



**SoulScape**  
URBAN RETREAT

## Rescue your Mind, Body and Soul with a life-changing escape...

It is said that "Utilizing all of your mind is a step towards brilliance. Utilizing all of your heart is a step towards excellence. Utilizing all of your soul is a step towards nobleness. Utilizing all of your mind, heart and soul is a step towards greatness" ~ TheMindFool

Glenda's Guest Suites is proud to host the inaugural SoulScape Urban Retreat where we invite you to join us for a fun and unique weekend designed to help you open and relax your mind, exercise your heart and your body and heal your soul in a relaxed, carefree and entertaining way.

SoulScape is recommended for any age group, any gender and any fitness level. Bring a book, bring your friends, come with an open mind and enjoy our tranquil setting, our tasty meals our interesting talks and activities and RELAX.

**Where:** Glenda's Guest Suites, Midrand, Gauteng

**When:** 1st, 2nd and 3rd October 2021

**Time:** Check in Friday 1 October after 14h00 pm and check out 12h00 midday on Sunday 3 October

Cost: R 5600 per person sharing. Accommodation is based on 2 people sharing per room. Rooms are all different in size and allocated on a 1st booked basis. Some rooms can host up to 4 people, so get your 'tribe' together and book now. Prices drop the more you share per room and single accommodation is possible at additional cost. Prices for the weekend are as follows:

Single Occupancy: R 6 200 • Twin / Double Occupancy: R 5 600 per person sharing

3 people sharing: R 5 400 per person sharing • 4 people sharing: R 5 200 per person sharing

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**~ TheMindFool**



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## **What's included?**

- 🔥 Welcome drink on arrival**
- 🔥 All meals**
- 🔥 Wine tasting experience**
- 🔥 Daily meditation**
- 🔥 Daily exercise class**
- 🔥 Photo shoot + 4 digital images**
- 🔥 Massage treatment**
- 🔥 Talk on weight management & personal styling**
- 🔥 How to make your own face cream and body scrub to take home**
- 🔥 Mix your own Gin in a Gin Masterclass and take your own mix home with you**
- 🔥 Down time in a peaceful setting and time to reflect, relax and regenerate**

### **What should I bring?**

An open mind

A yoga mat and towel (and a cushion if you need to one to sit on the mat with)

A book or anything else you like to do in your free time

An outfit for your photo shoot



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# Our Programme

## Friday 1 October

14h00 to 18h00

Arrival at leisure

Welcome drink on arrival  
and check into your room

18h30

Dinner and wine tasting with  
Martin on the dining patio

**Beaulieu is a safe  
and beautiful area,  
so at any point you  
are welcome to tour  
the area on foot.**

## Saturday 2 October

08h00 – 08h15

Morning Meditation with Keeks

08h15 – 09h00

**YOGALATES with Niky on the lawn**

09h00 – 10h00

Breakfast with an introductory talk  
on etiquette by Isobel

10h00 – 11h00

The Secrets of eating well  
and staying in shape

11h00 – 13h00

Leisure time to have your  
massage or spend an hour  
in the gym with Niky

13h00 – 14h00

Lunch

14h00 – 18h00

Photo shoot with Santie  
and time to rest and recharge  
while you wait for your shoot

16h00

Tea in the garden

17h00

Cocktails and Canapes at the lapa,  
followed by a Gin Masterclass  
and dinner

## Sunday 3 October

08h00 – 08h15

Morning Meditation with Keeks

08h15 – 09h00

**SHAPE with Niky on the lawn**

09h00 – 10h00

Breakfast

10h00 – 11h00

Learn how to make your own face  
cream and body scrub

11h00 – 12h00

Goodbyes and Check out

**The body heals with  
play, the mind heals  
with laughter and the  
spirit heals with joy  
~ Proverb**

# Meet the Team



## Glenda Fourie

Owner of the 4 Star Bed & Breakfast Glenda's Guest Suites in Beaulieu, Midrand. Set in the heart of equestrian territory, Beaulieu is a quiet and peaceful residential area that would have you believe you are in fact in the African bush, rather than in an urban setting. Peace and tranquility, birds and butterflies and the sounds of nature, make this a haven for the ultimate in rest and recuperation.

Glenda has been running the B&B for 15 years and has built the business from a 1 roomed B&B to an exciting and innovative 11 roomed venue. Enjoy the comfort and pampering of our well-equipped rooms and our first class service.



## Niky Sebego

Niky has always been a fitness fanatic, having started as Group Exercise Instructor at Virgin Active in 2010, training in NOVA, Splash and Shape at their facilities in VodaWorld, Carlswald, Kyalami Corner, Waterfall Corner and Dainfern, whilst also providing NOVA training at Waterfall Estates. She has scheduled NOVA and Step training at Siemens on behalf of Motive Motion. With an extensive array of qualifications and course certificates, Niky is a gifted exercise class leader, adapting her classes to any level of experience and body type. So no need to worry if you have never done Yoga or Pilates before. Niky will also be available for private sessions during the weekend.



## Santie Korf

Santie is a photographer extraordinaire. Santie Korf Photography Studio specialises in branding and lifestyle photojournalism and has as gift for making you look like the best version of yourself.

Santie will be offering you a FUN 10 minute session photoshoot. The backdrop is fixed and you choose your own look and feel. Bring an outfit or come as you are and get into the picture. You will receive 4 digital photos to remember the experience. Every guest will receive a gift voucher to the value of R 100 towards any other photo shoot in Santie's portfolio.



## Isobel Vosloo

Isobel worked in the Corporate and Educational environment for 30 years doing presentations in personal branding and style as well as business etiquette.

She owned a wellness and slimming salon Isobel J Shape and Style in Hatfield and is passionate in teaching people the correct eating habits to feel younger, healthier and happier. Isobel currently consults from home.

Isobel will do a presentation on eating right for your body / blood type. She will offer you tips and tricks to make staying true to your eating programme easier and more effective. Isobel will be offering a lucky draw to 1 lucky person for a private consulting session



## Lebogang Nchabaleng

Lebo has worked as a massage specialist for the last 16 years. She began her career at Hoogland Health Hydro before venturing into business by herself and opening Lebo Mobile Spa. With her healing hands and talented group of associated therapists, Lebo will be offering you each a Back and Neck massage down by the dam where their healing hands and the sound of running water will help to sooth those aching muscles and leave you feeling relaxed and content. Lebo will be available throughout the weekend for you to book your slot.



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## Martin from Secret Sommelier

Martin Prinsloo will take you through a fun filled experience of wine tasting on Friday eve. He will introduce you to 5 different wines. A selection of wines will be available for purchase for the remainder of the weekend.



## our special guests

### Keanna Aurokasamy (Keeks)

Keeks is currently a psychology student and has a wide knowledge on the properties of crystals and their healing qualities. She will have some crystal healing packages for purchase for those that are interested. Her love of meditation and all things natural make her an interesting and refreshing person to chat to and you will be drawn into her healing energy.



### Sandy Saharin

Sandy is the dynamic owner of Ambience Amenities and has been supplying the Hospitality Industry with amazing pamper products for more than 20 years. Sandy is adept at making her own divine cosmetics at home and will demonstrate the steps for making an indulgent face cream. Each participant will make their own pots of face cream and body scrub to take home.



## Ginologist

Nick is the enthusiastic Operation Manager for Ginologist Gin and he and his team will introduce you to the facts about Gin and all its interesting history. Following that they will take you through the steps mix and perfect your own perfect Gin. Each guest will take home their own bottle of personalized Gin.

