



## Bodhi Khaya, South Africa

### The Yoga Retreat

Bodhi Khaya is a peaceful Meditation Retreat set on 217 hectares of the spectacular Overberg region of the Western Cape. The area is famed for its fynbos - indigenous flora found nowhere else in the world.



A great variety of birds inhabit this area - some such as the Cape Sugarbird and Orange Breasted Sunbird are only found in this environment.

Bodhi Khaya is a sanctuary where you can escape the stresses of everyday living and renew your perspectives.

In this tranquil natural environment guests can unwind and explore possibility. Guests may choose to attend one of the various facilitated retreats or they may simply take the time to relax and explore the surrounding countryside on horseback, walk the many beautiful trails, immerse themselves in our library, sit around a fire under the African night sky, or

simply rest

Bodhi Khaya is a member of the Walker Bay Conservancy whose mission is to conserve the natural and cultural diversity of the Cape Floral Kingdom. The flora of the Cape Region of South Africa is so unusual that it is regarded as one of the world's six floral kingdoms. In an area of just 90 000 km there are an estimated 9000 species of plants. Of these an amazing 69 % are found nowhere else on earth.



### The Accommodation

Housed in the historic main complex is a beautiful venue for small conferences, seminars, family celebrations and weddings.



Accommodation includes a comfortably appointed Cape cottage and private rooms with optional self-catering. We welcome you to unwind, refresh, and return to your life with renewed energy.

All food grown at Bodhi Khaya is organic including fruit, vegetables and herbs with waste kept to a minimum and recycled. In addition, they participate in alien plant clearing and fire management initiatives in the wider Walker Bay area.

## Activities and Excursions

### Meditation

The Meditation Room offers a quiet place, immersed in nature, in which to let go of all distractions and connect with your inner self, returning to your everyday life with more passion and purpose.



### Nature Walks

From the moment you step into the unspoilt landscape surrounding Bodhi Khaya you will experience tranquillity as you become far removed from manmade concerns. Here, nature reigns supreme, undisturbed for centuries.



### Birdwatching

Several bird-species are strictly confined to the small area of the fynbos-biome of the Western Cape. The Cape Rockjumper, Cape Sugarbird, Orange-breasted Sunbird, Cape Siskin, Protea Canary and Victorin's Warbler are all endemic to the cape floral kingdom.

### Walking the Labyrinth

Labyrinths can be thought of as symbolic forms of pilgrimage. They are used by modern mystics to help achieve a contemplative state. Walking among the turnings, one loses track of direction and of the outside world, and thus quiets the mind. So it is a form of walking meditation which has spiritual as well as health benefits.



### Whale Watching

The location is at the Southern tip of Africa which allows guests some of the best land based whale watching opportunities in the world. These magnificent mammals, often mere metres from the shore, provide unsurpassed whale watching opportunities between June and November. Humpbacks migrate through the region between May and December each year, while Bryde's whales are found slightly further offshore all year round.



## The Yoga

Mitch is an inspirational and exciting mature male teacher, who discovered the many benefits of yoga 15 years ago. He now dedicates his life to teaching his own unique freestyle yoga which is fun and rewarding to all.

Over the course of the week Mitch will show you how to explore and express yourself through movement, breath and body using your heart current which will rejuvenate and transform you on every level. Come and join him to find your true and happy self in a place of freedom and bliss.



During the week you will be doing Freestyle Yoga. The morning session will be invigorating Yang style Vinyasana flow yoga where you will learn how to create movement to gain a strong and flexible body.

The afternoon session will be restorative Yin style yoga incorporating subtle energy work, Qi Gong and breathing exercises, relaxation and meditation plus understanding the chakra system.

## Directions

### From Cape Town

Take the N2 up the Garden Route. Once over Houw Hoek Pass, take the R43 towards Hermanus. As you enter the town of Hermanus, follow the Stanford/Gansbaai signs through the town. Once you get to Stanford [a small village on your right and a bright green co-op on your left] continue on the R43 for about 10kms until you see the GROOTBOS sign. Turn left onto the Grootbos road and pass the entrance to Grootbos Private Nature Reserve. Continue on the gravel road for 3,5kms and watch for the Bodhi Khaya sign. Turn left there - into Baviaans Fonteyn farm. We are 2 hours drive from Cape Town.

### From George

Take the N2 towards Cape Town. Just after Rivieronderend take the R326 to Stanford. Once you get to Stanford [green Co-op on your right], turn left onto the R43 towards Gansbaai and continue on the R43 for about 10kms until you see the GROOTBOS sign. Turn left onto the Grootbos road and pass the entrance to Grootbos Private Nature Reserve. Continue on the gravel road for 3,5kms and watch for the Bodhi Khaya sign. Turn left there - into Baviaans Fonteyn farm.

**This is a wonderful opportunity to attend a high class yoga holiday in an area of outstanding natural beauty. Tune in and feel inspired. Unwind and re-energise. Find quiet and inner peace in this magical retreat surrounded by spectacular nature.**

