. We strive to be sustainable, traceable, organic and low impact. Harvesting is done fresh from our garden, and we support local artisans and suppliers whenever possible.

Yoga and meditation with Elaine Hackner



Elaine qualified as a yoga teacher at Ananda Kutir in Cape Town in 1991 and completed 3 years of remedial training. Her practise coordinates posture (asana) and breathing (pranayama) to anchor us in the present moment and nurture body and spirit. Focus is on renewal, restoration and connection - giving priority to the special needs of each individual. Through regular practice, we develop strength, flexibility and stamina. We become more in touch with deeper aspects of ourselves and better resourced to face daily challenges.



Nature Walks by Stephanie de Wit from 'She's Walking Wild'

Connecting women with nature, stepping out of comfort zones together on amazing experiences, while also making an impact to community & conservation work, and focusing on more sustainable and planet positive living.



TRE session and hiking with Ma'ayan

Trauma and Tension Release Exercises session by Ma'ayan, owner of McBains and a qualified TRE facilitator. She will also be hiking with us, leading the more advanced rock-hopping trails down the ravine.

ACCOMMODATION AT MCBAINS



Twin, double rooms and group rooms available

<https://mcbains.co.za/>



McBains is situated at the summit of the Bainskloof Pass, offering accommodation in an eclectic variety of rooms, cabins, and spaces. Fronting the Klein Sneeuberg Mountain and Witte River, McBains is blessed with stunning views and easy access to an abundance of river pools and mountain walks.



RATES

The weekend rate for 2 nights' accommodation and the full retreat program

- R 4, 740 per person sharing, R6,470 for a room on your own.
- A minimum of a 48-hour notice cancellation notice for a 50% refund.
- A minimum of 1-week cancellation notices receive a full refund.

WHAT TO BRING

- Comfortable clothes for practicing yoga
- Walking shoes
- Wind jacket
- Swimming costume
- Your book / knitting / journal
- Your yoga mat (we will also provide mats)
- Camera
- Hat