

INTRODUCING



RETREAT PACKAGES

WWW.DUNSTONE.CO.ZA



DUNSTONE
ESTATE

ABOUT US

Nestled in the picturesque Bovlei Valley of Wellington, South Africa, Dunstone Country Estate offers a tranquil retreat where fine wine, gourmet dining, and scenic beauty converge. Located just an hour's drive from Cape Town, this family-owned estate provides an authentic Cape Winelands experience





BOOK A 5 DAY 4 NIGHT WINTER WELLNESS RETREAT WITH US.

This 5 Night 4 Day Wellness Retreat is designed in a balanced, yet structured way.

Guests are free to rest, opt in or out and move at your own pace. This also applies to the meal times where you are encouraged to join other wellness guests at communal dinners or let the team know if you prefer to dine privately.

EXPERIENCE

Includes 5 days of wellness retreat activities, including daily yoga, breathwork, guided nature walks, meditation, and a creative workshop. Guests can enjoy relaxed, communal meals that encourage connection and conversation, or choose quiet, in-room dining at their own pace, honouring rest and solitude.



DUNSTONE WELLNESS RETREAT ITINERARY INCLUSIONS:

SET DATES

17 - 21 MAY 2026 - Spaces still available

7 - 11 JUNE 2026 - Spaces still available

12 - 16 JULY 2026 - Spaces still available

9 - 13 AUG 2026 - Spaces still available

PRICE

Double Sharing:

A 4 Night, 5 Day Wellness Retreat Package at R47,200

Single Occupancy:

A 4 Night, 5 Day Wellness Retreat Package at R27,900

INCLUSIONS:

DRINKS

Non-Alcoholic Beverages (Tea, coffee, water & fresh juice)

MEALS

Incl. Daily Breakfast, Lunch & Dinner (Evening 1, 2 & 3 will be a 2-Course Dinner & Evening 4 is a 3-Course Farewell Dinner (any additional courses ordered can be settled separately if preferred)



ARRIVAL

**Afternoon arrival, check-in
from 2 PM**

1st Evening:

Welcome circle (Melanie will host the introduction session for about an hour, followed by a 2-Course communal Farm-style Dinner after the session.

MORNING

A buffet-style Continental Breakfast will be freshly replenished between **7 AM - 10 AM**

Included Activities:

Grounding yoga 45min led by the in-house team. Expect slow, grounding movement and breath-led flow to ease you into the day. Sessions are gentle and accessible, creating space to arrive, settle, and reset at your own pace.

Nature Walk & Meditation Session led by Melanie Gerrand - Starting with a Nature immersion walk (about an hour). Expect a deeply calming, immersive moment, allowing you to fully exhale and be present. The Nature Walk is weather dependent. Guests can join both or either as preferred

AFTERNOON

A 2 hour Breathwork session led by Melanie Gerrand. These immersive sessions draw on her integrative approach to gently guide you into deeper states of release, awareness, and nervous system reset.

Expect a calm, supportive space. This is a no-pressure environment, where guests are encouraged to partake at your own pace and comfort levels. The session will take place in Melanie's Studio set on the neighbouring farm a short walk (500m) from Dunstone Estate. Transport will be available if needed.

2nd Evening:

A 2 Course Farm-style Dinner and Fireside integration

DAY 2 - ROOT & RESET

MORNING

A buffet-style Continental Breakfast will be freshly replenished between **7 AM - 10 AM**

Included Activities:

Grounding yoga 45min led by the in-house team.

Expect slow, grounding movement and breath-led flow to ease you into the day. Sessions are gentle and accessible, creating space to arrive, settle, and reset at your own pace.

AFTERNOON

Fynbos Nature Walk - session led by Brendon: these walks explore the surrounding fynbos, rivers, and mountain paths.

Expect an unhurried pace, with time to take in the landscape and reconnect with nature in a simple, grounding way. Weather dependent. Followed by a Guided Meditation at the Waterfall led by Melanie Gerrand. (Guests can choose to join both or either).

A 3 hour creative immersion workshop at the Dunstone A.R.T Gallery. Session led by Anja, this is a longer, immersive session designed as one of the anchors of the retreat. Expect a relaxed, open space to explore creativity as a form of expression and release paired with a slow, shared lunch at Roots Bistro.

3rd Evening:

A 2 Course Farm-style Dinner and Storytelling Circle.

DAY 3 - RELEASE & CREATE

MORNING

A **buffet-style Continental Breakfast** will be freshly replenished between **7 AM - 10 AM**

Included Activities:

Grounding yoga 45min led by the in-house team. Expect slow, grounding movement and breath-led flow to ease you into the day. Sessions are gentle and accessible, creating space to arrive, settle, and reset at your own pace.

Historical/Heritage Walk - Session led by Maudie & Farucka who are deeply familiar with the history and stories of the Bovlei valley. A 2 hour walk.... sharing hidden trails & quiet river paths ending in a meditation session with Melanie near the waterfall. Expect a deeply calming, immersive moments, allowing you to fully exhale and be present. Weather dependent. (Guests can choose to join either or both sessions).

AFTERNOON

At your leisure. Simply relax or choose a wellness or guided session from the menu. (Massage, guided cold plunge session, body stress release). These are available at an extra charge and should be booked when your reservation is confirmed.

Late Afternoon: Final breath work session.

2 hours led by Melanie Gerrand. These immersive sessions draw on her integrative approach to gently guide you into deeper states of release, awareness, and nervous system reset. Expect a calm, supportive space with no pressure to push beyond your comfort.

4th Evening:

A 3 Course Farewell dinner and 2 hour Reflections Circle with Melanie

DAY 4 - CONNECT WITH NATURE

DAY 5 - CLOSING

Morning Breakfast

The Closing Circle:

A 1 hour session with Melanie before departure.

Departure

(Guest checkout by 12 PM)

