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respect the law  
and basic values  
of their society."

- Nelson Mandela

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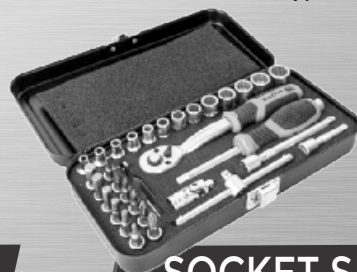
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Fully operational beverage fridge.  
Cools perfectly.  
Runs slightly noisy.  
**R4000.**

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# foca.

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—  
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MONDAY - FRIDAY  
9:30 - 16:30

—  
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Accountant

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## TO KNYSNA RESIDENTS

*Please support local.*

Colin Vermeulen / Mariza Langenberg  
082 781 6401 / 060 667 6465 - Warwick Wealth

## THOUGHT FOR THE WEEK

The best diet is the one you  
don't know you're on

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**FREE TO A GOOD HOME.** Inspiration. Curiosity. New skills. A renewed appreciation for things made slowly and properly. Collection only. Artisan Culture | 24-27 September. Facebook / Instagram: @artisan\_cultureknysna

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at Action Ads

17 September 2026

## Mental Anchors Help Survival

I have always been fascinated by survival stories.

When rescue workers in Nepal found a man alive in a tunnel 10 days after the devastating floods that swept away roads, bridges and killed at least 1300 people, I wondered how he had managed to survive so long.

Sanjay Sah, 30, a mechanical foreman at Nepal's Trishuli hydropower project, had been trapped in a pitch dark, collapsed tunnel, waist deep in water.

Sanjay told *Reuters* that he knew every inch of the tunnel, but after the flood it was so completely transformed he could not find his way out. He decided to stay put and wait for help.

Thoughts of his wife and two-year-old daughter gave him strength and he felt he should not give in to panic.

"So I kept reciting God's name and praying." He recited the *Hare Krishna* mantra - a repetitive chant where the same few words are said over and over - for the entire 10 days.

"The mantra gave me a different kind of feeling, almost a spiritual experience. I wasn't afraid. Instead I felt calm and relaxed," he told *Reuters*.

Astonishingly, he told rescuers he thought he had been stuck in the tunnel for only two or three days.

I wondered if there were a link between chanting the mantra and his survival. It appears there is.

Most of us know how fear triggers our "flight or fight" response: an adrenalin surge increases the heart rate and directs blood to the major muscles for fast action. Pain is suppressed and the brain is hyper alert.

But when a person is in a drawn-out high-stress situation, like surviving a disaster but not knowing if you will ever be rescued, it's a different story. Being on high-alert for a long time can lead to muscle breakdown and cause changes in the brain that affect the rational thinking we need to stay alive.

Research has found in this kind of situation repeating "rhythmic formulas" - like saying a rosary, chanting a mantra, repeating the Lord's Prayer - has an amazing effect on fear. It slows down the heart rate, stabilises blood pressure, and shifts brain waves away from those associated with anxiety and panic to those associated with relaxation. It creates a "mental anchor".

As one website said: "By intentionally filling the mind with a rhythmic, predictable sequence, these survivors lock the door against fear." Quite extraordinary.

This state of mind also slows down our perception of time, which is why Sanjay thought he had been trapped for only two or three days instead of 10.

There are survival stories about people who were not religious, but who created "mental anchors" by undertaking repetitive mental tasks.

World War 2 air force Captain Louis Zaperini survived drifting in a raft for 47 days by forcing his two crewmates to do mental exercises: making them recall their mothers' recipes step-by-step, describing every room in their childhood homes or solving mathematical equations.

The brain is truly astonishing.

As neurologist Richard Restak said: "How can a three-pound mass of jelly imagine angels, contemplate the meaning of infinity and even question its own place in the cosmos?"

Melanie Gosling

stoepchat@actionads.co.za

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[actionads.co.za/stoepchat](https://actionads.co.za/stoepchat)

**OPEN DAYS @ Utopia Clivias,**  
20 Crane Walk, Sedgefield. Clivias for sale, Coffee shop @ Chef Jade. 18 - 20, 25 - 27 Sept. 02 - 04 Oct. See you there.

