

Wine & Wellness Retreat

A premium fitness and wellness retreat, set at the iconic Spier Wine Farm in South Africa. Designed for men and women, who want to train, explore, unwind and connect - without sacrificing comfort, quality or experience.

6 nights · 7 days



COME ONE, COME ALL

This retreat brings together structured training, outdoor adventure, world-class wine, nourishing food and space to reset. Expect two intentional movement sessions per day, breathtaking hikes, curated wine and food experiences, and time to truly slow down.

This is not a bootcamp. It is not a holiday where you do nothing. It is a carefully designed balance of challenge, recovery, culture and connection - in one of the most beautiful regions in the world.

certified instructors

movement-led, not diet-led

intimate group setting

all levels welcome

curated experiences

THE CURVE CLUB WAY



MOVEMENT

Daily sessions combining strength training, Pilates-inspired movement, HIIT, yoga, mobility, and recovery - designed to build resilience, not exhaustion.



EXPERIENCE

From sunrise mountain hikes to wine tastings, spa rituals, and slow afternoons at Spier - every element is intentional and curated.



CONNECTION

An intimate group of like-minded people, shared meals, guided moments of reflection, and space to truly unplug.

WHAT IS INCLUDED?

NATURE & ADVENTURE

- Guided Lion's Head sunrise hike
- Table Mountain experience / hike
- Ocean & coastal moments at Clifton beach

SPACE TO UNWIND

- Free afternoons
- Poolside rest
- Optional extra spa treatments
- Optional reflexology treatment
- Optional journaling & reflection

DAILY MOVEMENT

Two movement sessions per day:

- Strength & conditioning
- Pilates-inspired flow
- HIIT & metabolic sessions
- Mobility & recovery
- Yoga

You will also receive a custom-made 4-week training program and a 4-week nutrition plan post-retreat!

WELLNESS & FOOD

- Spier wine tasting
- All food is included (excluding additional alcoholic beverages outside of provided drinks)
- Included spa & recovery massage
- Nutrition workshop - followed by picking your own veggies and picnicing with your fresh produce.

CURVE SCHEDULE

Day	Focus	What to Expect
Day 1: Arrival & Grounding	Arrival · Connection	<ul style="list-style-type: none"> • Arrive at Spier Wine Farm and settle into the estate • Opening Circle to set intentions • Welcome dinner • Optional evening recovery stretch
Day 2: Move & Restore	Strength · Relaxation	<ul style="list-style-type: none"> • Morning Pilates to awaken deep core strength • Poolside relaxation and estate time • Afternoon HIIT & conditioning session • Evening dinner and unwind
Day 3: Mountain & Mindset	Adventure · Endurance	<ul style="list-style-type: none"> • Sunrise hike up Lion's Head • Beach mobility session and ocean swim at Clifton • Afternoon spa treatments and deep relaxation • Dinner at Spier
Day 4: Strength & Stillness	Training · Recovery	<ul style="list-style-type: none"> • Morning yoga flow • Nutrition workshop. Picking veggies out of the iconic Spier garden. Followed by a shared picnic. • Core to Curve signature workout followed by scenic wine farm cycling experience • Evening dinner
Day 5: Integrate & Celebrate	Exploration · Enjoyment	<ul style="list-style-type: none"> • Morning Pilates • Free time, spa, pool and rest • Sunset yoga session • Dinner together
Day 6: Nature & Indulgence	Balance · Connection	<ul style="list-style-type: none"> • Guided sunrise hike up Table Mountain • Post-hike stretch and recovery • Late afternoon wine tasting experience • Final celebratory dinner
Day 7: Departure	Reflection · Departure	<ul style="list-style-type: none"> • Final morning Pilates and breakfast • Depart grounded, stronger and reset

IS THIS A RETREAT FOR YOU?

