



Yoga Retreat @ Melkkamer with Marianne Wiid

25-28 May 2018

Friday 25 May

2 pm	Arrive and check in at De Hoop reception
2:30pm	Drive to Melkkamer and arrive to a delicious welcome drink
4.30-6.30pm	Asana practice
7pm	Dinner

Saturday 26 May

7-8:30am	Pranayama
8:30-10:00am	Breakfast – self-catered (rusks, nuts and fruit provided)
10:00-12 noon	Asana
12 noon	Lunch Buffet
1-4pm	Free time - possible Boat Cruise or Spa Treatments etc (booked and paid for separately)
2:30 pm	Optional Bird and Vlei walk
4:30-6.30 pm	Asana and Restoratives
7 pm	Dinner
9:30 pm	Star gazing

Sunday 27 May

7-8am	Pranayama
8:30am	Depart for Koppie Alleen for a Guided Marine Walk with packed breakfast on the dunes followed by Sun Salutations on the shore
11 am	Return to Melkkamer
12 Noon	Lunch Buffet with an abundance of delicious fresh food
1-4 pm	Free time – Spa Treatments etc
4.00 – 6.30 pm	Asana and Restoratives
7pm	Dinner

Monday 28 May

7 – 8:30 am	Pranayama
9 am	Self- catered breakfast (rusks, nuts and fruit provided)
10 am	Checkout

Contact – res@dehoopcollection.co.za 021 422 4522