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Knysna Sedgefield  
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**SERVICE TIMES**

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Knysna Sedgefield

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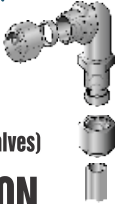
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082 855 0507

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|---|---|---|---|---|---|---|---|---|
|   |   | 2 | 4 |   |   |   |   | 7 |
|   | 1 |   |   |   |   |   | 5 |   |
|   | 9 |   |   | 2 |   |   |   | 8 |
| 1 |   | 8 | 7 | 9 |   |   | 4 |   |
|   |   |   |   |   |   |   |   |   |
|   | 6 |   |   | 4 | 5 | 1 |   | 9 |
| 4 |   |   |   | 3 |   |   | 7 |   |
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Facebook / Instagram:  
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inclusive || innovative || inspired

## NOTICE OF AMENDMENT OF EXISTING CONTRACTS

### NOTICE IN TERMS OF SECTION 116(3) OF THE LOCAL GOVERNMENT:

#### MUNICIPAL FINANCE MANAGEMENT ACT, 2003 (ACT 56 OF 2003) FOR THE PROPOSED AMENDMENT OF THE EXISTING AGREEMENT:

Notice is hereby given in terms of Section 116(3)(a) and (b) of the Local Government: Municipal Finance Management Act, 2003 (Act 56 of 2003) that it is the intention of the Knysna Municipality to amend the following contracts:

| CONTRACT NUMBER | DESCRIPTION                                                                                         | SUPPLIER                                                      | REASON FOR AMENDMENT         |
|-----------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------|
| T66/2022/23     | Provision of Professional Services for the design, approvals and supervision Khayaletu Fire station | 6111 Consulting (Pty) Ltd                                     | Extension of contract period |
| T01/2023/24     | Procurement of transactional advisory services for a period of three years                          | KRMS Architects, DM5 Inc, PWC, Contrarians                    | Extension of contract period |
| T46/2022/23     | Procurement of transactional advisory services for a period of three years                          | UTHO Capital, Chiefton Facilities Management, Cresco Advisory | Extension of contract period |

Notice is hereby further given in terms of Section 21 and 21A of the Local Government: Municipal Systems Act, 2000 (Act 32 of 2000) that the local community and affected parties are invited to submit comments or representations on the proposed amendment of the contract.

Written comments or representations on the proposed amendment can be submitted on or before 16h30 on Friday, 25 September 2026 to S Fourie at [sfourie@knysna.gov.za](mailto:sfourie@knysna.gov.za)

**ACTING MUNICIPAL MANAGER  
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Number: 087 980 6350  
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TIMES**

23 Bokmaklerie St, Lower  
Old Place, Knysna, 6571  
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**08H30  
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**Butter Chicken Curry** - A creamy, gently spiced favourite slow-cooked for depth of flavour, served with fluffy basmati rice and warm naan bread **R150**

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**Fish and Prawn Curry** - A fragrant seafood curry with miso, lemongrass and coconut, served with basmati rice, crisp poppadoms and sweet fruit chutney **R195**

### What to Expect

**Wine specials:** Pair your curry with exclusive wine offers available throughout the evening.

Every Friday at Leisure Isle Lodge  
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North facing cottage with lovely sunroom, snug in centre of Village. Spacious rooms, extra guest loo, semi open plan kitchen with scullery, lounge opens to the sunroom, covered patio, direct access garage plus parking bay. One level, besides 2 steps to garage. Small garden, can be enclosed for a pet.  
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**Lynne 082 855 2426**

FFC no: 2022388802

# VACANCY CLUB MANAGER

## Leisure Isle Country Club

Leisure Isle Country Club (LICC) is seeking a mature, organised and personable Club Manager to oversee the day-to-day administration and smooth running of our vibrant sports club. The Club comprises bowling and tennis sections with approximately 200 members and offers a friendly, community-focused environment.

### THE POSITION

- This is a half-day position, Monday to Friday, from 7.30am to 1:00pm, with attendance at weekend activities, competitions and social functions when required.
- The successful candidate will report directly to the LICC Chairperson.