- ✓ You love Pilates and strength-based movement and want to train in a way that feels intelligent, empowering, and energising
- ✓ You're drawn to adventure - sunrise hikes, mountain views, fresh air, and using your body in real landscapes
- ✓ You want to experience South Africa through the eyes of a local, not as a rushed tourist
- ✓ You enjoy beautiful places, good food, wine, and space to slow down just as much as you enjoy training
- ✓ You want structure and guidance, without pressure, obsession or extremes
- ✓ You're ready to invest in a week that builds strength, confidence, and connection - inside and out

ACCOMMODATION

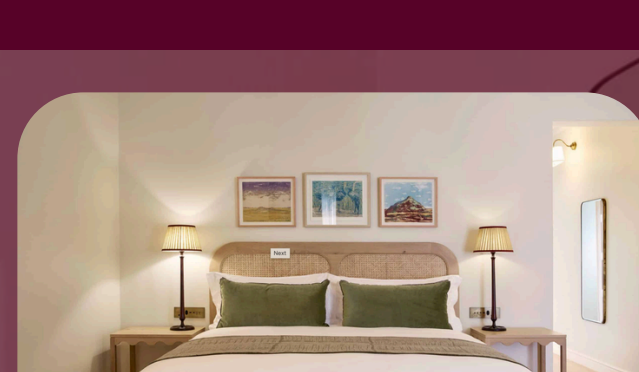
SHARED GARDEN ROOMS

- Guests stay in shared Garden Rooms at Spier (2 people per room). Rooms are spacious, beautifully designed and surrounded by nature.
- Sharing is intentional - it creates connection, keeps the retreat accessible, and enhances the group experience.

WHAT'S INCLUDED:

- Twin or king bed configuration
- En-suite bathroom
- Air conditioning
- Daily housekeeping
- Wi-Fi

Private room upgrade: Limited availability at additional cost.



PRICES

€2,995 per person

A deposit of 40% is required to secure your place.

REGISTER

RESERVE MY SPOT

PRACTICAL INFORMATION

Dates: October 2026
Location: Spier Wine Farm, Stellenbosch
Group size: Limited places (12 guests)

FAQ

Q: Do I need to be very fit?
A: No. Sessions are scalable and designed for mixed fitness levels.

Q: Is it safe to travel to South Africa?
A: Yes. All activities are organised with local professionals and transport is arranged.

Q: Can I book extra spa treatments?
A: Yes, these can be booked on site at additional cost.

Q: Are flights included?
A: No flights are not included. This is very common with retreats and is done on purpose so that one can plan a trip before, after or around the retreat.

Q: Do I need travel insurance?
A: Yes, comprehensive travel insurance is mandatory.

MADE FOR CURVES, CONNECTION & A CHANGE OF SCENERY

This retreat is for those who want to move with intention, build real strength, and experience Cape Town through the eyes of a local. It's for people who train because they love how it feels to be strong, capable and connected to their bodies - not because they want to shrink or disappear. At The Curve Club, we believe strength is built where the body curves. Movement here isn't about chasing perfection. It's about shaping, supporting and trusting your body in an environment that encourages confidence over comparison.

You'll train, explore and reset in one of the most beautiful places in the world. From daily movement sessions to hiking iconic mountains, sharing meals and meaningful conversations, and experiencing Cape Town beyond the tourist lens - this week is about reconnecting with yourself while building genuine connection with others.

This is not a party holiday. It's not about extremes. It's a grounded, energising reset — designed to leave you feeling strong in your body, clear in your mind and deeply connected when you return home.

With love,
The Curve Club

MOODBOARD



gorgeous location

daily workouts



spa & wellness



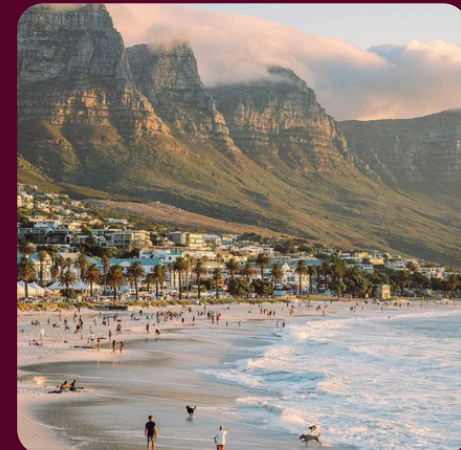
chilling by the pool

beautiful hikes



explore South-Africa

me-time



amazing views

farm to table food



space to reset

recharge & relax

Expect daily movement sessions, space to reset, nourishing food and unforgettable experiences that leave you feeling stronger, clearer and re-energised.

This is where training meets travel, and progress goes far beyond the physical.