STERREKOPJE FARM & LITTLE BLUE DOOR

A Women's Healing Retreat

REST • EAT • PLAY • GROW

21–26 MARCH 2027 ✦ FIVE NIGHTS, FRANSCHHOEK ✦ ONLY 10 SPACES







Wild flowers picked before breakfast, long tables laid in the garden, and five nights of doing something purely for yourself.

INCLUDED

- 5 nights of 5* boutique accommodation
- Time to reconnect with yourself as a woman
- Creative activities such as flower pressing, bread making, pottery, painting, cooking class & more
- Every meal from the farm
- Women's circles
- Daily wellness treatment
- Solo time to rest & recharge
- Daily Movement, Meditation or Sound Healing
- New friendships & connections
- Wild lake swimming (or skinny-dipping)
- Hiking in the mountains
- Farm animals to meet
- Biking through the vines

PER PERSON, PER ROOM

Intimate Sanctuary	£5,480
Abundant Sanctuary	£5,927
Rejuvenating Suite	£6,373

SAVE YOUR PLACE

WhatsApp us — space is limited to ten.

wa.me/message/ZOKXUIMPTQOQE1

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The rhythm of the days

A sample itinerary — gently held, never rushed.

Day one

15.00 Arrival at the farm

17.00 Grounding foot ritual on arrival

19.30 Welcome dinner under the stars

Day two

A morning of rest, breakfast at leisure

10.30 Hammam

12.00 Bread-making class

14.00 Second set of treatments

Day three

08.00 Yoga, followed by breakfast

10.30 First set of treatments

13.00 Lunch in the garden

14.00 Reconnect with yourself

16.30 Sound bath

Day four

07.30 Silent reflection hike, then a silent breakfast

11.00 Movement class in the yurt — the silence is broken

Lunch in the courtyard

17.00 Afternoon meditation

19.30 Drinks in the Orangeri, then a casual dinner

Day five

Breakfast, then solo reflection time

12.00 Biking & exploring Franschhoek in your own time

19.30 Closing circle and bonfire beneath the willow tree

Day six

Breakfast

11.00 Check out at leisure

— and a few surprises we will keep to ourselves.

