

PEZULA

NATURE RETREAT

Inspire. Reward. Spoil.

Root & Rise *Retreat*

4 Nights | 5 Days | 7-11 May | Pezula Nature Retreat

Root Deep. Rise Strong

An intimate retreat for a small circle seeking depth, clarity and meaningful transformation.
Hosted and guided by Shohreh, yoga and breathwork teacher trained in Rishikesh.

Single: R19 000 per person | Sharing: R17 600 per person

To Book: WhatsApp Shohreh | +44 07739 702358 | wellness@pezulanatureretreat.com

The Journey:

Guided by the elements of Earth, Air, Fire and Water, each day is intentionally structured to ground you, open you and help you integrate what matters.

What You'll Experience:

Movement & Breath

Daily yoga: Yin, Vinyasa, Kundalini, Restorative and Integrated Flow.
Down-regulation breathwork journey.
Meditation with live sound healing.
Spa treatment.

Connection & Creativity

Self-expression workshop (sound, movement and creativity).
Hands-on cooking experience with shared farewell dinner.

Nature & Ritual

Guided nature walk through the herbal gardens.
Welcome ceremony (all white attire).
Evening braai and fire storytelling circle.
Closing ritual and retreat journal gift.

Nourishment

All breakfasts, lunches and dinners are curated in alignment with the elemental philosophy of Root & Rise.
Herbal teas and wellness refreshments.
Mindful wine tasting.

Stay

4-night stay in a suite within the Wellness Quarter Naturehood, dedicated to wellbeing.

First four bookings to receive a
R2 000 *Spa* Voucher

Flights excluded. Airport transfers available as an add-on.