### KEY RESPONSIBILITIES

- Manage the Club's front desk from 7.30am to 1:00pm, welcoming members and visitors and dealing with enquiries.
- Handle incoming and outgoing mail and general correspondence.
- Manage the Club's day-to-day administration and office functions.
- Manage bar sales, cash-ups and account reconciliations.
- Oversee debtors, creditors and payments.
- Maintain the Club's basic QuickBooks accounting system, or be willing to learn.
- Manage and coordinate a small team of approximately five staff members responsible for the clubhouse, tennis courts and bowling greens.
- Assist with the organisation and smooth running of club competitions, social functions and events, including weekends when required.
- Work closely with existing staff and consultants and be willing to learn the basic requirements of bowling-green management and maintenance.

### SKILLS & EXPERIENCE

The ideal candidate will have:

- Experience managing a small organisation, sports club or similar environment.
- Strong administrative, organisational and people skills.
- Experience in cash handling, stock control, debtors and creditors.
- Good numerical ability and attention to detail.
- Computer proficiency, including MS Word, Excel and Outlook.
- Experience with QuickBooks or a similar accounting package, or the willingness and ability to learn.
- Excellent communication skills and a friendly, professional manner.
- Proficiency in English and Afrikaans.
- The ability to work independently, take initiative and deal confidently with members, visitors, suppliers and staff.
- A willingness to become involved in the Club's social and sporting activities.

### AN EXCITING OPPORTUNITY

This is an excellent opportunity for someone who enjoys working with people and would like to play an important role in the ongoing success of a well-established community sports club.

The position is available immediately, allowing the successful candidate the opportunity to work alongside the current Club Manager for several weeks to ensure a smooth handover and transition.

### APPLICATIONS

Please email your CV to the Club Secretary, Bev McKenna, at: [bevmckenna@gmail.com](mailto:bevmckenna@gmail.com) (Note gmail not gmail)

Closing date: 21 September 2026

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Hunters Home, Knysna, 6570

Office Hours:

Monday - Friday 08:00 - 17:00

**HOSPITALITY AND HOME-Wholesale suppliers to the Hospitality Sector and Private Homes.** Contact Warren – 083 233 4265. [warren@hospitalityandhome.co.za](mailto:warren@hospitalityandhome.co.za). For all your towels, Sheets, linen, pillows, duvet inners, kitchen towels, swabs, quilted and waterproof mattress protectors, gowns, slippers, blankets and so much more. Contact Warren – Hospitality and Home 083 233 4265

**FOLLOW ACTION ADS** weekly on W/A: [actionads.co.za/whatsapp](https://www.actionads.co.za/whatsapp)

**TREE FELLING, BUSH CLEARING,** pruning, trimming, garden refuse and rubble removal, paving and any other garden related works. Ph Godfrey on 078 337 7886

**MISSING.** Your excuse for saying: "I'm just not creative." It disappeared somewhere between the pottery, breadmaking, woodturning and jewellery workshops. Come prove yourself wrong. Artisan Culture | 24-27 September. Facebook/Instagram: @artisan\_cultureknysna

**GT GARDEN SERVICES,** can improve and maintain your garden, supervised and reliable. Call 082 332 0745



**LKC**

**BEAUTIFUL SHOES FOR EVERY STORY.**

Comfort  
Style  
Quality  
Everyday  
Elegance

**R1950 per pair**

**CHARMAINE KRUGER**  
☎ +27 (0)82 442 8509

# Farmers Butchery

Est 1984

Valid from Thursday 17 Sept - Sunday 20 Sept 2026

c/o Rawson & Mortimer St • 044 382 1265

FARMERS BUTCHERY HOURS:

Mon - Thu 08h00 - 17h30 | Fri: 08h00 - 18h00 | Sat: 07h30 - 14h00 | Sun: 08h00 - 13h00

