

Life Retreat Studio



Lourensford Wine Estate
Somerset West
Somerset West
South Africa

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Come and experience body, mind, movement, and breath in the heart of the Cape Winelands at our studio. Classes include Yoga, Ballet Barre Conditioning, Nia, Dancing, Zumba, Tai Chi, Qi Gong, as well as Meditation. All of our classes are suitable for beginners! We encourage men and women of any fitness level and age to try out our Life Retreat Studio because there is something wonderful for everyone to experience and enjoy. Furthermore, the Life Retreat Studio forms part of our Life Retreat Health Hub on Lourensford Wine Estate. Along with our studio we run a world-class Lifestyle Shop, in which you may find gorgeous gifts, locally-sourced, organic health-related products, homeware, yoga clothes, and all-natural cleaning and food products. Next door we boast the exquisite Spiral Aloe Spa, with full-time Functional Medical doctor on site, as well as therapies ranging from massage, Chinese medicine, reiki healing, herbal healing, hypnotherapy, chakra balancing, beauty treatments, weight-loss programs, IV treatments, and more. DOWNLOAD OUR FREE APP: LIFE RETREAT STUDIO

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