


MOTHERS RETREAT

For moms by moms with love

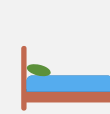
31 JULY - 2 AUG



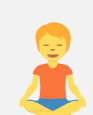
 Tired of being the one who holds it all together?
Put it down. Just for a weekend.

A 2-night retreat tucked inside the stunning Goukamma Nature Reserve, Buffels Bay. Just 8 mamas. No kids. No to-do lists.




 Cosy room for 2, so you're never alone but always comfortable, beach 4 star accommodation.

 All meals prepared by a private chef.

 Yoga sessions — all levels welcome.

 Beach walks — safe strolls along the Buffels Bay

 Sharing circles — safe space to open up, be heard and connect.

 Mindset shift circles facilitated by a psychologist to help you reset, re-frame and leave feeling lighter.



R3 700 p/p

RSVP by 20 May 2026

50% deposit to book your spot

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• Tour operator "Unravel Surf Travel"

• Psychologist Ansuné Coetzee

• Yoga teacher Morgan de Klerk

www.momneedsbreak.com