



JANUARY

FEMINA
WELLNESS

2026

MONTHLY NEWSLETTER

Setting Health Goals

The Power of One Goal at a Time

Welcome to the January 2026 Newsletter!

The New Year always brings with it a powerful urge to reset and pursue better health. Whether it's eating better, exercising more, or prioritizing sleep, we often start the year with a long list of resolutions. However, trying to implement too many changes simultaneously is often the fastest route to burnout and giving up.

This month, we want to shift the focus from a list of resolutions to a strategy for lasting change. The secret to transforming a resolution into a genuine lifestyle change is simple: implement your goals one by one. By focusing intensely on just one new habit until it becomes routine, you build confidence and ensure that the change sticks, rather than overwhelming yourself.

Let's make 2026 the year we don't just set goals, but truly integrate them into our lives, one successful step at a time!

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



Pta Walks

Club 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 JANUARY 2026

Pretoria Botanical Gardens

Time: 07:30

Address: 2 Cussonia Ave,
Brummeria, Pretoria, 0184

Cost: R90

Coffee: Milkplum Cafe'

[More Info](#)



11 JANUARY 2026

Faerie Glen Nature Reserve

Time: 07:30

Address: January Masilela Dr,
Faerie Glen, Pretoria, 0040

Cost: R22

Coffee: Doppio Zero Lynnridge

[More Info](#)

Pta Walks

Club Nature Walks



18 JANUARY 2026

Jan Smuts House Museum Trail

Time: 07:30

Address: Jan Smuts Avenue, Centurion, 0062

Cost: R10 Parking & R90 Hiking

Coffee: Ouma Isie's Tea Garden

[More Info](#)



25 JANUARY 2026

Wolwespruit Trail Park

Time: 07:30

Address: 501 Jochemus St, Erasmuskloof, Pretoria, 0048

Cost: R45

Coffee: PLTFRM Wolwespruit

[More Info](#)



HIKING TIPS

- Comfortable walking shoes
- Hat & Sunglasses
- Walking Stick
- Sunscreen
- Insect Repellent
- Water (1l for every 5km)
- Snacks



Jhb Walks

Club Nature Walks

Benefits

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04 JANUARY 2026

Pretoria Botanical Gardens

Time: 07:30

Address: 2 Cussonia Ave, Brummeria, Pretoria, 0184

Cost: R90

Coffee: Milkplum Cafe'

[More Info](#)



11 JANUARY 2026

Hennops Hiking Trail

Time: 07:30

Address: R511, Pretoria, 0001

Cost: R100

Coffee: Kiosk at the Hike

[More Info](#)



Jhb Walks

Club Nature Walks



18 JANUARY 2026

Jan Smuts House Museum Trail

Time: 07:30

Address: Jan Smuts Avenue, Centurion, 0062

Cost: R10 Parking & R90 Hiking

Coffee: Ouma Isie's Tea Garden

[More Info](#)



25 JANUARY 2026

Walter Sisulu Botanical Gardens

Time: 08:00

Address: Malcolm Rd, Poortview, Roodepoort, 1724

Cost: R80

Coffee: Eagles Fare Restaurant

[More Info](#)



HIKING TIPS

- Comfortable walking shoes
- Hat & Sunglasses
- Walking Stick
- Sunscreen
- Insect Repellent
- Water (1l for every 5km)
- Snacks



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.



17 JANUARY 2026

BREATHWORK & MEDITATION WELLNESS WORKSHOP

Shiva Yoga Studio - Lynnwood
Time: 10:30
Cost: R450

[More Info](#)



21 MARCH 2026

YOGA WELLNESS WORKSHOP

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](#)



Fun Outings

Club Outings

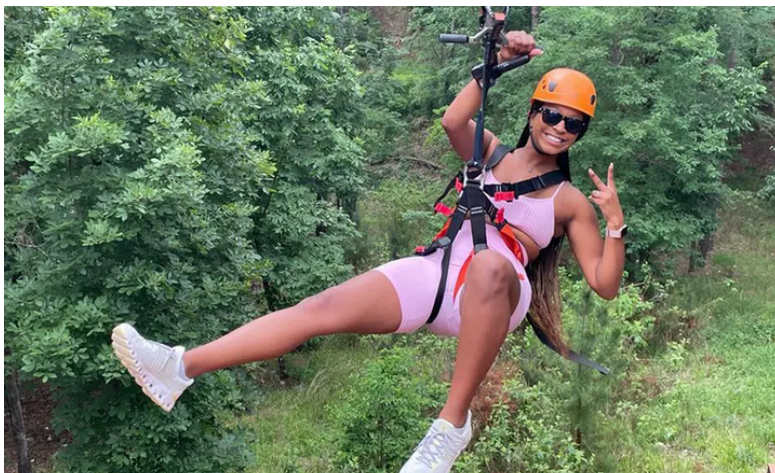
Benefits

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21 FEBRUARY 2026

CULLINAN ZIPLINE ADVENTURE

More information to follow soon.

[Website Link](#)



25 APRIL 2026

HARTIES CABLE CAR ADVENTURE

More information to follow soon.

[Website Link](#)

Fun Outings

Club Outings



27 JUNE 2026

CLAY PAINTING CRAFT

More information to follow soon.

[Website Link](#)



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.

10 JANUARY 2026

Pretoria Members

Venue: Karoo Cafe'

Time: 15:00

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

[More Info](#)

24 JANUARY 2026

Centurion Members

Venue: Kleinkaap Restaurant

Time: 15:00

Address: 87 Jim Van Der Merwe St, Clubview, Centurion, 0014

[More Info](#)

31 JANUARY 2026

Johannesburg Members

Venue: Paputzis

Time: 15:00

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

[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.

12 JANUARY 2026

Centurion

Venue: Die Kweekhuis

Time: 11:00

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

[More Info](#)

19 JANUARY 2026

Pretoria

Venue: Karoo Cafe'

Time: 11:00

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

[More Info](#)

26 JANUARY 2026

GAUTENG

Venue: Online Meeting

Time: 19:00

Agenda: workshop &
marketing collaborations

[More Info](#)



Getaway

Forever Resort Loskopdam



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.

27 FEBRUARY 2026

Forever Resort Loskopdam

[N11, Loskop Dam, Kranspoort.](#)

[Map Location](#)

R1,650 per person

- Shared accommodation 2 nights
- 3 Day Fasting Workshop

[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](#)