

FOOD • YOGA • BREATH • NATURE

Cleanse to Heal

With Ayurveda

10-13 November
Spring Cleanse

Choose to Thrive.

@ Blanco Guest Farm
Tarkastad, Eastern cape



Choose to Thrive

***A seasonal reset,
the natural way.***

Sometimes the greatest healing begins by slowing down.

Nestled within the timeless Karoo landscape, these retreats offers space to pause, breathe and reconnect with yourself through the wisdom of Ayurveda.

Together we explore gentle, sustainable ways to restore balance using nourishing food, mindful movement, breathwork, nature and daily rhythms.

This is not about quick fixes or restrictive cleanses. It's about learning how to work with your body instead of against it.

Whether you're seeking more energy, improved digestion, deeper sleep, relief from stress or simply time to reconnect with yourself, this retreat offers practical tools that continue long after you return home.



Why Come?

This retreat is designed to help you reconnect with your body's natural ability to heal.

Learn your unique Ayurvedic constitution (Dosha)

Enjoy a personalised one-on-one consultation

Discover foods that support your individual needs

Improve digestion, sleep and daily energy

Learn simple daily routines that fit into modern life

Explore breathwork and movement practices

Reduce inflammation and calm the nervous system

Cook nourishing seasonal meals together

Rest deeply in nature

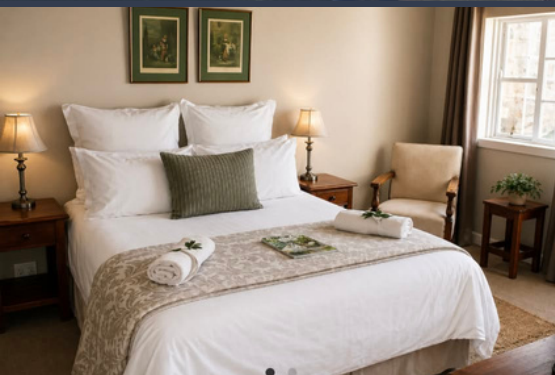
Leave with practical tools you can use every day

Small shifts create lasting change.

Healing Begins in Nature

Blanco Guest Farm offers a peaceful sanctuary surrounded by the ancient mountains of the Karoo. Here, wide open skies, quiet mornings and expansive landscapes invite the nervous system to soften and the mind to become still.

**PAUSE.
REFLECT.
RESTORE.
RECONNECT.**



*An ancient Karoo landscape of healing,
nourishing and restorative frequencies*

Your Retreat Experience

Exploring the seasonal shifts of nature and how they affect the body, mind and soul through the Ayurvedic approach to wellness

- Ayurveda for everyday life
- Food as medicine
- Seasonal eating
- Gut health and digestion
- Breathwork for healing
- Restorative yoga
- Guided reflection
- Nature walks
- Quiet time for rest
- Daily routines and circadian rhythms
- Cooking workshops



You'll also enjoy your own private Ayurvedic consultation, allowing your experience to be tailored to your individual needs.



Meet Kim



Kim is an Ayurvedic Counsellor, Therapeutic Yoga Teacher and passionate advocate for nature-based healing.

Living on a farm in the Eastern Cape, she has spent over four decades growing medicinal and nourishing foods while studying the relationship between nature, food and human wellbeing. Her work combines the ancient wisdom of Ayurveda with practical modern living, helping people better understand their bodies through food, movement, breath, rest and daily routine.

Kim believes healing begins by creating the right environment for the body to do what it was naturally designed to do.

**RESTORE.
REALIGN.
THRIVE.**



Daily Flow



DAWN

Wake up options of meditation, journal, meridian brushing, breath and yoga therapy - morning class varying each day. Breakfast. Cleanse protocol.



MORNING

Interactive time exploring: Ayurveda , breath, organs support, food, daily routines. Time for massage, walk, reflect, 1-1 consult.



LUNCH

Simple nourishing and cleansing food Ayurvedically prepared. Time to rest and digest (free Time).



AFTERNOON

Cooking and cleanse prep masterclass

EVENING

Cleansing the day with gentle food and options of Meditation, yoga nidra , mindful guidance , music and frequency for healing

Fireside chats or bedtime cuddles all avail

Leave feeling lighter, calmer, clearer & deeply connected to yourself.

Retreat Investment

24–28 AUGUST
WINTER CLEANSE

5 DAYS 4 NIGHTS

R7 800

PER PERSON
All incl.

10–13 NOVEMBER
SPRING CLEANSE

3 DAYS 4 NIGHTS

R6 600

PER PERSON
All incl.

Arrival & Departure

ARRIVAL

12:00–2:00 pm on Day One

DEPARTURE

By 2:00 pm on the final day

Optional Extras

Additional massage treatments may be booked during your stay.

Personal herbal prescriptions are available following your consultation and are charged separately according to your individual requirements.

Bookings

CONTACT: Kim van Niekerk, +27 82 456 7890

What you take home

Your personalised thrive journal

Individual Dosha Guidance

Personalised recipes

Daily routine recommendations

Your own healing spice blend

Essential oil blend for Abhyanga

Breathwork practices

Therapeutic yoga sequences

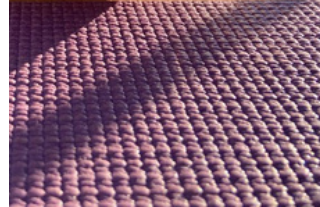
Seasonal cleanse protocol

Practical Ayurvedic tools for everyday life

Complimentary membership to the

Taste of Wellness community

Leave feeling lighter, calmer, clearer & deeply connected to yourself.



Cleanse to Thrive

2026 RETREATS

24-28 AUGUST
WINTER CLEANSE

10-13 NOVEMBER
SPRING CLEANSE

*Allow your soul to sing at Blanco.
A true and lasting gift to yourself.*

