



APRIL

FEMINA
WELLNESS

2026

MONTHLY NEWSLETTER

Boost Your Immune Defense

This April, we are prioritizing "Boosting Your Immune Defense" by exploring the sophisticated internal networks that safeguard your vitality.

Through the precision of bio-scan technology, we can identify subtle energetic imbalances within the lymph nodes, spleen, and thymus—the essential pillars of a resilient immune system.

Whether your lymphatic drainage is sluggish, your spleen is overtaxed from filtering environmental stressors, or your thymus requires support to optimize T-cell maturation, the scan offers a clear, non-invasive window into your biological terrain.

By pinpointing exactly where these vital systems are under-supported, we move beyond general wellness advice to provide a personalized roadmap for restoring your internal flow and fortifying your natural shield against seasonal challenges.

Don't leave your immune health to guesswork this season. By booking your personalized bio-resonance scan, you gain a comprehensive look at the energetic state of your lymph, spleen, and thymus, allowing us to identify specific imbalances before they become physical setbacks.

This non-invasive assessment provides the clarity needed to tailor a wellness plan that is unique to your body's current requirements.

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



Pta Walks

Saturday Nature Walks

Benefits

Enjoy the safety of walking in numbers with fellow women.

Benefit from exercise, sunlight, and fresh air to boost your health.

Experience an affordable outdoor outing for wellness and relaxation.

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



04 APRIL 2026

Magalies Hiking Trail

Time: 07:30

Address: 946 30th Ave,
Rietfontein, Pretoria, 0084

Cost: Free

Coffee: Abreu's Coffee
Roastery

[More Info](#)



11 APRIL 2026

Nkwe Resort Trail

Time: 07:30

Address: Nkwe Rd, Tierpoort,
0056

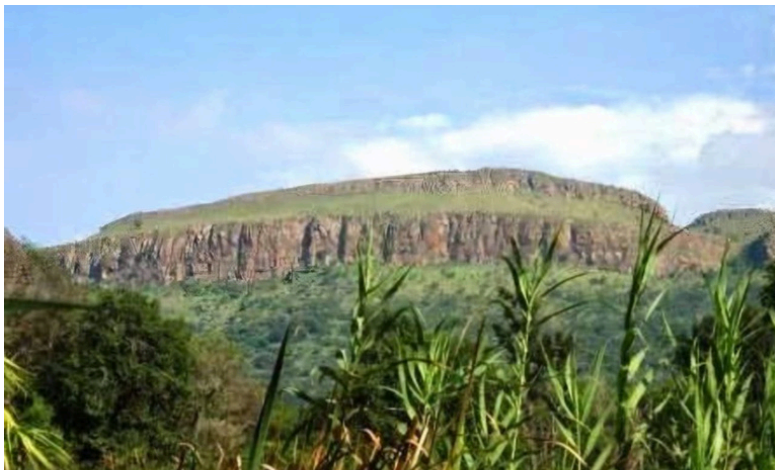
Cost: R90

Coffee: Chocolat et Cafe'

[More Info](#)

Pta Walks

Saturday Nature Walks



18 APRIL 2026

Van Gaalen Cheese Farm

Time: 07:30

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

Cost: R50

Coffee: Terrace Restaurant

[More Info](#)



25 APRIL 2026

Rodeplaat Nature Reserve

Time: 07:30

Address: Kokela Street,
Roodeplaat

Cost: R35

Coffee: Green Olive Restaurant

[More Info](#)

Meet Our Nature Walk Ambassadors!



Coleen



Irene



Arinao

Meet Our Nature Walk Ambassadors!

Colleen Irene & Arinao, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on Saturdays!



Pta Walks

Sunday Nature Walks

Benefits

Enjoy the safety of walking in numbers with fellow women.

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05 APRIL 2026

Magalies Hiking Trail

Time: 07:30

Address: 946 30th Ave,
Rietfontein, Pretoria, 0084

Cost: Free

Coffee: Abreu's Coffee
Roastery

[More Info](#)



