

A Unique Movement Getaway



Join Master Teachers, Andre Oelofse (Tai Chi Chuan) and Louise Knoop (Body Control Pilates) for a weekend of movement. Your days will consist of Pilates, Tai Chi and Horse-Riding.

Experience the freedom of natural movement through Pilates & Tai Chi. Tools learnt in these movement classes will be applied in relation to horses on outrides for all levels, led by the African Horse Company.

Accommodation is shared or private at Bodhi-Khaya Retreat in Stanford.



Andre will teach you to move consciously which enables you to find your natural grace, flexibility and balance to facilitate the alertness that creates the perfect harmony between mind, body and spirit.



Louise promotes freedom of movement through Pilates, an exercise system using breath, release, flowing movement to find alignment and natural stability.



We need to relearn and understand our innate "naturalness", so that the body can function optimally in daily life routines and we are empowered to enjoy any activity we choose. Horse-riding in The Overberg is the ideal environment for this experience.

Itinerary:

Friday 13 July 2012

Arrive 4pm

5 – 6.15pm Pilates & Tai Chi Class

7pm Dinner

Saturday 14 July

7am Coffee & fruit/biscuits

7.30 – 8.30am Pilates Class

9am Out ride

11am Brunch

Own time

3 – 4pm Tai Chi Wu Class

4.30pm Riding technique, communicating with your ride

7pm Dinner

Sunday 15 July

7.30am Coffee & fruit/biscuits

8 – 9am Pilates & Tai Chi Class

9.30am Out ride

11.30am Brunch

Cost:

R1980 pp sharing with en-suite

R1920 per single, with shared bathroom

Includes all meals & activities as per itinerary.

For further information please contact:

andre@bodytechnology.co.za or info@bodycontrolpilates.co.za