

## Wellness Centre Menu

### **Biodanza**

The Studio at Kwendalo hosts Biodanza classes - meaningful movement to music. This vibrant, nurturing practice means “dance of life” and is facilitated by psychologist, Carol Surya. The combination of music, dance, and emotion sets the body’s chemistry in motion, bringing about a major biochemical and neurological rebalancing which results in a greater sense of wellbeing. For many people, this chemical rebalancing brings about profound changes in their lives, releasing stress, pain, and suffering while re-establishing a strong connection to Life.

Practitioner: Carol Surya | Monday 18:00 | R180 per class, R600 for package of 4 classes or R1500 for a package of 10 classes

### **Chi Nei Tsang**

A treatment, developed by the White Cloud Taoist monks in ancient China, using healing-touch modality to integrate physical, mental, emotional, and spiritual aspects of our being – working the energy of our internal organs. Our practitioner, Chi-Chi Love uses hands-on bodywork – mainly on the abdomen – and healing energy through deep, yet gentle, touch to train the internal organs to work more efficiently. Her process works on all the body’s systems – digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, acupuncture meridians – and unprocessed emotional charges making this the ideal treatment for general unwellness or specific maladies.

Practitioner: Chi-Chi Love | Weekdays except Wednesday 09:00 – 17:00 | R750 per session

### **Colon Hydrotherapy**

This treatment is most effective for those going through a detoxification process, although it is a regular therapy for many who practice holistic wellness as it removes toxins, boosts energy, and promotes a healthy immune system. Mindful of the importance of gut health to our overall health, our practitioner, Chi-Chi Love has extensive experience in colon hydrotherapy whereby temperature and pressure regulated, triple-filtered water is administered to the colon via a disposable speculum and bowel contents are released through a tube – a closed system – into the waste system. Colon hydrotherapy is particularly beneficial before and during a juice fast as it aids in the flushing of toxins from the system.

Practitioner: Chi-Chi Love | Weekdays except Wednesday 09:00 – 17:00 | R750 per session

## **Craniosacral Therapy**

This treatment provides a gentle, light touch to examine membranes and the movement of fluids of the central nervous system. Therapist, Andrea Lamprecht, has been a practicing physiotherapist and healer for over 30 years and is able to diagnose and treat restrictions in the body that may otherwise have been overlooked by conventional therapies. Craniosacral therapy is ideal for relieving tension in the central nervous system, addressing stress and anxiety, promoting a feeling of wellbeing by eliminating pain, and boosting overall health and immunity.

Practitioner: Andrea Lamprecht | Monday 15:30 – 18:00 | R1080 for initial session, R940 follow up session

## **Homeopathy**

Dr Hanli Rautenbach is a registered homoeopath, greatly respected in her field, who has been in full-time practice for over 20 years. Dr Rautenbach takes a holistic approach to homoeopathy which involves a thorough case history in addition to iridology and kinesiology to provide a thorough and balanced diagnosis and treatment plan. Her treatment plans will often include additional Kwendalo modalities in addition to natural medicines and dietary suggestions. For those embarking on a detoxification process or lifestyle adjustment, we advise Dr Rautenbach is the first stop on your journey to wellness at Kwendalo.

Practitioner: Dr Hanli Rautenbach | Daily, by appointment | POA 082 897 3946

## **Infrared Sauna**

Saunas have been a wellness and vitality tool for millennia and, today, it is an established fact that sweating is a wonderful way of getting rid of stored chemicals and toxins. Infrared saunas increase blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. Infrared releases heavy metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulphuric acid, and other organic and inorganic compounds. Sit back, relax, breathe, and enjoy the process.

Daily, by appointment, 09:00 - 15:00 | R100 per session or R1000 for package of 11 sessions

## **Massage**

The benefits of massage are myriad including reducing stress, increasing relaxation, relieving pain, improving circulation, and lowering heart rate and blood pressure. Take some time to appreciate this modality and spend a mindful session as either therapist: Harry or Maria work to relieve stress and promote relaxation.

