



MARCH

FEMINA
WELLNESS

2026

MONTHLY NEWSLETTER

The benefits of Motion

Focus on keeping your body moving this March and reap the benefits

As the warmth of summer fades into the crisp days of autumn, it is the ideal time to focus on your physical resilience. Our March for Motion campaign is designed to help you transition smoothly into the cooler months by assessing the "wear and tear" on your framework.

Through Bio Resonance Scanning, we look beyond surface-level aches to evaluate your bone density, mineral levels, and joint mobility.

By identifying inflammation or calcification now, we can reinforce your body's structural foundation and prevent the stiffness that often accompanies the winter chill.

Throughout the month, we will guide you through a comprehensive structural audit, from strengthening your internal scaffolding to evaluating your body's natural repair markers and bone-healing capacity.

Understanding how your system regenerates ensures you can maintain fluid, confident movement all season long. Don't let the seasonal shift slow you down—book your Bio Resonance Scan today and ensure your body is prepared for the road ahead.

WhatsApp for more Information on our Wellness Programs
+27 79 021 4734



Pta Walks

Club Nature Walks



28 FEB & 01 MAR 2026

Die Bosveld Doornpoort
Time: 07:30
Address: Dr Swanpoel Ext Cnr, N1, Doornpoort 295-Jr, Pretoria, 0017
Cost: R70
Coffee: Die Bosvelder
[More Info](#)



08 MARCH 2026

Wonderboom Nature Reserve
Time: 07:30
Address: 1 Lavender Rd, Annlin West, Pretoria, 0182
Cost: R47
Coffee: Bembom Wonderboom
[More Info](#)

Meet Our Nature Walk Ambassadors!



Rene



Laura



Yolandi



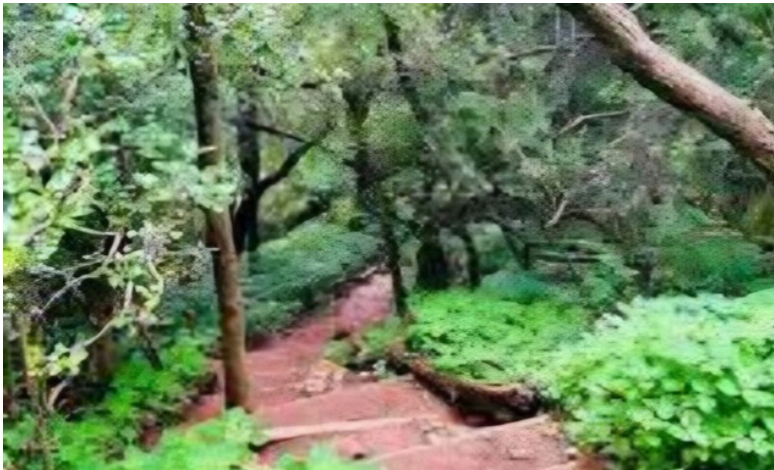
Irene



Arinao

Pta Walks

Club Nature Walks



15 MARCH 2026

Moreleta Kloof Nature Reserve

Time: 07:30

Address: Helios St,
Moreletapark, Pretoria, 0044

Cost: Free

Coffee: Culture Coffee

[More Info](#)



22 MARCH 2026

Klapperkop Nature Reserve

Time: 07:30

Address: Johann Rissik Dr,
Groenkloof 358-Jr, Pretoria, 0027

Cost: Free

Coffee: Waterkloof Golf Club
Restaurant

[More Info](#)



29 MARCH 2026

Nkwe Resort Trail

Time: 07:30

Address: Nkwe Rd, Tierpoort,
0056

Cost: R90

Coffee: Chocolat et Café

[More Info](#)



Jhb Walks

Club Nature Walks



01 MARCH 2026

Kings Kloof Trails

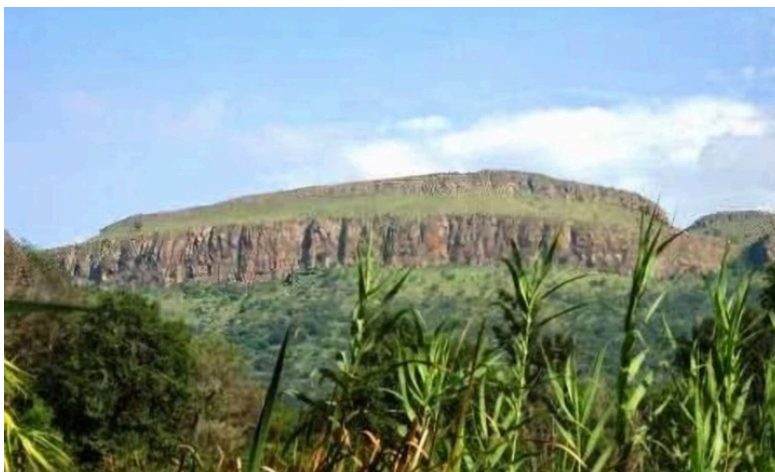
Time: 07:30

Address: Road 14, Muldersdrift, 1794

Cost: R50

Coffee: Kings Kloof Restaurant

[More Info](#)



08 MARCH 2026

Van Gaalen Cheese Farm

Time: 07:30

Address: Portion 260, skeerpoort, hartbeespoort, Hartbeespoort, 0232

Cost: R50

Coffee: Van Gaalen Cheese Farm Restaurant

[More Info](#)



Lynda



Candice



Magugu

Meet Our Nature Walk Ambassadors!

Lynda, Candice & Magugu, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on alternate Sundays!



