

*Yoga
Retreat
with
Hannelize
Robinson*





Join Hannelize Robinson and the Oaklands team – Annie, Caroline, Kathy and Simon – at the beautiful Oaklands Farm Stay located in Central Drakensberg for a rejuvenating weekend of Yoga, fresh air and amazing food lovingly prepared by well-known chef Kathy Romer-Lee and her team.



Kind Words



“I recently had the very dear pleasure of getting to experience a yoga retreat facilitated by Hannelize at the magnificent Oaklands Farm. The yoga was fantastic and accessible to all levels. Hannelize’s remarkably generous spirit shines through in her teaching making her classes incredibly beautiful. From the minute you arrive at Oaklands you are met with an overwhelmingly warm and welcoming team who go over and beyond to make your experience wonderful. On top of all of this the food was sublime. I cannot wait for their next retreat” - Jenny

“I have been privileged to attend a number of yoga retreats with Hannelize. The yoga sessions accommodate beginners as well as advanced practitioners and each and every person seem to benefit, whether they seek a rigorous workout or a session to reconnect mind and body with a teacher who adapts the practice to their level of ability. I found that the classes encouraged me to shut down from day-to-day pressures and embrace the tranquil setting and beautiful scenery that Oaklands offer. Hannelize creates a gentle and caring space in her classes. The accommodation, food and energy at Oaklands make this an ideal break away opportunity. One can merely enjoy the mindful practice or indulge all your senses by taking in the serene landscape whilst enjoying the delicious, honest-to-goodness food and company that the retreat offers.” ~ Alwina



The weekend retreat programme will allow you to reconnect mind, body & soul in a magnificent setting and includes four themed Vinyasa Yoga & Meditation sessions.

In Vinyasa Yoga, each conscious movement is synchronised to a breath. The breath acting as an anchor as you move from one pose to the next.

Autumn is the season of change, cycles, transformations, transitions, and the representation of the divine feminine energy. Autumn also symbolises the balance between light and darkness, releasing and letting go of old and negative energies, adaptability, preparation, and accepting impermanence. The season of autumn symbolises the time of self-reflection. Autumn is a reminder for us to remain balanced within ourselves before winter arrives.

The Retreat will be themed around the Principles & Wisdom of Mother Nature.





ABOUT OAKLANDS FARM STAY

Oaklands is situated in the Central Drakensberg, 30km from Harrismith, near the border of KwaZulu-Natal and the Free State – approximately a 3-hour drive from Johannesburg.

Passionate about sharing their energy, their environment and the produce of this beautiful farm, the Tully family, including sisters Annie, Caroline, Kathy and brother Simon are committed to creating a collective consciousness that builds hope, security and well-being for all. Permaculture, regenerative farming and vermiculture provide the foundation of a sustainable community that welcomes guests year round.

The award-winning kitchen is run by Kathy. Hugely passionate about farm to table food, she sources most ingredients from their own garden and from farms in the region. What she doesn't have she sources locally, maintaining that a symbiotic relationship between land, people and community is the secret to a healthy and happy way of life. The result – simple, delicious, flavourful and healthy food.

“The Oaklands Whey”, which began in Caroline's home kitchen, is now made in a proper production kitchen on the farm and is sold throughout South Africa. Started from her personal desire to become more healthy using natural alternatives and her pursuit of optimal gut health, the “medicine foods” that she offers include Kombucha Vinegar, Beet Kvass, Raw Organic Krauts, as well as her infamous natural antibiotic, Fire Tonic.

Accommodation is stylish yet homely, reflecting the comfortable countryside lifestyle that the stunning location affords.

Each of the beautifully-appointed rooms at Oaklands offers guests a perfect sanctuary from which to experience the splendour of the region. Exquisite views of the Oaklands gardens, polo fields and surrounding mountains can be enjoyed from the Bruce and Clifton Rooms, while the Garden Suites offer a more private and secluded setting.

While yoga will be the focus of the weekend, there are plenty of other activities including hiking, tennis, birdwatching, swimming, learning more about regenerative farming or just simply relaxing.

For more information: www.oaklands.co.za

THE RETREAT INCLUDES:

- 2 Nights Accommodation
- All meals – Friday Dinner to Sunday Brunch (Vegan & Vegetarian meals available)
- 4 Themed Vinyasa Yoga & Meditation Sessions (Open to All Levels)
- On Saturday, experience the natural scenic beauty that surrounds Oaklands Farm Stay with a Guided Nature Walk (or optional Horseback Ride*) followed by a picnic lunch overlooking the magnificent Natal escarpment.

ADDITIONAL OFFERINGS:

- Access to the Infa-red sauna
- Ozone therapy
- Horseback Ride on Saturday
- Massages when available

To book, contact Hannelize at info@conscious-collab.com.

