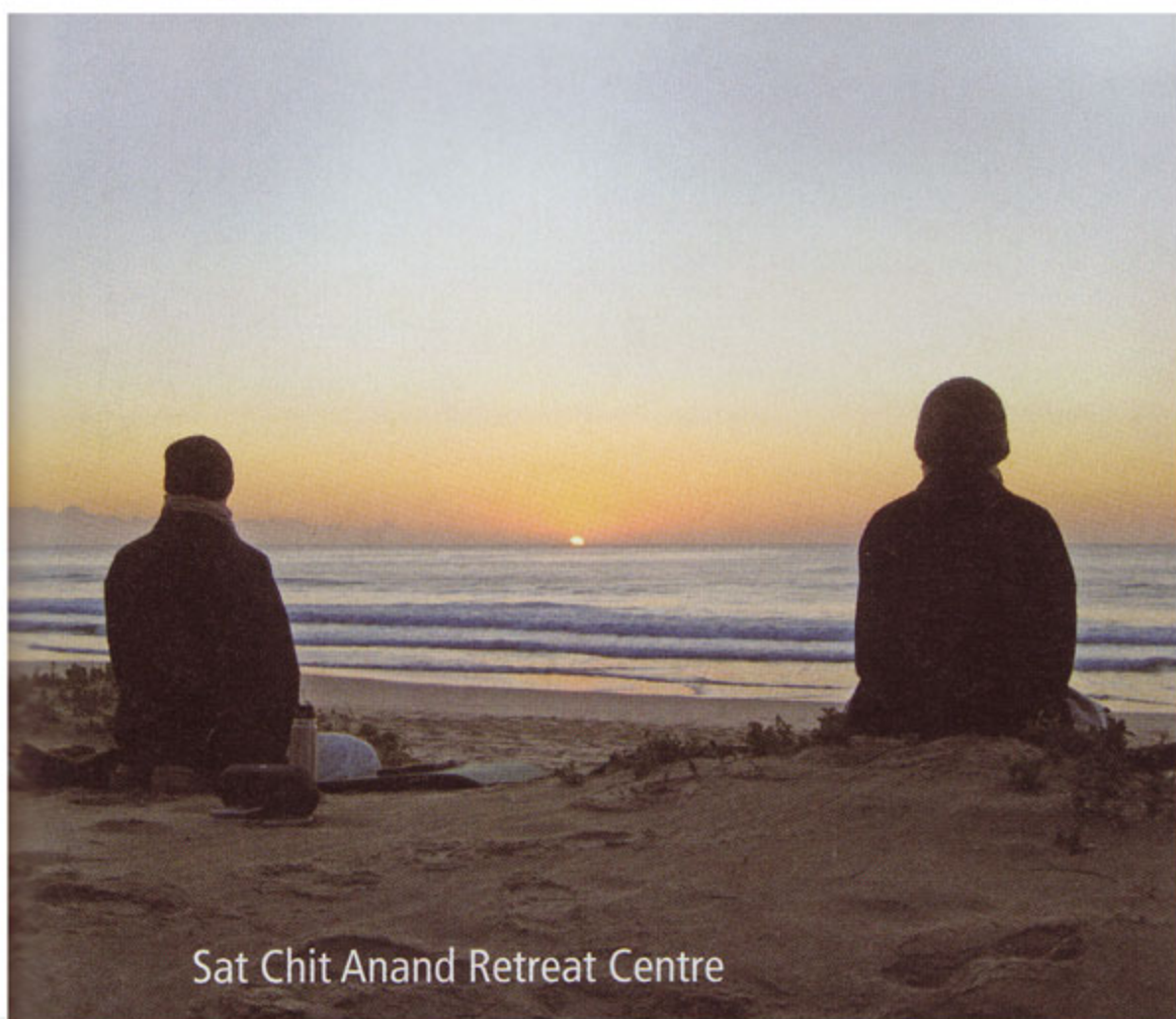


RETREAT YOURSELF

What could be more perfect than holidaying in a place that's been designed especially with yoga in mind? When you need to recharge, take your spirit to one of these soulful spots that'll help you retreat yourself – body, mind and soul...



Sat Chit Anand Retreat Centre

Sat Chit Anand Retreat Centre, Western Cape

LOCATION: Situated in Plettenberg Bay, minutes from Robberg Beach, is a holistic centre that offers one-week Healing Holidays and Mindfulness Meditation Courses.

SURROUNDINGS: A picturesque coastal scene where you can watch the dolphins surf the waves or the whales frolicking in the bay.

COMFORT: Sat Chit Anand has three luxury self-catering cottages in a serene and spacious garden setting.

YOGA RETREATS: The retreat programme consists of teachings, meditation, yoga and nature outings. Retreats follow a daily schedule from 9am – 4pm, with an evening session from 7.30 – 9pm.

REST ASSURED: You will no doubt feel connected to the flow of life when you take a walking meditation in the beautiful indigenous state forest and stop to sit silently next to a small stream. The healing centre also offers therapeutic massage, a variety of bodywork treatments and healing therapies.

COST: Retreat prices vary from R3 000 for shared to R4 000 for single accommodation. This includes 6 nights accommodation in luxury self-catering garden cottages and delicious healthy vegetarian lunches.

TO BOOK: Phone (044) 533 0453, email satchitanand@global.co.za or visit www.satchitanand.co.za.