Jhb Walks

Club Nature Walks



15 MARCH 2026

Harties River Hiking Trail

Time: 07:30

Address: Crocodile Road
Entrance T-Junction R512 & R104
Broederstroom, Hartbeespoort,
0216

Cost: R100

Coffee: The Rusty Feather

[More Info](#)



22 MARCH 2026

The Wilds Houghton

Time: 07:30

Address: 60 Riviera Rd, Killarney,
Johannesburg, 2193

Cost: Free

Coffee: Picnic after walk - Bring
your own snacks

[More Info](#)



29 MARCH 2026

Nkwe Resort Trail

Time: 07:30

Address: Nkwe Rd, Tierpoort,
0056

Cost: R90

Coffee: Chocolat et Café

[More Info](#)



Wellness

Club Wellness Days

Benefits

Enjoy the safety of going out in numbers with fellow women.

Tick an adventure off your bucket list

Experience an affordable outing for wellness and relaxation.

Make new friends and connect with like-minded women in nature.



21 MARCH 2026

YOGA WELLNESS WORKSHOP

Shiva Yoga Studio - Lynnwood

Time: 10:30

Cost: R450

[More Info](#)

[Website Link](#)

Emotional Intelligence



23 MAY 2026

EMOTIONAL INTELLIGENCE WELLNESS WORKSHOP

More information to follow soon

[Website link](#)

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25 JULY 2026

SPA WELLNESS DAY

More information to follow soon.

[Website Link](#)



12 SEPTEMBER 2026

FINANCIAL WELLNESS WORKSHOP

More information to follow soon.

[Website Link](#)



Fun Outings

Club Outings

Benefits

Enjoy the safety of going out in numbers with fellow women.

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25 APRIL 2026

HARTIES CABLE CAR ADVENTURE

More information to follow soon.

[Website Link](#)



27 JUNE 2026

CLAY PAINTING CRAFT

More information to follow soon.

[Website Link](#)



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8 AUGUST 2026

HARTIES SUN SET CRUISE ADVENTURE

More information to follow soon.

[Website Link](#)



10 OCTOBER 2026

CAKE DECORATING CRAFT

More information to follow soon.

[Website Link](#)

Meet Up

Ladies 40+ Club



Benefits

Focus on specific health topics to enhance your well-being and gain targeted knowledge.

Opportunity to do the Bio Scan at discounted rates for personalized health insights.

Make friends and connect with other members of the club for support and motivation.

Learn about alternative health care options to enrich your wellness journey.

07 MARCH 2026

Pretoria Members

Venue: Karoo Café

Time: 15:00

Address: 141 Lynnwood Rd &, Albeth St, The Willows 340-Jr, Pretoria, 0081

[More Info](#)

14 MARCH 2026

Johannesburg Members

Venue: GG's Café Kyalami

Time: 15:00

Address: 137 Crocus Rd, Khayalami AH, Midrand, 1684

[More Info](#)

28 MARCH 2026

Centurion Members

Venue: Kleinkoop Boutique Hotel

Time: 15:00

Address: 87 Jim Van Der Merwe St, Clubview, Centurion, 0140

[More Info](#)

Network

Wellness Business Network



Benefits

Be part of a community of like-minded entrepreneurs focused on mutual growth and idea-sharing.

Increase visibility and attract more clients through impactful marketing initiatives and events.

Promoting natural healing, holistic health, and wellness education within your community.

Gain access to showcase opportunities, collaborative projects, and ongoing support to help your business.

02 MARCH 2026

Pretoria

Venue: Die Kweekhuis

Time: 11:00

Address: Rockfields Village,
Corner Tshiomate Close,
Lenchen Ave, Rooihuiskraal
North, Centurion, 0157

[More Info](#)

09 MARCH 2026

Centurion

Venue: Karoo Café

Time: 11:00

Address: 141 Lynnwood Rd &
Albeth St, The Willows 340-
Jr, Pretoria, 0081

[More Info](#)

16 MARCH 2026

Johannesburg

Venue: Paputzis

Time: 11:00

Address: 69 4th Ave, Linden,
Randburg, 2104

[More Info](#)

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02 MARCH 2026

Gauteng

Venue: Online Meeting

Time: 11:00

Agenda: Alternative & Complementary Wellness Suppliers

[More Info](#)



Getaway

ATKV Buffelspoort



Why join us

Make new friends and discover your community in a supportive and friendly environment.

Shared accommodation makes the getaway more affordable for everyone.

Prepare meals together and build team spirit through collaborative activities.

Carpool and travel together to share the adventure and create lasting memories.

29 MAY 2026

ATKV Buffelspoort

[R104, Rustenburg, 0284](#)

[Map Location](#)

R1,980 per person

- Shared accommodation 2 nights
- Brunch & Dinner included

[Book Here](#)

Holiday

Zanzibar, Tanzania



Why join us

Take advantage of a group discount with an all-inclusive package for a hassle-free holiday.

Enjoy return flights from Johannesburg with convenient airport transfer included.

Stay 7 nights at the luxurious 5-star Riu Palace for a truly memorable experience.

Have holiday fun and connect with like-minded women in a vibrant, inspiring setting.

AUGUST 2026

5 Star Riu Palace

Nungwi Rd, Nungwi, North Coast Zanzibar 73107, Tanzania

<https://maps.app.goo.gl/vQKCz8Wj5yHtaM8L8>

R39,000 per person

- 7 Nights Sharing
- All-Inclusive Package
- Return Flights

[More Info](#)