Practitioner: Maria Shearer | Daily, by appointment | R750 per session

## **Neural manipulation**

A gentle, precise therapy to facilitate free movement of the nerves in their surroundings – in relation to adjacent muscles, fascia, organs, bones - relieving the nerve-brain interface which is not commonly addressed in musculoskeletal treatments. Neural manipulation can be particularly beneficial for those suffering from headaches and migraines, lower back pain, sciatica, carpal tunnel syndrome, joint pain, and digestive disorders among others. Therapist, Andrea Lamprecht, has been a practicing physiotherapist and healer for over 30 years and is able to diagnose and treat restrictions in the body that may otherwise have been overlooked by conventional therapies.

Practitioner: Andrea Lamprecht | Monday 15:30 – 18:00 | R1080 for initial session, R940 follow up session

## **Ozone Therapy**

The benefits of ozone therapy are many and overall, it enhances health by bringing oxygen to the tissues, improving circulation, and assisting in the relief of pain. The ozone chamber can be used to assist in the treatment of a wide range of medical and health conditions by stimulating the immune system, cleaning arteries and veins, purifying the blood and improving lymph drainage, normalising hormone and enzyme production, and reducing pain and inflammation. It is also known to inactivate viruses, bacteria, yeast, fungus, and protozoa while improving brain function and memory, reversing degenerative disease and eliminating auto-immune disease.

Daily, by appointment, 09:00 - 15:00 | R410 per session or R2000 for package of 10 sessions

## **Pilates**

The Studio presents Pilates with Emma Brown, a dynamic & dedicated instructor with six years' expertise in guiding clients at all levels of agility & mobility in achieving their fitness and wellness goals. She is adept at creating personalised and challenging workouts, with an emphasis on proper form and technique while mindful of the class's level of experience and adapting quickly to their needs where modifications are required. Emma aims to foster a constructive, supportive atmosphere for clients, enhancing their commitment to the practice of Pilates through motivation and positive reinforcement. This creates a focused yet relaxed and enjoyable space.

Practitioner: Emma Brown | Tuesdays & Thursdays 08:00 | R180 per class, R600 for package of 4 classes or R1500 for a package of 10 classes

## **Pulsed Electromagnetic Field Therapy**

Pulsed Electromagnetic Field Therapy (PEMF) is a non-invasive technique that uses low electromagnetic frequencies to amplify your natural energy by delivering targeted electromagnetic energy to a specific area of the body with the aim of enhancing cell function and promoting healing. It is used therapeutically to help cells regain the energy they require for optimal health and vitality. PEMF has proven clinical benefits for various conditions including: pain relief and reduced inflammation, enhanced muscle function, accelerated bone healing, improved blood circulation and promotes heart function. Additionally, it is known to reduce the effects of stress and anxiety,

improve mental focus and cognitive functions, improve sleep quality and balance immune functions.

Daily, by appointment 09:00 - 15:00 | R200 per session

### **Reiki**

This treatment uses the Reiki energy-healing technique to promote relaxation, and to reduce stress and anxiety through gentle, mindful touch. Delivering energy to the body improves the flow and balance of your energy to support healing. As balance is essential to wellness, this alternative therapy is now used across the world, including hospitals and hospices, to complement other health and wellness treatments. Specific benefits of Reiki include fostering a meditative state of mind, stimulating the immune system and promoting natural self-healing, while fostering tissue and bone healing after surgery, amongst other benefits.

Practitioner: Maria Shearer | Daily, by appointment | R680 per session

### **Reflexology**

This treatment relieves tension and treats illness through massage of the reflex points in the hands, feet, and head which are linked to a corresponding part of the body. Experienced practitioner, Maria Schearer is a registered therapeutic reflexologist who provides a thorough and mindful experience which pairs well with most other treatments at Kwendalo. Focussing mostly on the feet to address specific imbalances through varying degrees of pressure to ensure a relaxing and revitalising treatment.

Practitioner: Maria Shearer | Daily, by appointment | R750 per session

### **Scio (Biofeedback Frequency Therapy)**

The Scio device, administered by therapist Annette Botha, communicates with the body to determine what energy imbalances are most affecting personal health on a physical, mental and emotional level. The frequencies balance and restore health on a physical and mental level. Scio pairs well with other modalities and lifestyle changes to address physical, mental and emotional healing.

Practitioner: Anette Botha | Monday & Thursday 09:00, 11:30 or 14:00 | R930 for initial session, R880 follow up session

### **Shiatsu**

Shiatsu is an energy balancing technique which works on the energetic pathways (meridians) running through the body. The therapist's hands are the conduit to manipulate and stimulate energy at acupuncture points along these pathways. The treatment facilitates homeostasis which is the body's natural process of balancing abnormalities. Shiatsu pairs well with reflexology as the meridians terminate in the reflex points of the feet, hands and face. A combination of reflex and shiatsu provides a holistically balanced treatment which contributes towards increased energy, improved circulation, and reduction in pain.

