

EMPHASIZING HARMONY AND WELLNESS EXPERIENCES

BALANCE WITH BUCHU

Encounter the healing essence of South Africa, with a Buchu tea ceremony and movement circle: blending ancient traditions, mindful connection, and nature-inspired wellness



SURROUNDED BY THE CALMING ENERGY OF OUR RIVER FRONT, NATURE LODGE, THIS EXPERIENCE INCLUDES :

- A gentle 30 min forest movement session done to music outdoors, rounded off with:
 - an insightful iced Buchu tea tasting and ceremony, where you will also
 - create your own dry tea sachet to take home, reminding you to:

Release tension, reset your senses and revive your soul!

BOOK NOW

Cost R600 per person Children 08-12 yrs R300 Duration 1hr 30 mins
Wear ANY Comfortable clothes and come barefoot to connect to the earth (shoes optional)
Morning Sessions 09:30-11:00 Sunset Sessions 18:00-19:30

Kindly pre-book at the Blackwaters Reception

Bookings and payment to be made by 17:00 the previous day for the sunrise session
AND by 10:00 the same day for the sunset session

Minimum of 4 people will secure the time slot | Maximum of 12 people

Your host is Lizl from Your Body Wants to Move:

1. Whatsapp your booking to cell no +27(84)208-7668
2. Kindly pay via EFT: Banking detail to be provided upon booking
3. Send proof of payment on whatsapp +27(84)208-7668

