



FEBRUARY

FEMINA
WELLNESS

2026

MONTHLY NEWSLETTER

Love Your Heart

Putting Your Heart at the Centre This February

Happy February! While most of us are thinking about Valentine's Day plans and finding the perfect gift for someone special, it's also the perfect time to show some love to your most important muscle: your heart.

Following our theme from January—building lasting change by tackling one goal at a time—we're dedicating this month to cardiovascular wellness. In South Africa, heart disease remains a significant challenge, but the good news is that small, consistent shifts in our daily "lekker" lifestyle can make a massive difference.

You don't need to run a marathon or give up the Sunday braai to see real results. The secret lies in picking one specific habit and making it part of your routine until it becomes second nature. This month, consider "dating" a new heart-healthy habit, such as swapping processed meats for lean proteins and grilled veggies or taking a brisk 20-minute walk during the cooler morning hours to beat the February heat.

Contact us to schedule your Bio Resonance Scan. Let's make 2026 the year we stop over-complicating health and start protecting our hearts, one small habit at a time.

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

Pta Walks

Club Nature Walks



31 JAN & 01 FEB 2026

Ubali Pomegranate Farm

Time: 07:30

Address: H10, Cobra Road,
Beynespoort, Cullinan, 0181

Cost: R40

Coffee: Ubali Farm Cafe'

[More Info](#)



07 & 08 FEBRUARY 2026

Groenkloof Nature Reserve

Time: 07:30

Address: Christina De Wit Ave,
Groenkloof 358-Jr, 0027

Cost: R58

Coffee: Motherland Coffee
Company

[More Info](#)



Rene



Laura



Yolandi

Sunday Club Ambassadors

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

Pta Walks

Club Nature Walks



14 & 15 FEBRUARY 2026

Hedianga Farm Trail

Time: 07:30

Address: Achilles Rd &, Ajax Ave, Olympus AH, 0081

Cost: R50

Coffee: Blos Cafe'

[More Info](#)



21 & 22 FEBRUARY 2026

Rosemary Hill Farm

Time: 07:30

Address: Rosemary Hill R964, Pretoria, 0001

Cost: R50

Coffee: The Greenhouse Café

[More Info](#)



Rene



Irene



Arinao

Meet Our Nature Walk Ambassadors!

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



Jhb 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.



01 FEBRUARY 2026

Kloofendal Nature Reserve

Time: 07:30

Address: Galena Ave,
Kloofendal, Roodepoort, 1709

Cost: Free

Coffee: Bootlegger Ridgeview

[More Info](#)



08 FEBRUARY 2026

Cradle Moon Trail

Time: 07:30

Address: Plot 59 Beyers Naude
Drive, Muldersdrift

Cost: R100

Coffee: Cradle Moon Restaurant

[More Info](#)



Jhb Walks

Club Nature Walks



15 FEBRUARY 2026

Broederstroom Mule Trail

Time: 07:30

Address: K40, R512 Pelindaba Rd, Hartbeespoort, Broederstroom, 0240

Cost: R100

Coffee: Nineteen 69 Bistro

[More Info](#)



22 FEBRUARY 2026

Rosemary Hill Farm

Time: 07:30

Address: Rosemary Hill R964, Pretoria, 0001

Cost: R50

Coffee: The Greenhouse Café

[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!



Back To Sport

DOMYOS

Women's Shaping Fitness Cardio High-Waisted Leggings

R499 R599 -16%
Save R100!

DECATHLON

Decathlon South Africa · Follow

Your outfit sets the mindset

Studies show that wearing sportswear increases perceived readiness and confidence before exercising. Sometimes, motivation starts with getting dressed.

Decathlon Women

- Sport Tops
- Sport Bottoms
- Swimwear & Gear
- Sport Underwear
- Hats & Caps
- Sunglasses
- Accessories

Step outside, level up

Outdoor light helps your brain produce serotonin, a key hormone linked to mood and motivation.

DECATHLON

Women's High Support Zipped Sports Bra With Cups

R499 R699 -28%
Save R200!

DECATHLON

Decathlon South Africa · Follow



You do the sport you love, we make the equipment for it. From research and development to production and logistics. For you this means: everything for your sport at unbeatable prices. DECATHLON. We do sports.

Our application



Follow us



Delivery
Save on shipping costs and collect your package at the store or at one of 4000 Pargo Pick Up Points.

More than 60 sports
Decathlon South Africa has more than 60 sports under one roof

Decathlon Pro
B2B - Access wholesale pricing. Exclusive to Schools, Clubs, Resellers & Corporates.

Easy returns
All our products come with a 30 days returns policy.



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](#)



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.



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.

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 FEBRUARY 2026

CULLINAN ZIPLINE ADVENTURE

Zipline Adventure Cullinan
Time: 08:00
2 Hours, 4 ziplines, 1,5km
Cost: R760

[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.

07 FEBRUARY 2026

Pretoria Members

Venue: La Fiamma
Ristorante Pizzeria
Time: 15:00
Address: 687 Cliffendale Dr,
Faerie Glen, Pretoria, 0081

[More Info](#)

14 FEBRUARY 2026

Centurion Members

Venue: Industrial Coffee Works
Time: 15:00
Address: 2018 Hendrik
Verwoerd Dr, Centurion Central,
0046

[More Info](#)

28 FEBRUARY 2026

Johannesburg Members

Venue: Delta Cafe & Don
Quixote
Time: 15:00
Address: 76 Marlborough Ave,
Craighall Park, Randburg, 2196

[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 FEBRUARY 2026

Pretoria

Venue: Karoo Cafe'

Time: 11:00

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

[More Info](#)

09 FEBRUARY 2026

Centurion

Venue: Streatery Gateway Corner

Time: 11:00

Address: 19 Old Johannesburg Rd, Rooihuiskraal, Centurion, 0154

[More Info](#)

23 FEBRUARY 2026

Gauteng

Venue: Online Meeting via Google Meet

Time: 11:00

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](#)

R1,980 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](#)