



STEENBERG
SPA

THE ART OF WELLBEING

Pause. Move. Connect.

Join us for the launch of The Art of Wellbeing, a day to slow down and connect with yourself, nature and those around you.

Set within Steenberg's natural surroundings, explore yoga, breathwork, meditation and sound journeys, with an introduction to forest bathing. Take part in wellbeing workshops, hear from guest speakers and find your rhythm in a Conscious Dance Journey. Gather around a season harvest table for nourishing food and meaningful conversation.

Come as you are. Bring your yoga mat and make time for yourself.

Saturday, 28 November 2026 | 08h00 - 15h00 | Steenberg Spa

R1 750 per person

Limited spaces. Advance booking is essential.

RESERVE YOUR EXPERIENCE

Call 021 712 7481, WhatsApp 076 419 1593 or
email spa@steenberghotel.com