

# woman & home

## feel good you

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project gives you the opportunity to tickle an... at a sanctuary on the... galesberg Mountains in... Province. The sanctuary... AWS, an organisation... al freedom, and each of



ants was rescued from... nstances. ... volunteer work will... like stable maintenance... plant species from the... have a lot of personal... elephants. There's plenty... re, like feeding and... ehants and you'll even... nde these gentle giants. ... end a few days at a nearby... y, helping the keepers... t maintain the sanctuary. ... m R9 340 for the 10-... programme with dormitory... or R11 140 in upgraded... ion project, the cost is... n week, and from R6 250... echimp project in basic... or from R12 000 per week... e. ... y you can plan activities... and you'll be able to join... ects being conducted by... earch facilities. Volunteer... t whale sharks and turtles, ... nkeys are also available. ... m Hands-On Holidays... ion on 083 308 2461 or... africa.co.za

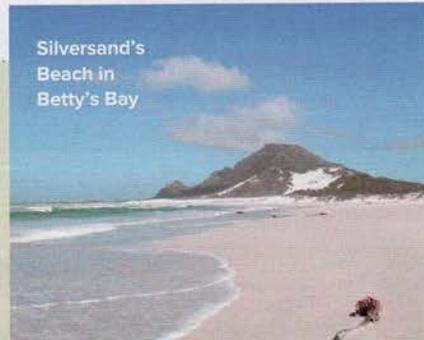
## LEARNING HOLIDAYS

Learning holidays are probably the easiest introduction to holidaying alone. Whether it's for a couple of days or a whole week, you will be with a group of people with a shared interest and a desire to learn or improve existing skills.

+ If Pilates is your thing, why not go to beautiful Betty's Bay to learn more? Pilates instructor Steve Jordan has been teaching for 20 years and his unique approach to Pilates combines elements of personal training and dance. Classes are kept to a maximum of six participants so that clients can work at their own level while receiving personal attention from Steve. The weekend retreat takes you to a bright and sunny glass-walled Pilates studio in Betty's Bay and is just a minute walk from the beach.

Your two-night retreat includes four Pilates sessions, a health assessment and plenty of time to relax and explore the area between sessions. With the sea and mountains right on your doorstep, there's plenty to do – from surfing to sand-boarding, visiting the nearby penguin colony or mountain biking in the Kogelberg biosphere reserve. From R1 495 per person. Call 028 272 9723; [stevejordanpilates.co.za](http://stevejordanpilates.co.za)

+ There is a myriad of creative courses on offer, and one I'd recommend is the photography holiday to the Natal Midlands. Specially structured to suit the single traveller, you'll visit a variety of unspoilt destinations with a group of like-minded people while capturing



beautiful sunrises, sunsets and the wonders of natural forests. The tour is for photographers of all abilities and is conducted under the tutelage of international photographer Kim Thunder. The emphasis of the course is on enjoying yourself and having an unforgettable holiday. From R4 200 per person for four days, excluding transport. Call 031 573 1988; [flying-solo.co.za](http://flying-solo.co.za)

+ Stay at the luxury Elephant Safari Lodge at Thula Thula Private Game Reserve and learn the secrets behind the mouth-watering menus from their executive chef, Françoise Anthony. Formally trained at Lenôtre School of French Cuisine, Françoise specialises in Franco-African fusion cuisine and by the end of the two-day course, you'll be whipping up impressive culinary delights.

Try your hand at Rare fillet of venison on a sweet potato cake or a Nougat glaze millefeuille with strawberry coulis. When you're not in the kitchen you'll be enjoying walking safaris, therapeutic massages, game drives and a gourmet Champagne picnic in the bush. From R2 500 per person per night. Call 035 792 8322; [thulathula.com](http://thulathula.com) >>

Photographer Kim Thunder hosts courses in the Midlands

