

Your Yoga teacher



Dagmar

"I am a qualified Yoga Teacher and grew up in Germany, surrounded by rolling hills, sunflower fields, beautiful lakes and lots of snow in winter. My love for nature and travelling led me to Cape Town in 2006. I enjoy practicing and teaching Yoga in beautiful natural surroundings.

I would like to inspire you to live a healthy life-style, to see and experience new places and to follow your dreams. I followed mine ... it was not easy ... but yoga definitely helped me getting closer to my dreams and aspirations."

Rhulani means "Relax"

Experience a deep relaxation for your physical body, mind and emotions, based on a gentle approach and geared towards wellness and healing in the privacy of your own chalet.

Please book your yoga or meditation class at reception.

YOGA & MEDITATION



Daily group class

**FREE
Join Us!**

Depending on game drive times and weather conditions we offer a daily group class:

After Breakfast Yoga

Ask reception about the exact time and meeting point, and register your participation at the breakfast table.

The program



Vinyasa Flow

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. Each movement is synchronized to a breath. The breath is given primacy, acting as an anchor as you move from one pose to the next. A cat-cow stretch is an example of a very simple vinyasa. The spine is arched on an inhale and rounded on an exhale.

Vinyasa allows for a lot of variety, but will almost always include sun salutations. Expect some soulful yoga with gentle flow, some balancing postures and stretches.



Meditation & Visualization (Yoga Nidra)

Yoga Nidra is an amazing healing tool that induces deep relaxation for your physical body, mind and emotions. It is practiced lying on your back in Savasana and includes breath awareness, body awareness, beautiful visualizations, self-reflection, experiencing opposite sensations and setting a new intention. Leave the world behind, transform yourself and your life and let go of everything that no longer serves you.

Yoga Nidra can be combined with some Gentle Vinyasa Flow or it can include a beautiful Chakra Visualization.

Private classes

Yoga / Meditation Mix

This class of 1 hour consists of 40' Vinyasa Flow Yoga & Stretching followed by 20' Meditation

1 guest	60'	R450
2 guests	60'	R600
3 guests	60'	R700
4 or more guests	60'	R850

In this shorter version of 45' you will decide how to split the two parts of Vinyasa Flow Yoga and Meditation (30' plus 15')

1 guest	45'	R350
2 guests	45'	R450
3 guests	45'	R550
4 or more guests	45'	R650

Day Meditation

A private class during the silent daily hours dedicated to Meditation & Visualization (Yoga Nidra only)

1 guest	30'	R250
2 guests	30'	R300
3 guests	30'	R350
4 or more guests	30'	R400

Meditation under the stars

Discover the spectacular African starry sky in a whole new way. Round off a fantastic day in the bush with a meditation in the evening hours, either after the afternoon game drive, or before going to sleep after your dinner.

1 guest	30'	R300
2 guests	30'	R350
3 guests	30'	R400
4 or more guests	30'	R450