

GOLF ACADEMY OPEN DAY - 10 SEPTEMBER 2022

The Pearl Valley Golf Academy coaches invite children and adults to improve their golf skills. The *Open Day* is taking place this Saturday, and is open to individuals who are not currently part of the Pearl Valley Golf Academy.

Get in touch with our golf professionals to book your spot:

+ 27 82 214 8014
sevey.links@pearlvalley.co.za



HOLLOW TINING

The Pearl Valley golf course, the driving range, and golf shop will be closed from Sunday 18 September midday up to and including Friday 23 September. The Valley Restaurant will remain open during this period.

CAMELOT SPA AT PEARL VALLEY

Are you Spring ready?

Start saying goodbye to Cellulite with the Bellabaci Cellulite Be Gone Genie wellness method oil. Aromatherapy is a well-known wellness method that supports the detoxification of the body which is much needed when you have cellulite!

Camelot Spa at Pearl Valley also offers a *Re-Energising Couples Journey* package. Click [here](#) for more details.

For more information, product availability, or schedule an appointment, contact them directly at:

+ 27 21 867 8001 / WhatsApp +27 66 354 0093
valdeviemanager@camelotspa.co.za



PEARL VALLEY CELEBRITY GOLF DAY - OCTOBER 2022

Join us for the most anticipated golf day in the Western Cape. Feel like a pro on one of South Africa's top three golf courses, in the company of celebrities and iconic sport personalities.

Delicious food and beverages, gifting and activations are included, all in aid of raising funds for the most vulnerable in our community.

Date: Tuesday, 25 October 2022

Venue: Pearl Valley Jack Nicklaus Signature Golf Course at Val de Vie Estate

Time: Registration Opens at 10:00; Shotgun Start at 12:30

For more information, or to secure your team, please send an email to golf@pearlvalley.co.za.



CORNÉ STEENKAMP BIOKINETICISTS

Corné Steenkamp Biokineticists shares some common mistakes *half marathon runners* should avoid:

- Incorrect training plan
- Doing too much too soon
- Ignoring your body when something hurts which could lead to an injury
- Neglecting warm-ups and cool downs
- You should increase your mileage slowly and carefully
- Doing a long run every week is important
- It would be advised to enter in warm up races for experience in mass participation. It is not a great idea to turn up on race day with no idea of what awaits you in terms of water stations, a mass start, toilet facilities, etc.
- Neglecting a hydrating and refueling strategy
- Overtraining and not enough rest days
- Neglect tapering, to ensure your legs has enough energy on the day of the race.

For more advice, or to book an assessment:

+ 27 76 408 7608

csbiokineticists@gmail.com

THE VALLEY RESTAURANT

You're invited! Join us at The Valley Restaurant for a delicious four course menu with wine pairing from Kleine Zalze.

Date: Thursday, 22 September 2022

Time: 18:00 - 20:00

Venue: The Valley Restaurant Signature Lounge

To book online and/or to view the menu, please click [here](#): To get in touch with The Valley Restaurant, you contact them at:

+21 867 8000 / WhatsApp +27 71 644 6743

restaurant@pearlvalley.co.za



DISCOVERY VITALITY DAY

Corné Steenkamp Biokineticists host days where Discovery Vitality members can complete all of their tests in under 90 minutes. Please take note of the following upcoming event.

Date: Wednesday, 12 October 2022

Venue: Val de Vie Estate Sports & Leisure Centre

Bookings are essential - limited slots available.

+ 27 79 523 5875

gym@valdevie.co.za



PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

021 867 8000

info@pvhoa.co.za

SECURITY

Security Control Room - 021 867 1201

Val de Vie Main Gate - 021 867 6110/6138

Pearl Valley Main Gate - 021 867 3266

Berg River Gate - 021 863 6102/6101

Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646,
South Africa, 0836564458

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