12 APRIL 2026

Nkwe Resort Trail

Time: 07:30

Address: Nkwe Rd, Tierpoort,
0056

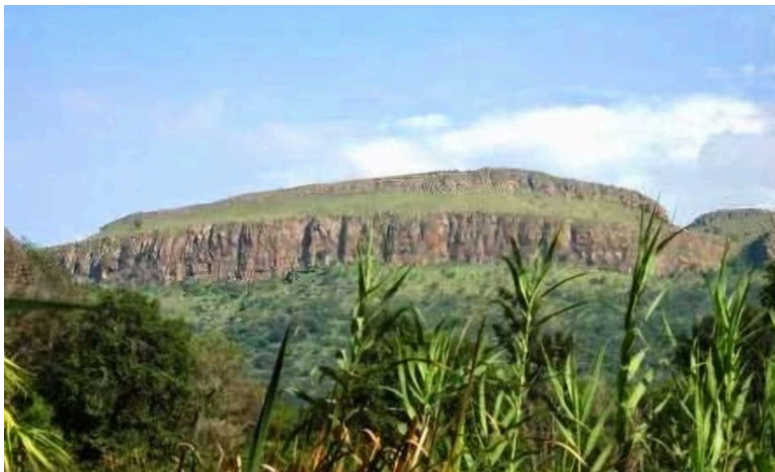
Cost: R90

Coffee: Chocolat et Cafe'

[More Info](#)

Pta Walks

Sunday Nature Walks



19 APRIL 2026

Van Gaalen Cheese Farm

Time: 07:30

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

Cost: R50

Coffee: Terrace Restaurant

[More Info](#)



26 APRIL 2026

Rodeplaat Nature Reserve

Time: 07:30

Address: Kokela Street,
Roodeplaat

Cost: R35

Coffee: Green Olive Restaurant

[More Info](#)

Meet Our Nature Walk Ambassadors!



Rene



Laura



Yolandi

Meet Our Nature Walk Ambassadors!

Rene, Laura and Yolandi, thank you so much for volunteering your time and enthusiasm to lead our Nature Walks on Sundays!



Jhb Walks

Sunday Nature Walks

Benefits

Enjoy the safety of walking in numbers with fellow women.

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05 APRIL 2026

The Wilds Houghton

Time: 07:30

Address: 60 Riviera Rd,
Killarney, Johannesburg, 2193

Cost: Free

Picnic: On Sight - Bring
Snacks

[More Info](#)



12 APRIL 2026

Rietvlei Zoo Farm

Time: 07:30

Address: 101 Swartkoppies
Rd, Alberton, 1448

Cost: R50

Coffee: Jennabelle's Coffee

[More Info](#)

Jhb Walks

Club Nature Walks



19 APRIL 2026

B'sorah Trail Broederstroom

Time: 07:30

Address: Farm Bassora
Broederstroom, Broederstroom,
0240

Cost: R80

Picnic: On Sight - Bring Snacks

[More Info](#)



26 APRIL 2026

Kloofzicht Trail Krugersdorp

Time: 07:30

Address: Kromdraai Rd,
Krugersdorp, 1739

Cost: R150

Picnic: On Sight - Bring Snacks

[More Info](#)

Meet Our Nature Walk Ambassadors!



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 Sundays!

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.

04 APRIL 2026

Johannesburg Members

Venue: The Secret Garden

Time: 14:30

Address: Manor Recreation Centre, 16B Penguin Drive, Norscot, Fourways, Sandton, 2055

[More Info](#)

11 APRIL 2026

Centurion Members

Venue: Irene Farm

Time: 15:00

Address: Nellmapius Rd, Irene, Centurion, 0062

[More Info](#)

18 APRIL 2026

Pretoria Members

Venue: Mythos Restaurant

Time: 15:00

Address: Linton's Corner, Shop 30 Corner Lynnwood Road, Solomon Mahlangu Dr, Equestria, Pretoria, 0184

[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.

06 APRIL 2026

Johannesburg

Venue: Pâtisserie de Paris

Time: 10:00

Address: 9 Mackay Ave,
Blairgowrie, Johannesburg,
2194

[More Info](#)

13 APRIL 2026

Pretoria

Venue: Karoo Café

Time: 11:00

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

[More Info](#)

20 APRIL 2026

Centurion

Venue: Die Kweekhuis

Time: 11:00

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

[More Info](#)

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27 APRIL 2026

Gauteng

Venue: Online Meeting

Time: 11:00

Agenda: Alternative & Complementary Wellness Suppliers

[More Info](#)



Fun Outings

Club Outings

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.



25 APRIL 2026

HARTIES CABLE CAR SPA DAY

Venue: on the mountain

Time: 08:00

Agenda: Cable ride, Spa massage and Mountain Walk

Cost: R790p.p.

[Website Link](#) [More Info](#)



27 JUNE 2026

CLAY PAINTING CRAFT

More information to follow soon.

[Website Link](#)



Fun Outings

Club Outings

Benefits

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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](#)



Wellness

Club Wellness Days



Emotional Intelligence

23 MAY 2026

EMOTIONAL INTELLIGENCE WELLNESS WORKSHOP

More information to follow soon

[Website link](#)



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](#)



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](#)