

1st-7th & 8th-14th November 2026

Wellness, Wine & Wonder

Led and delivered by Yulia Bystrova



Introduction

The goal of this retreat is to establish a harmonious balance between relaxation, wellness and cultural exploration, set within one of South Africa's most prestigious and breathtaking destinations. During the 7-day retreat you will be practicing various forms of yoga and meditation, enjoying world-class wellness treatments, wine tastings, and gourmet cuisine, whilst exploring the stunning natural beauty of the Western Cape.

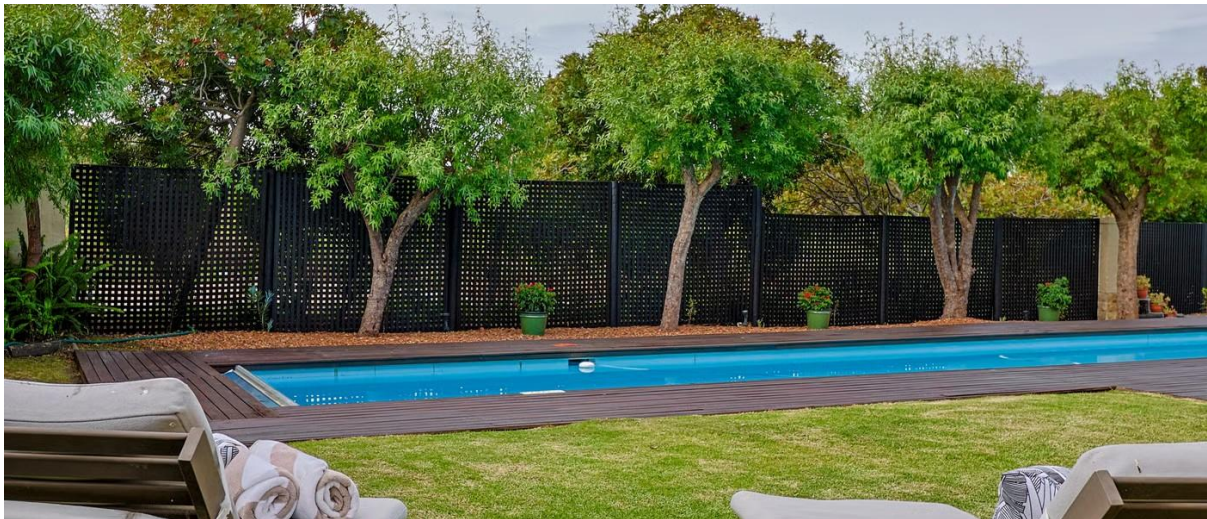
Villa Arabella, nestled within the exclusive Arabella Country Estate near Hermanus, sits on one of the most picturesque properties in South Africa, within easy access of whale watching, wine regions, and cultural landmarks. The estate features a championship golf course, a five-star hotel, fine dining restaurants, and an award-winning wellness centre and spa.

Villa Arabella is composed of contemporary elegance combined with traditional charm, ensuring you will be comfortable and able to reset. The villa boasts spacious living areas with floor-to-ceiling windows, access to championship facilities, private dining spaces, and stunning views across the estate to the Indian Ocean.

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Accommodation: Villa Arabella

Villa Arabella is a luxurious residence boasting 4 elegantly appointed bedrooms, each featuring an en-suite bathroom with premium amenities and contemporary design. The villa showcases soaring ceilings, abundant natural light from floor-to-ceiling windows, and two expansive outdoor entertaining areas with spectacular views across the estate to the ocean.



The Arabella Country Estate is situated in the heart of the Overberg region, a former agricultural landscape that has been transformed into a world-class residential and hospitality destination. The estate is home to an 18-hole championship golf course, rated number 2 in South Africa by Golf Digest, offering stunning views and a challenging layout designed by renowned course architect Peter Matkovich.

The property features a prestigious five-star hotel with two fine dining restaurants, elegant bars and lounges, and a state-of-the-art wellness centre and spa offering bespoke treatments and holistic therapies.

Residents have access to an exceptional range of leisure and wellness facilities throughout the estate. These include the championship golf course, fine dining restaurants, spa treatments, yoga studios, and beautifully landscaped gardens. The estate overlooks a tranquil lagoon where residents can enjoy bird watching, paddle sports, and peaceful moments in nature.

Nature lovers are exceptionally well catered for, with world-renowned whale watching just 30 minutes away in Hermanus, and the pristine beaches and nature reserves of the Western Cape on your doorstep. The area is also famed for its wine regions in Stellenbosch and Franschhoek, its dramatic mountain scenery, and its rich cultural heritage.

Wellness & Yoga Programme

The wellness segment of this retreat combines restorative yoga practices with premium spa treatments, mindfulness sessions, and holistic wellness coaching. All practices are held in serene locations throughout the estate, allowing you to connect with nature whilst nurturing your body and mind.

Our approach incorporates Hatha Yoga for mindful movement, Yin Yoga for deep relaxation, meditation for mental clarity, breathwork for nervous system regulation, and personalized wellness coaching. Below is the programme schedule:

Day 1 - Arrival & Reset

AM Yoga: Welcome flow and grounding practice | PM: Spa Orientation & Relaxation Treatment

Day 2 - Foundation Building

AM Yoga: Strength and stability practice | PM: Guided meditation and sound healing

Day 3 - Deepening Connection

AM Yoga: Flow (Power/Vinyasa) and mobility practice overlooking the lagoon | PM: Yoga with straps and sound healing

Day 4 - Holistic Wellness

AM Yoga: Flow (Power/Vinyasa), breathwork and expansion practice | PM: Personalised yoga consultation

