



Move.Discover.Explore.

Pilates & Wellbeing retreat at Babylonstoren,
Cape Town, South Africa
16-21 February 2020



Join us at the multi-award winning Babylonstoren for an exclusive wellbeing retreat.

Move and be moved by the beautiful surroundings. Your retreat experience will include 3 - 4 hours of daily Pilates, movement and meditation classes and fascinating workshops.

Between classes take time to enjoy energising farm walks, bike rides, canoeing on the lake or just relaxing by the pool. Alternatively attend an informative garden tour or indulge in one of the signature spa experiences.

Our exclusive spa area includes a salt water swimming pool, jacuzzi, salt room and a sauna.

Included in your retreat

3-4 hours of daily Movement & Meditation
Accommodation
Meals
All farm activities (guided garden visits & farm tour, cycling, canoeing, swimming)
Guest laundry
Personal bar

What's not included

Flights and airport transfers
Travel insurance
Spa treatments
Lunch and drinks outside meals

Cost per person (GBP)

One bedroom suite (shared twin room)	£2100
One bedroom suite (Single room)	£2600



How to book

For more information or to book your place please email anneke@movementintellect.com.
A £500 non refundable deposit is required to book your place with full payment due 10 weeks before departure.

Your Teachers

Both teachers originate from South Africa but met on a Pilates Teacher training course in London in 2009. They share a passion for movement, wellbeing and travel.

Anneke Kruger

Anneke's approach to teaching is one with functionality at heart, her classes are energetic and aim to build strength through flowing functional movement. She is a fully comprehensive Pilates teacher and a Slings Myofascial Training Practitioner. She has been practising Pilates and Yoga since 2004 and her classes are influenced by both. Anneke is also a teacher in training of iRest® Meditation, a deeply restorative and highly therapeutic practise.

Dominique Beaumont

Dominique's approach to teaching is one with mobility at heart, to enable her clients to build strength on top of function for the most efficient use of their bodies. She has trained and worked in the UK, Europe and America gaining invaluable knowledge on anatomy, biomechanics, muscular and fascial releases, kinetics and conditioning. As a practitioner of yoga and meditation she brings this influence into her classes. She is passionate about women's health and wellbeing.