

Retreat Yourself 2022 promises a self-care experience like no other

Retreat Yourself is a family-friendly festival that blends music and wellness for a tailor-made four-day experience that guests can enjoy their own way, doing the activities they connect with most. The 2022 edition of the Retreat Yourself festival takes place at the Elandskloof Farm Cottages, located 20kms outside of Greyton in Cape Town, from Thursday, 24 to Sunday, 27 February.

Set against the backdrop of the majestic Riviersonderend mountain range, the festival offers a diverse collection of accommodation options over the four days, such as cottages, vinyl, dome, bell, and luxury tents, along with the option to bring your own camping gear.



Image supplied

Entertainment and activities are endless with a roller disco, spa treatment facilities, outdoor cinema, a secret dance floor, meditation workshops, live music performances, late-night comedy, sound journeys, a village market, champagne brunches, running and mountain bike trails and many more activities to ignite the senses and realign the soul.

“At Retreat Yourself, we have created a space where our guests can connect and enjoy being authentic, doing activities they love. It’s important for us to provide a space that is open to all ages, cultures and backgrounds with the sole purpose of bringing everyone together in an environment where we can all enjoy and learn from one another,” says festival organiser, Ronen Klugman.

Being a mindful meat-free festival, Retreat Yourself champions sustainability in all areas of the festival, from food to fashion, ensuring as little impact as possible on the local environment.

Tickets for Retreat Yourself are R1,150 for adults R1,035 for group specials and R600 for kids and are available [here](#).

For more information on Retreat Yourself, click [here](#).

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