



**STEENBERG**  
HOTEL & SPA

# REST & RESET WELLNESS RETREAT

A four-day, three-night wellness retreat at Steenberg Hotel & Spa

Set in the Constantia Winelands, this guided retreat combines yoga, meditation, conscious breathwork, sound healing, nature walks, wellness workshops and restorative spa time. Thoughtfully paced across four days, it offers space to slow down, reset and return renewed.



## INCLUDES

- Three night's luxury accommodation
- Daily breakfast
- Yoga and meditation
- Breathwork and sound healing
- Guided walks
- Detoxifying massage treatment
- Wellness workshops

## RETREAT DATES



|           |                   |
|-----------|-------------------|
| April     | 20 - 23           |
| May       | 11 - 14 & 22 - 25 |
| June      | 08 - 11 & 12 - 15 |
| August    | 14 - 17 & 17 - 20 |
| September | 11 - 14 & 14 - 17 |

## BOOK YOUR EXPERIENCE

From R6 225 per person sharing, per night (Single supplement rates apply)

A limited number of day visitor guests are available - R7 900 per retreat

**Enquire on 021 713 2222 or [reservations@steenberghotel.com](mailto:reservations@steenberghotel.com)**

  @Steenbergfarm [www.steenbergfarm.com](http://www.steenbergfarm.com)

### Terms & Conditions:

- Cannot be used in conjunction with other offers • Subject to availability and changes
- Quoted in ZAR (South African Rands) and inclusive of 15% VAT • Offer inclusions are not interchangeable and non-refundable
- Full pre-payment is required within 48 hours after booking and 100% cancellation fee applies