

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 TAKES PLACE ON THE FOLLOWING DATES:

Sunrise Morning Sessions 09:30-11:00 a.m
Monday 16 December

Friday 20 December | Tuesday 31 December

Thursday 02 January | Friday 03 January

Monday 06 January | Thursday 09 January

Friday 10 January

BOOK NOW

Sunset Evening Sessions 18:00-19:30 p.m

Sunday 15 December | Wednesday 18 December

Saturday 21 December | Sunday 22 December

Monday 23 December | Thursday 26 December

Sunday 29 December | Tuesday 31 December

Wednesday 08 January

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