Practitioner: Anne Saunders | By appointment | R900 for 60 min and R1200 for 90 min

### **Somato-Emotional Release**

This treatment uses gentle craniosacral therapy to encourage the release of emotions or memories held in the body tissues. As our emotions sit physically in the cells of the body, emotional and physical shifts can occur to facilitate the body's natural and innate healing processes. Therapist, Andrea Lamprecht, has been a practicing physiotherapist and healer for over 30 years and is able to diagnose and treat restrictions in the body that may otherwise have been overlooked by conventional therapies ensuring a nurturing and restorative experience.

Practitioner: Andrea Lamprecht | Monday 15:30 – 18:00 | R1080 for initial session, R940 follow up session

### **Visceral Manipulation**

This gentle, manual treatment focuses on the internal organs, their environment, and the potential influence on any structural or physiological dysfunctions in the body. The purpose of this manipulation is to recreate, harmonise and increase proprioceptive communication within the body to enhance its internal mechanism for better health, thereby revitalising a person, and relieving symptoms of pain, dysfunction, and poor posture. Therapist, Andrea Lamprecht, has been a practicing physiotherapist and healer for over 30 years and is able to diagnose and treat restrictions in the body that may otherwise have been overlooked by conventional therapies.

Practitioner: Andrea Lamprecht | Monday 15:30 – 18:00 | R1080 for initial session, R940 follow up session

### **Yin Yoga**

The Studio presents yoga with Atma O'Meara. Atma, a seasoned yoga instructor, health coach, and spiritual counsellor, embarked on her yoga journey over five decades ago. From Sivananda to Kundalini, she mastered various styles, establishing herself as a pioneer in Cape Town. Her dedication led her to open the Little Samadhi Karoo Retreat, where she hosted transformative experiences for global visitors. Kundalini yoga utilises chanting, singing, breathing exercises and repetitive poses to activate Kundalini energy, a spiritual energy located at the base of the spine. Yin yoga is a quiet, meditative style where asanas are held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. With a background in dance and art, Atma brings a holistic approach to her teachings, inspiring balance, calmness, and compassion in others, while nurturing her own creative spirit.

Practitioner : Atma O'Meara | Friday | R180 per class, R600 for package of 4 classes or R1500 for a package of 10 classes

### **Restorative Yoga**

The Studio presents restorative yoga, a restful practice focussed on slowing down and opening the body through passive stretching allowing the body to enter a state of relaxation so the mind can consciously release tension from body and mind. This practice is designed to gently nudge the nervous system into quiet and harmony. The backbone of this class includes slow, comfortable, and grounding yoga asanas, deep breathing & relaxation techniques. Practitioner Maria Shearer supports with thoughtful, expert guidance.

Practitioner: Maria Shearer | Friday 09:00 | R180 per class, R600 for package of 4 classes or R1500 for a package of 10 classes

### **Core & Restore Yoga**

The Studio presents core & restore yoga. A breath-synchronised class mostly made up of floor work, tapping into the pelvic floor, working on both the muscular and energetic core. Breath work alongside restorative poses make these sessions an effervescent and deeply satisfying experience. All levels are welcome.

Practitioner: Kath Shone | Friday 07:30 | R180 per class, R600 for package of 4 classes or R1500 for a package of 10 classes

---

## **ABOUT KWENDALO**

Kwendalo is a holistic wellness centre, country estate & centre for learning in Plettenberg Bay, South Africa. We are cultivating balanced living through our Six Key Dimensions of Wellness: physical, emotional, spiritual, mental, social and environmental. The estate offers a variety of wellness treatments, retreats and classes addressing a balanced and holistic approach to wellness, including homoeopathic consultations, nourishment, reiki, ozone therapy, reflexology, cleanses and our signature five-day retreat programme.

**Contact Kwendalo | [www.kwendalo.com](http://www.kwendalo.com)**

Email: [hello@kwendalo.co.za](mailto:hello@kwendalo.co.za) | Tel: +27(0)44 004 0366 | +27(0)63 669 8006