All prices are in Rand and P/kg While stocks last

**B of KP**  
WINNER  
BEST OF KNYSSA & PLETT  
READERS' CHOICE  
AWARDS 2026



**RUMP  
TAIL STEAK**

**R129<sup>00</sup>**  
p/kg



**MUTTON  
PACKS**

**R99<sup>00</sup>**  
p/kg



**LAMB  
PACKS**

**R129<sup>00</sup>**  
p/kg



**PORK LOIN  
CHOPS**

**R79<sup>00</sup>**  
p/kg



**STEWING  
BEEF**

**R79<sup>00</sup>**  
p/kg



**BONELESS  
GAMMON**

**R89<sup>00</sup>**  
p/kg



**OUKRAAL  
WORS 2kg**

**R149<sup>00</sup>**



**LAMB  
TAILS**

**R129<sup>00</sup>**  
p/kg



**FARMERS  
BOEREWORS**

**R99<sup>00</sup>**  
p/kg



**PORK  
PACKS**

**R59<sup>98</sup>**  
p/kg



**LAMB  
WHOLE / HALF**

**R129<sup>00</sup>**  
p/kg

**4 MAN BRAAI PACK**

**R199<sup>00</sup>**  
p/kg

**ANY BILTONG  
(EXCL. WAGYU)**

**R249<sup>00</sup>**  
p/kg



**SNACK  
BURGER  
& JUICE  
(500ml)**

**R20<sup>00</sup>**

**X-LARGE  
EGGS**

30s

**R59<sup>98</sup>**

**FRESH  
VEGGIES 1kg**

**SPINACH  
BUNDLE**

**R9<sup>95</sup>**

**RUSSIAN  
& CHIPS**

**R20<sup>00</sup>**



**Farmers Grill**  
RESTAURANT & BAR

**SPECIALS VALID FOR**

**THURSDAY 17 Sept - SATURDAY 19 Sept**

Mon - Fri 12:30 - 22:00 & Sat 13:00 - 22:00

✓ **STEAK, EGG** 200g & Chips **R79**

✓ **LAMB CURRY** & Rice **R119**

✓ **WAGYU BURGER** & Chips **R99**

DBL BRANDY  
& COKE

✓ **R35**

ANY  
DESSERT

**R40**

ANY DRAUGHT  
500ml

✓ **R35**

DBL GIN  
& TONIC

✓ **R35**

**PENSIONER SPECIAL! 10% DISCOUNT MONDAYS (excluding specials) - Restaurant Only**

BRIDGESTONE, FIRESTONE, COOPER, BF GOODRICH, PIRELLI, GOODYEAR, CONTINENTAL, DUNLOP, HANKOOK, FALKEN, YOKOHAMA



# MOVED

**40 Sandpiper Street,  
Knysna Industrial**

**044 382 1734 / 084 854 3082**

BRIDGESTONE, FIRESTONE, COOPER, BF GOODRICH, PIRELLI, GOODYEAR, CONTINENTAL, DUNLOP, HANKOOK, FALKEN, YOKOHAMA

**BEZUIDENHOUT FUNERAL services.**  
Please collect & pay for a plaque you ordered in June. Action Ads

**KEN WRIGHT 082 459 0663,**  
qualified tour guide for trfs to & from airport, local town & surrounds incl. Brenton. Safe driver.

**MODESTER, LOOKING FOR**  
domestic & carer work, with permit.  
Ph 071 016 0226

**NORSEMAN MENSWEAR – SUIT HIRE** (Black Suits). Ph 044 382 1984

**LEPHAN SEEKS GARDENING,**  
painting + driving work. Ref no 079 895 1781. Ph 071 878 9572

**NORSEMAN MENSWEAR – JOCKEY:**  
Skants, Tangas, Briefs, Boxer shorts, Vests & Thermal underwear (Best price in town guaranteed). Ph 044 382 1984

**COME JOIN OUR ART CLASSES,** get your art framed and get to hang your art in our gallery space – 084 673 7741

**SALT & PETAL** is running a Spring Special for September. On Thursday, receive a 10% discount on all full priced lunch meals.

**PATRICK SEEKS GARDENING** work, refavail & 5 yrs exp. Ph 071 613 8032

**Dr John McIntosh**  
CLINICAL HYPNOSIS

*Change your mind ... Change your life*

**Lose Weight**  
Creative Healthy habits and a positive mindset

**Find Inner Peace**  
Calm your mind and restore balance

**Stop Worrying**  
Quiet the noise and feel in control

**Release Your True Potential**  
Break through limitations and become your best self

**Switch On the Law Of Attraction**  
Attract positivity, abundance and the life you desire

Call for an appointment  
**062 995 4245**

*Your mind is powerful*  
*Use it!*



**TO LET. LARGE, SPACIOUS AND** light newly renovated flat available. For long let from 1<sup>st</sup> October, R9 000pm. Ph 083 283 5049

