

A woman with long dark hair, wearing a dark dress, stands in a dry, open landscape (karoo). In the background, there are rolling hills and a large, leafy tree. In the foreground, there are several wooden lounge chairs and a table. The text 'women's retreat' is overlaid in a large, yellow, serif font. Below it, the text 'escape to the karoo' is in a smaller, yellow, serif font.

women's retreat

escape to the
karoo

A photograph of two women in profile, facing each other. The woman on the left is wearing a straw hat and a patterned shawl. The woman on the right is wearing a small earring. The background is a soft-focus green landscape. The text "the power of women's circles" is overlaid in a yellow serif font.

the power of women's circles

Introduction to the Retreat

There comes a time when the greatest luxury is not found in extravagance, but in stillness. Nestled within the untouched beauty of the Upper Karoo, Sweetfontein invites a select group of women to experience a retreat where time slows, the landscape quiets the mind, and every detail has been intentionally curated to restore your body, spirit, and sense of self.

This is more than a retreat—it is an invitation to pause.

Over several unforgettable days, you'll surrender to the gentle rhythm of nature through immersive experiences designed to reconnect you with yourself. Mornings begin with mindful movement and somatic flow beneath vast open skies, awakening the body with grace and intention. Guided walks across the endless Karoo landscape offer space to breathe deeply, reflect, and rediscover the beauty of silence.

Creativity becomes a meditation as you shape clay during intimate pottery sessions, while slow release practices invite you to soften, let go, and create space for renewal.

What Your Sweetfontein Retreat Includes

Luxury Accommodation

Three nights in beautifully appointed accommodation, surrounded by the tranquillity and vast landscapes of the Upper Karoo.

Seasonal Karoo Cuisine

Two thoughtfully prepared meals each day, celebrating fresh, seasonal ingredients and the art of slow dining.

Refreshments Throughout Your Stay

A selection of artisanal teas, freshly brewed coffee, infused water, and light refreshments available throughout the day.

A photograph of three people practicing yoga in a bright, modern room with large windows. In the foreground, a woman in a dark blue sports bra and leggings is in a side plank position with her right arm extended upwards. Behind her, a man in a dark blue t-shirt and shorts is also in a side plank position. Further back, a woman in a grey tank top and black leggings is in a similar pose. They are all on yellow and blue yoga mats. The text is overlaid on the right side of the image.

What Your Sweetfontein Retreat Includes

Mindful Movement & Stillness

Gentle somatic movement, guided stretching, and restorative practices designed to reconnect you with your body and the rhythm of nature.

Pottery & Creative Expression

Immersive pottery sessions where creativity becomes a form of mindfulness, allowing you to slow down, create with intention, and take home a meaningful keepsake.

Nature Experiences

Guided walks across the Sweetfontein landscape, inviting you to reconnect with the silence, beauty, and healing qualities of the Karoo.

What Your Sweetfontein Retreat Includes

Wellness & Self-Discovery

Thoughtfully curated workshops exploring holistic wellbeing, mindful living, nourishment, and practical rituals to cultivate balance long after the retreat has ended.

An Intimate Circle of Remarkable Women

A carefully curated gathering of like-minded women, creating space for genuine conversation, meaningful connection, and shared inspiration.

Time to Simply Be

Unhurried afternoons to read, reflect, rest beside the pool, or embrace the quiet luxury of doing nothing at all.

A Lasting Gift

Leave with practical tools, renewed clarity, cherished memories, and a sense of calm that extends well beyond your time at Sweetfontein.



Guest Speakers and Panels

Chef: Lientjie Wessels

Creative Coach: Philip van Staden

Life Coach: Jacobi Muller

Phycologist : Julie Venter (pre-book one on one sessions)

Pilates Instructor- Marie Louise van der Merwe

Yoga Instructor: Charon Bayly de Buys

Reflection and Goal Setting

This is not about escaping your life.

It is about returning to it with renewed clarity, deeper presence, and a profound appreciation for what matters most.



We welcome you to our retreat

2 Package options available:

Rediscover Yourself Package & Burnout Package

3 Day Exclusive - R15600

Own private room

2 Meals each day

3 Day Sharing- R7500pp

Share a room with a friend

2 Meals each day

ONE-ON-ONE SESSIONS WITH PSYCHOLOGIST PRICED SEPARATELY

Spots still available: 2 May 2027 & 8 July 2027
Minimum of 10 Participants per slot



for more details

info@sauergroup.co.za

www.sweetfontein.co.za

060 381 8753

Sweetfontein, Britstown Farm,
Northern Cape