



MOSAIC

LAGOON LODGE

REST & RESTORE WELLNESS RETREAT

24 – 27 May 2024 (3 nights)

R12,000 per person sharing

When was the last time you did something for yourself? Just for you.

You are invited to take a DEEP EXHALE in luxury at Mosaic Lagoon Lodge with Léane from Wholistic Wellness with Léane.

Hidden amongst a grove of ancient milkwoods, an indulgent yoga & spa retreat awaits. Dedicated to women's wellness. Discover a place where time stands still. A place for deep rest and reflection. Immerse yourself in this restorative experience, devoted to your wellbeing. 4 days, 3 nights tailored to regulate your nervous system & deepen your connection with self through daily mindfulness practices, yoga, meditation, breathwork & indulgent spa treatments.

Let's restore CALM together.

One breathe at a time.

"Everyone needs a place to retreat. A spot where the world goes quiet enough for the soul to speak"
~ Angie Weiland-Crosby

RETREAT INCLUDES:

- Destination nature retreat experience
- 4 days, 3 nights luxury accommodation in a picturesque surrounding
- High vibrational plant-based meals. Brunch & dinner daily with a selection of healthy snacks available throughout the day.
- 2 x 45min spa treatments per day
- Guided nature walk (weather permitting)
- Night drive (weather permitting)
- 5x beginner friendly yoga classes, consisting of slow and gentle morning movement & restorative yin evenings
- Guided meditation & breathwork
- Mindfulness activities
- Take home tools & practices to integrate into your life
- Space to cultivate stillness within
- Ample time for rest & reflection
- A safe & healing space for women to come together
- Small & intimate group setting (8 women only)
- Opportunity to connect with like-minded women

For bookings contact Mosaic Lagoon Lodge:

Reservations: reservations@mosaicsouthafrica.com or +27 76 313 2814