



Women's Wisdom and Wellness Retreat

at Stonehaven Eco Cabins & Farm,
Hemel en Aarde, South Africa

8 - 11 August 2024

In collaboration with Dr Julienne Fenwick,
Best of Both Wellness

Find Freedom and Balance

Mind, Body & Soul

Do you desire deep inner knowledge of how your body functions? Your unique pathways, vulnerabilities and how to master your health?

Do you need to feel like you're on top of your hormones instead of your hormones getting you down?

Do you crave more mojo, more zest for life, more energy?

Join Dr Julienne Fenwick as she helps you gain understanding of being a woman in all the phases of your hormonal life.



Find Freedom in Self Knowledge.

Learn skills that apply to you and will help you master your mood, energy, be more discerning, set boundaries, nourish yourself better and find balance and joy. Join me for a beautiful, relaxing and insightful weekend retreat in paradise.

Designed for women to find freedom and balance: mind body and soul.

Only 12 spots available

[Book Now](#)



What to expect?

Nature as Medicine

Stonehaven eco cabins and farm is a biodynamic escape offering luxurious, yet simply styled shared or private rooms in one of three eco cabins or main house - hot tubs, eco pool, relaxation and heavenly nature, our master healer.

Food as Medicine

Hormone-balancing, gut healing food, plant-based and Ayurvedic inspired (gluten and dairy free, low carb and nourishing) Experience a gentle detox that relaxes the vagus nerve.



Movement as Medicine

Restorative movement derived from yoga. Stretch & twist the body very gently to connect the hormonal systems and enhance relaxation. (No prior experience necessary)

Mindfulness as Medicine

Beautiful, guided meditation and breathwork. Introduction to mastering your energy. Exploring how to align your chakras.

Creativity as Medicine

Connect to your inner creative child with “splash art therapy”. Permission to play, laugh and spend time not doing...but being. Just being. Be adventurous, walk barefoot, wonder at nature.



Knowledge as Medicine

Discover a holistic approach to self-healing with interactive discussions on gut and adrenal health, hormones, lifestyle optimisation and food.

Connection as Medicine

Connect with a community of like hearted women, be inspired. Feel your flow return, embody joy and balance, bottle it and take it home to rewrite your future as the magnificent woman that you are.

Optional Extras

- Integrative medical consult with Dr Julienne Fenwick (before and/or after retreat).
- Integration coaching sessions with Dr Julienne Fenwick for ongoing emotional and spiritual support.
- Intra-venous vitamin infusions.
- Full body alignment massage.
- Supplements for sale at venue (as per your individual requirements).

Your Hosts



Dr Julienne Fenwick

Best of Both

Dr Julienne has succeeded in helping countless women navigate the minefield of hormonal dysfunction, using personalized lifestyle medicine, evidence based supplementation and bio-identical hormone therapy. She also recommends yoga, meditation, and bases many of her protocols on the ancient wisdom of Ayurveda.

[Learn More](#)



Nicola Cunningham

Wild Within Wellness

Nicola works as a plant based chef /consultant and Wellness coach. She initially did a cordon bleu qualification and gained experience cooking in various restaurants . She then went on to study Natural medicine and now combines these two skills to create healthy and delicious meals that are aimed at bringing balance and high density nutrients to the body while being easily digestible and full of taste.

[Learn More](#)



Arielle Robins

Arielle Saphire Yoga

Arielle is a hatha, vinyasa, yin and restorative yoga instructor. Continually up leavening and deepening her own practice to be able to facilitate healing in others. With a focus on breath and deep relaxation. Arielle invites students to embark on a journey of self-discovery and transformation through the wisdom of yoga.

[Learn More](#)



Investment from R17,000 Sharing Various Accommodation Options

[Book Now](#)

[More Information](#)

All accommodation options have their own private wood-fired hot tub, private gardens, an open plan kitchen, lounge and fireplace.

Retreat limited to 12 participants

Contact bookings@stayatstonehaven.co.za for more information