



Emily Moon

Yoga & Relaxation Retreat

13 - 16 May 2016

Treat yourself to 3 days of luxury,
yoga, meditation, relaxation & exploration!

Tucked away, along the bends of the Bitou River in Plettenberg Bay, Emily Moon River Lodge becomes a backdrop to your tale of both escape & mindfulness. Relish a 3 night stay in our 4-star boutique hotel & dine on the finest vegetarian cuisine the Garden Route has to offer.

Deepen your practice with Eve Cunard's gentle yet powerful approach to yoga, releasing tension & awakening the spine to find new freedom in the body & enjoy a session of integrated massage therapy with Joy Harrow. Explore Plett's wetlands & coastal surroundings & unwind at our riverside pool.

R6480 per person (sharing)
R7280 per person (single)

{ Rate includes: 3 nights accommodation, all meals, yoga & relaxation classes & full-body massage }

R2980 per person, to attend the retreat without staying over at Emily Moon River Lodge. (Contact us for tailor-made options)

{ Rate includes: Two meals, yoga & relaxation classes & full-body massage }

[Click to view schedule](#)



T's & C's apply | Rate excludes drinks | Spaces are limited | Bookings close 15 February 2016

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Yoga | Meditation | Relaxation | Exploration