Day 5 - Mind & Spirit

AM Yoga: Slow Vinyasa flow | PM: Personalised astrology consultation

Day 6 - Gratitude & Closing Ceremony

AM Yoga: Gentle flow with gratitude meditation and closing circle | PM: Meditation Workshop/Remaining personalised astrology consultation

Day 7 - Relax & Pack

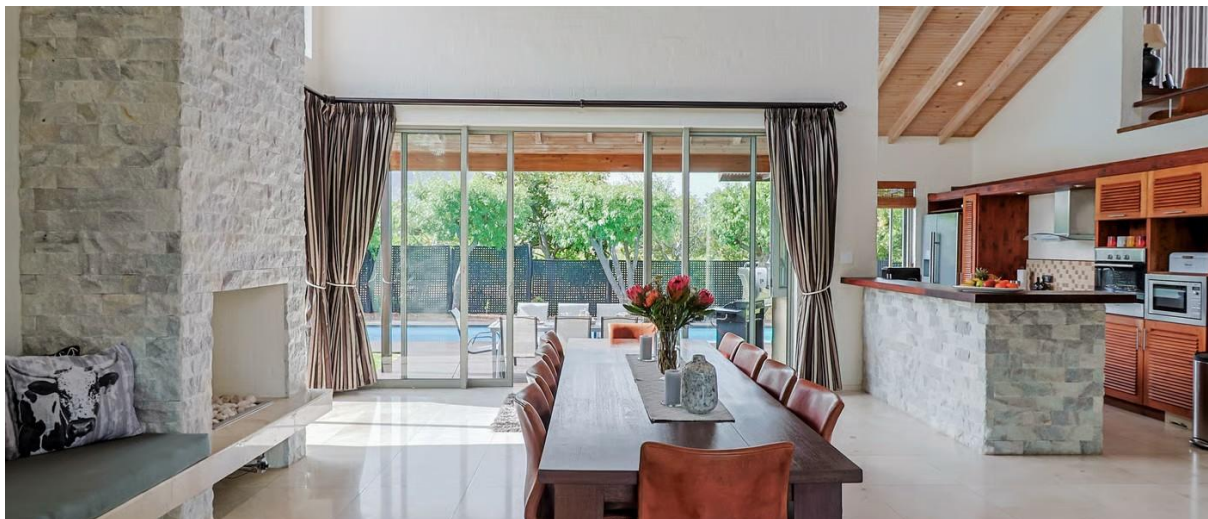
AM: Q&A/Personalised yoga consultation/Personalised astrology consultation



Culinary Experience (Food & Wine)

The culinary experience at Villa Arabella is exceptional. A healthy, gourmet breakfast will be provided each morning to energize you for the day ahead. The estate features two fine dining restaurants with award-winning chefs who specialize in contemporary South African cuisine incorporating fresh local ingredients and international influences.

Wine tastings are curated from some of the region's finest producers in nearby Stellenbosch and Franschhoek. There are also several intimate cafés and casual eateries within the estate grounds, as well as charming local restaurants and wine bars in the nearby towns of Hermanus and Kleinmond.



Beyond the estate, the Western Cape is renowned for its culinary excellence. You can venture to prestigious wineries for tastings and pairing menus, explore farm-to-table restaurants showcasing local produce, and experience authentic South African dining in charming coastal villages.



Activities & Exploring

When exploring the Western Cape, light comfortable clothing is essential. The region enjoys a Mediterranean climate with mild winters and warm, dry summers. Pack layers, light daytime outfits, elegant attire for fine dining, and comfortable walking shoes for outdoor exploration.



The Western Cape is famous for its world-class attractions. The region is renowned for whale watching season (June to November), where you can witness Southern Right Whales from coastal viewpoints like Hermanus. Stony Point Nature Reserve offers the chance to observe one of the world's largest breeding colonies of African Penguins.

Inland, explore the dramatic Black River Gorges, hike through pristine mountain trails, and enjoy scenic drives through wine country. Key areas for exploration include Hermanus, a charming coastal town; Stellenbosch and Franschhoek, renowned wine regions; and Cape Town. The estate also offers golf, spa treatments, and beautifully landscaped grounds.



Cost and Travel

Cost

The cost of the retreat DOES INCLUDE - accommodation, 1 meal per day at the villa, 1-2 daily yoga and meditation sessions. As well as personalised consultations sessions at various points in the week, spa access, 1 vineyard/wine tasting trip, 1 guided hike, 1 safari/animal experience and private transfers throughout your stay to Cape Town/the Western Cape.

This cost DOES NOT INCLUDE additional meals and beverages beyond those specified, activities (such as additional wine estate visits or helicopter tours), travel insurance, flights, shopping, golf outings, or any extra activities you wish to do. We will, however, be able to assist you in booking any extra activities that you wish to undertake – including golf, local tours, vineyard and wine estate visits etc.

Travel

We advise, arriving at the villa for late morning/early afternoon of 1st October to be ready for the retreat to commence in the afternoon and, departing on 7th October when the retreat concludes. The nearest major airport is Cape Town International Airport, approximately a 1-hour drive from the villa. Private transfers will be arranged for your convenience.

Terms & Conditions

By booking onto this retreat you are committing to having comprehensive travel and health insurance.

Whilst the Arabella Country Estate is a secure, gated property with extensive security measures, I am not responsible for your health and safety, nor the safety of your possessions whilst we are on retreat. South Africa is generally safe for tourists in well-established areas; however, please be aware of standard travel precautions.

Please make me aware in advance of any injuries, conditions, or health considerations that I need to be mindful of when leading your yoga and wellness practices. I would also kindly request that you check the entry requirements for South Africa before you travel.

If you have any questions, please reach out to me via email at yogavibewithjulietta@yahoo.com or visit my Instagram [@yogavibe_withjulietta](https://www.instagram.com/yogavibe_withjulietta) for more information and testimonials.