**JOHNNY'S SHOES AND KEYS** has moved to Woodmill Walk, Shop 6A. Ph 074 281 9734

**SALOME SEEKS DOMESTIC WORK** for 2 days. Ref 082 378 4286. Ph 075 402 9861



**AT**  
**AHA THE REX HOTEL**  
**8 Grey Street**

**24 September 2026**  
**17:00 – 21:00**  
**R550 per couple**

**BOOKING ESSENTIAL**  
**Whatsapp**  
**072 558 5443**

# LOVERS & FRIENDS

**STARTERS**  
Fish Cakes with gilled tomato, feta, fresh parsley, tartar sauce  
Sweet Corn Salad - Cucumber, red onion, cherry tomato, avocado, creamy dressing  
Palate Cleanser - Grapefruit sorbet

**MAINS**  
Seared Beef Fillet - Grilled baby carrots, potato au gratin, brussel's sprouts, peppercorn sauce, caramelised onions  
Chicken Lollipop with mashed potato, seasonal vegetables, white wine sauce, green peas  
Tagliatelle Pesto Pasta with basil pesto, cherry tomato, fresh basil and parmesan cheese.

**DESSERTS**  
Poached Pear with caramelised orange and vanilla ice cream  
Pate A Choux with chocolate sauce, blueberry, chantilly cream  
Cheese Board - selection of 3 cheeses

**FUN TASTE CHALLENGE**

Experience a little South Africa heritage flavour and guess what it is?

Two surprised canapés made with South African traditional heritage flavours to guess with your partner, served with traditional umqombothi or ginger beer

# Great service, with a SMILE!

## KWIKSPAR



### EAST END

Valid from Thurs 17 Sep - Sun 20 Sep 2026

|                                                                       |                                 |                                                                                       |                                |
|-----------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------|--------------------------------|
| <b>VITAGEN DOG FOOD ASSORTED</b> 6kg / 8kg<br>... WITH REWARDS CARD   | @ <b>199</b> <sup>99</sup> each | <b>SPEKKO LONG GRAIN PARBOILED WHITE RICE</b> ASSORTED 2kg                            | @ <b>29</b> <sup>99</sup> each |
| <b>CREMORA TEA &amp; COFFEE CREAMER</b> 750g<br>... WITH REWARDS CARD | @ <b>49</b> <sup>99</sup> each  | <b>SUNLIGHT DISHWASHING LIQUID POUCH</b> REGULAR OR ULTRA 750ml ... WITH REWARDS CARD | @ <b>25</b> <sup>99</sup> each |
| <b>SPAR FULL CREAM MAAS</b> 2kg<br>... WITH REWARDS CARD              | @ <b>31</b> <sup>99</sup> each  | <b>SPAR IQF MIXED CHICKEN PORTIONS</b> 2kg<br>... WITH REWARDS CARD                   | @ <b>89</b> <sup>99</sup> each |
| <b>FIRST CHOICE FRESH MILK FULL CREAM</b> 2L<br>... WITH REWARDS CARD | @ <b>31</b> <sup>99</sup> each  | <b>CROSSE &amp; BLACKWELL TANGY MAYONNAISE ONLY</b> 750ml ... WITH REWARDS CARD       | @ <b>39</b> <sup>99</sup> each |
| <b>B-WELL OMEGA 3 COOKING OIL</b> 2L<br>... WITH REWARDS CARD         | @ <b>59</b> <sup>99</sup> each  | <b>SPAR FRENCH, GARLIC, CHILLI OR CHICKEN POLONY</b> 1kg ... WITH REWARDS CARD        | @ <b>34</b> <sup>99</sup> each |

Specials available at EAST END KWIKSPAR up to and including Thu 17 Sep - Sun 20 Sep while stock last.  
Address: Cnr Main Road and Holiday Crescent, Knysna. Telephone: (044) 382 5083.  
We reserve the right to limit quantities. Prices include VAT. No traders please.

My SPAR [www.spar.co.za](http://www.spar.co.za)

**PUBLIC WARNING.** Attending Artisan Culture may result in: Buying handmade things. Booking workshops. Meeting interesting people. Eating too much bread. Developing opinions about coffee. And announcing, "I could make that." You probably can. Come find out. Artisan Culture | 24-27 September. Facebook / Instagram: @artisan\_cultureknysna

**FREE GOLD VALUATION** at Goldsmiths Knysna on Thesen Island. Licensed Gold Buyer with 30+ Years' Experience. 044 382 5026 / 072 392 8888

**MY BUTCHERS BLOCK** - Acacia wood kitchen gifts available @ Metelerkamp, 3 Union Street, Knysna.

**FOR ALL YOUR AUTOMOTIVE**, pool, marine and household paints, and free advice & recommendations. Come to Allkote - 1st Shop in the Industrial area. 044 382 4422. Open on Saturdays between 8 & 12.

