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YOU

WELCOME TO

# MAISON YOU

## CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



### BEST RATES & PERKS

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Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

### EXCLUSIVE EXPERIENCES

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Priority access to new or limited-edition wellness and brand experiences.

### COMMUNITY FOCUS

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A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



# STERREKOPJE

Sterrekopje is a 50-hectare sanctuary in the Western Cape where ancestral wisdom, regenerative farming, and the art of living come together. Built around a singular intention - to invite the soul to soften and the spirit to roam - it is a soulful place designed to guide you back to a state of wonder and a deeper connection with the rhythms of the land, your community, and your truest self.

It is far more than a stay; it is a living, breathing farm rooted in healing energy. From seasonal, community-led retreats to the gentle freedom of daily farm rhythms, Sterrekopje offers a sanctuary of intentional experiences.

Founded by Nicole and Fleur, whose shared vision brings together a deep reverence for nature, creativity, and conscious living, Sterrekopje reflects their commitment to creating a space for restoration, connection, and meaningful transformation.



**STERREKOPJE  
FAMILY RETREAT**

Western Cape, South Africa

3 nights  
22 December 2026 - 11 January 2027



## FAMILY RETREAT

DEEPEN YOUR CONNECTION TO YOUR  
LOVED ONES



The Sterrekopje Family Retreat offers a soulful escape in our 50-hectare Highland sanctuary, where fertile land and serene quiet allow you to truly exhale. Through daily morning yoga, nourishing farm-to-table meals, and moments of deep rest, families reconnect with each other, the land, and a sense of grounded vitality.

Curated for those who value quality in every sense, the retreat combines luxurious private sanctuaries, exquisite cuisine from the Kitchen and Bakery, and unforgettable experiences for all ages. Every moment is designed to be immersive, restorative, and wrapped in the warmth and care that Sterrekopje is known for.



**WHY IT STANDS OUT**

A Natural Playground: Sterrekopje opens her arms to guests of all ages, creating a magical setting where little feet are free to roam and wonder amidst the farm and her animals.

- **Kindred Connection:** Celebrate togetherness while parents find moments to rest and reconnect as the family roams the farm.
- **Playful Rhythms:** Enjoy family activities like animal feeding, pottery, baking, pizza making, and garden scavenger hunts.
- **Grounding Moments:** Rediscover wonder with morning yoga and daily Rituals that connect every generation to the land and each other.



## KEY EXPERIENCES:

- Roam & Wonder: Wander freely through 50 hectares of fertile land and magical gardens, where little feet explore and meet resident animals.
- Guided Hikes: For a more adventurous experience, enjoy guided hikes through the surrounding mountains.
- Grounding Moments: While adults begin each day with yoga, children are invited to do animal feeding.
- The Art of the Farm: Enjoy hands-on baking, pizza making, and pottery workshops that celebrate the rhythms of the land.
- Childhood Discovery: Scavenger hunts, garden games, and seasonal surprises spark curiosity and wonder.
- Rest for Parents: Sink into moments of quiet rest while the farm team roams with the little ones.
- Soil-to-Soul Dining: Gather for nourishing meals and drinks, crafted from seasonal, locally grown produce.
- Daily Rituals: Take part in intuitive Rituals and Rhythms that guide the whole family back to connection.
- Farm Shop Treasures: Discover exceptional local produce and handcrafted keepsakes to take home.

## DETAILS & PRICING:

### DATES:

From 3 nights (5 nights recommended for full experience)  
22nd December 2026 - 11th January 2027

### LOCATION:

Sterrekopje  
Western Cape, South Africa

### PRICING: (based on double occupancy)

18,000 ZAR - Intimate Sanctuary - per person per night  
20,500 ZAR - Abundant Sanctuary - per person per night  
24,000 ZAR - Rejuvenating Suite - per person per night

Pricing includes: all meals, beverages, and a personalised in-room mini bar, 1 Bath House ritual per day and all farm rhythms.

### YOUR MAISON YOU BENEFITS:

- Room Upgrade \*subject to availability\*





## ITINERARY

Enjoy the following experiences as part of your retreat. Each day unfolds in a gentle rhythm, allowing your family to reconnect, explore, and rest.

### Family Grounding & Mindfulness

- Morning Yoga: A gentle practice designed for parents to center themselves
- Daily Rituals & Rhythms: Immersion in the farm's intuitive daily cycles

### Playful Farm Discoveries

- Animal Feeding: Hands-on moments with the farm's resident animals
- Scavenger Hunts & Garden Games: Playful exploration across the land

### Creative Workshops

- Pottery Workshops: Tactile, creative expression for all ages
- Baking & Pizza Making: Shared culinary experiences as a family

### Rest & Softening for Parents


- Pockets of Rest: Time to soften, rest, and simply be
- Grounding Moments: Quiet space to reconnect and restore

### Soil-to-Soul Nourishment

- Shared Family Dining: Nourishing meals enjoyed together
- Farm Shop Exploration: Discover and take home a piece of the farm

## CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

