

11 – 13 December 2026

Reclaim Your Center



Charmaine Horsburgh, Bowspring, Yoga and Meditation teacher

An opportunity to exhale the weight of the year and return home to yourself in the beautiful surroundings and healing gardens of the Temenos Retreat Centre in McGregor.

What does it mean to reclaim your center?

To reclaim your center means to return to a state of inner calm, balance, and self-awareness. To recover your sense of inner peace.

All day long we are focusing on whatever appears before us, being pulled in different directions, often leading to stress, tension and an endless loop of thinking.

So it's good to take a time-out, especially in such a serene environment, as Temenos, with like-minded individuals encouraging each other to move beyond the noise, and in that process rediscover our freedom, openness and joy. This weekend is for that reason.

We will sit, move and bring in simple practices that help us to remember to relax and let go whenever we find ourselves jumping back onto the loop:

Using simple to follow movement that focuses on whole body awareness, enervating postural alignment techniques, breathing and meditative practices to ground and stabilize our awareness and embodied experience.

We have much wisdom at our disposal, years of experience of what we don't want; now we are in a place where we can let all that go and embody our present moment awareness to reap the benefit of who we truly are.

We will end the retreat by walking the labyrinth to settle ourselves in our new found consciousness so that when we leave Temenos to go home, we have a sense of stability and freedom that can only come from letting go.

This retreat is suitable for all bodies. No prior experience is necessary.

Our practice will take place in Caritas; the library, in The Well and the exquisite gardens.

It is for you.

The weekend begins with a brief introduction at 5pm in Caritas, the library on the Friday evening.

The cost of the retreat is **R4950** per person and includes accommodation at Temenos in fully equipped self-catering cottages.

Included in your price will be a delicious brunch on the Saturday and Sunday.

Lunch is self-catered, or if you prefer there are two excellent eateries at Temenos (cost not included)

Dinner will be for your own account, giving you the opportunity to choose whatever suits you from the popular Temenos menu.

Booking required.

On booking your retreat an immediate deposit of **R1000** secures. .

The balance is payable on or before the 4 December, 2026.

EARLY BIRD DISCOUNT

You may want to take advantage of our Early Bird Discount of 10% for all bookings made prior to the 11th November 2026.

Please note the Cancellation policy

Should you cancel your reservation up to **4 weeks** prior to the retreat, you will be refunded.

Cancellations **2-4 weeks** prior to the retreat, refunds will be offered if your place can be re-sold.

Cancellations up to **2 weeks** prior to the retreat will not be refunded.

Check-in time is from 14:00 on Friday, 11 December. The retreat will end at around 1pm on Sunday, 13 December.

You will be on retreat with Charmaine Horsburgh



Charmaine is a Bowspring and Yoga teacher based in McGregor. She has a long history in all aspects of Yoga, including Hatha Yoga and meditation, coinciding with a natural interest in personal growth, as well as a deep love and affinity for India where she has spent much time immersed in ashrams and practices. It was there too that a scooter accident in 2003 injured her spine, which catapulted her interest and focus on embodied somatic awareness, movement and practice, which led to her qualifying as a yoga teacher, which she has been regularly teaching since 2006.

She particularly loves the Bowspring method which she has incorporated into her practice since 2013. Particularly because of the way it encourages again and again the expansion of awareness, noticing the body from the inside: How each movement has been minutely thought through to recognize the curvy, fluid and pliant nature of the body, which in turn facilitates the release of the fascial web: which may through habits and conditioning hold us back from expressing our true nature.

She teaches in person and online, with regular classes at Temenos and is part of the Global Bowspring Teachers network. www.globalbowspring.com and a long time member of the Yoga Teachers Fellowship,

Please book soon as spaces are limited.

To book please contact me directly,

Charmaine Horsburgh at chorsburgh76@gmail.com or call 082 872 4402