

Bring a friend and each of you get R400 off



MOTHERS RETREAT

13 - 15 NOV 2026

BUFFELS BAY

Somewhere along the way, the spark gets buried under the to-do list. Lets re-ignite that spark together: connect, relax, reflect, and have some real fun along the way.

- 🛏 Beach 4 star house, cosy room for 2.
- 🍽 All meals prepared by a private chef.
- 🧘 Yoga sessions — all levels welcome.
- 🌊 Beach walks, creative sessions, fun games, Saturday mini dance party
- 💬 Group sessions: motherhood & fast pace living, world of endless expectations
- 🧠 Mindset shift circles facilitated by a psychologist to help you reset, re-frame and leave feeling lighter.

R4 500



www.momneedsbreak.com

30% deposit to book your spot
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