**KNYSNA PICTURE FRAMERS** - 21 Cove Street. Michael 071 522 8135

**TURN YOUR DUST-COLLECTING** novels into good karma. Donate to our Hospice Book Sale! Drop-off info: at our hospice offices, B.O.N.D House, 24 Wilson Str, Hunters Home. Or call 044 384 0593 / 082 787 3728 for collection.

**PCL AUTO SERVICES** - Ford, Mazda, Mitsubishi, Renault, Subaru, Land Rover, Mercedes, Audi, VW, Toyota, Hyundai! You name it, we can handle it! Contact us on 044 382 6409

**ORGANIC CASTOR OIL:** We have cold pressed, hexane free in a glass bottles, Organic Castor Oil & packs @ Knysna Health, Broadwalk Centre, 52 Waterfront Drive. 044 492 0522/3



#### MEET KIMI!

Kimi was evicted from his home because the landlord didn't want cats on the property anymore. He has a small meow, and a purr like a racing car when you give him a belly rub. He's very loving, but a bit nervous, so would prefer a quieter home. He is only 7 months old.



If you would like more info about animals available for adoption, please feel free to contact our office on 044 384 1603

## PRINT SHOP

Printed locally in Knysna

- Business cards
- Flyers, posters, calendars
- NCR invoice/quote books
- Self-adhesive labels



[actionads.co.za/printing](http://actionads.co.za/printing)

| SOLUTION |   |   |   |   |   |   |   |   |  |
|----------|---|---|---|---|---|---|---|---|--|
| 5        | 3 | 2 | 4 | 8 | 9 | 6 | 1 | 7 |  |
| 8        | 1 | 4 | 3 | 6 | 7 | 9 | 5 | 2 |  |
| 6        | 9 | 7 | 5 | 2 | 1 | 4 | 3 | 8 |  |
| 1        | 2 | 8 | 7 | 9 | 3 | 5 | 4 | 6 |  |
| 9        | 4 | 5 | 6 | 1 | 8 | 7 | 2 | 3 |  |
| 7        | 6 | 3 | 2 | 4 | 5 | 1 | 8 | 9 |  |
| 4        | 5 | 6 | 9 | 3 | 2 | 8 | 7 | 1 |  |
| 3        | 8 | 9 | 1 | 7 | 4 | 2 | 6 | 5 |  |
| 2        | 7 | 1 | 8 | 5 | 6 | 3 | 9 | 4 |  |

# PEZULA

## NATURE RETREAT

*Inspire. Reward. Spoil.*



## LEISURE DAY RETREAT

Spend a relaxed day at Pezula Nature Retreat. Enjoy spa treatments, wellness facilities, pool time and a scenic trip to Noetzie Beach.

**R1800 PER PERSON | 4+ HOURS 08:00-12:30 or 12:30-17:00**

- A complimentary welcome drink to set the tone for relaxation
- Optional Morning Yoga Class (Monday–Friday, 08:00–09:00)
- A light and healthy breakfast or lunch
- Signature 60-Minute Welcome Massage
- 10-Minute Waterbed Session
- Access to Gym and Hot Zone (Heated pool, sauna, steam room, rainforest showers)
- Lounging by the Outdoor Heated Pool
- Optional one-hour scenic drive to Noetzie Beach (12:30 or 15:00)

### NOETZIE BEACH TRIP ADD-ONS

*Classic or Healthy beach snack basket: R125 per person | Luxury beach picnic: R520 per couple*

## SPA SPECIALS

**MASSAGE MONDAYS | R800**  
FOR ANY 60-MINUTE MASSAGE

Up to R600 off a massage

**20%**  
WHEN YOU BOOK  
4+ DAYS IN ADVANCE

**LOCAL TUESDAYS | 35%**  
ANY TREATMENT

Up to R400 off a massage or facial

Welcome drink, full wellness facility access and a complimentary waterbed session with every treatment.

**BOOKINGS ESSENTIAL: [bookings@pezulanatureretreat.com](mailto:bookings@pezulanatureretreat.com) | +27 (0)64 925 7326**