

7 295 copies delivered free every Friday to homes in Hout Bay and Llandudno

Newspaper House
 122 St George's Mall
 Cape Town 8001
 PO Box 1983,
 Cape Town 8000

EDITORIAL

Switchboard 021 488 4911
 Fax 021 488 4615

Editor
 Chantel Erfort
 021 488 4230
 chantel.erfort@inl.co.za

Assistant Editor
 Simoneh de Bruin
 021 488 4608
 simoneh.debruin@inl.co.za

Reporter
 John Harvey
 021 488 4605
 061 962 3496
 john.harvey@inl.co.za

Sports Editor
 Fuad Esack
 021 488 4622
 fuad.esack@inl.co.za

Entertainment News
 entertain.ccn@inl.co.za

Off My Trolley
 offmytrolley@mweb.co.za

Letters must include the writer's full name, address and contact number. Email to simoneh.debruin@inl.co.za or fax to 021 488 4615.

What's On notices are free. They must be received a week before publication date and there is no guarantee they will be published. Email to adriann.peters@inl.co.za or fax to 021 488 4615

RETAIL ADVERTISING

Tricia van Wyk
 021 782 7892
 083 412 6373
 tricia.vanwyk@inl.co.za

CLASSIFIEDS

021 488 4598
 daria.smith@inl.co.za

DISTRIBUTION queries

Shu-aib Kamish on 021 488 4216 or Juanita Willoughby on 021 488 4101

Sentinel News abides by a professional code of conduct, which prescribes that news must be reported in a truthful, accurate, fair and balanced manner. If we don't live up to the code, please email: complaints@inl.co.za or visit www.independentmedia.co.za

Cape Community Newspapers publishes 15 titles:
 Atlantic Sun, Athlone News, the CapeTowner, Constantiaberg Bulletin, False Bay Echo, Bolander, Sentinel News, Plainsman, Southern Mail, Southern Suburbs Tatler, Tabletalk, Northern News Parow/Goodwood, Northern News Bellville/Durbanville, Northern News Kuils River/Brackenfell/Kraaifontein and Vukani

VFD Printed by CTP Newspaper Division Cape for the publishers, Independent Newspapers Cape, 122 St George's Mall for and on behalf of the proprietors, Independent Newspapers (Pty) Ltd PO Box 1014, Johannesburg, 2000. Reg 71/1422/06

Yoga passion helps empower women

JOHN HARVEY

AHout Bay resident who has used yoga to bring about a massive change in her own life is encouraging women to break away from the type of linear thinking men have traditionally employed to get ahead in the corporate world.

Brigitta Bouwer, 28, has been highly successful in the textile industry, and while she still spends much of her day as a knitwear co-ordinator for Sunlit Fashions, her passion for yoga has opened up new ways of bringing balance to not only her own life, but those of her yoga students, whom she calls her "tribe".

Most days of the week, she can be found instructing this tribe in the mornings from a space in Cape Town CBD before tackling the challenges of her corporate job. Ms Bouwer then returns to the "mat", as it were, as a fitness instructor in the latter part of the day.

Juggling such a frenetic schedule has taught her valuable lessons, many of which she hopes to use to empower people, and women in particular.

"I moved from Johannesburg in 2008, after graduating with a B.Com degree in Business Management.

When I entered the corporate world through the family business, I became extremely stressed out. It was then that I started yoga classes, and I immediately realised I was reducing my stress levels," she explained.

"For some time, I had an inkling to do a yoga course, but it was something I never got around to. Then one evening three years ago, I signed up for a six-month course."

After learning the finer points of technique and teaching methodology, Ms Bouwer decided to start her own studio in the CBD – while still trying to do her corporate work.

"I was living in town and working full-time and running the studio, and I realised it wasn't working out. That was when I decided to take a three-month break. When I came back, I decided to rent a space in Harrington Street and hold morning classes through my business Yoga Motive. That was when I learnt how to juggle the two (professions).

"What I have learnt is that too much of anything is never good. I have also learnt to have compassion for myself. "It took me a long time to realise this." Her experience in the corporate realm has

also been of great value, however, as it also made her come to the realisation that women need to reassess their approach in life and business.

"Us women in the corporate world have picked up male qualities, in that the thinking is very linear. Things are put in place in order to reach a specific goal. For women to compete, they have also had to become linear in their thinking. However, the way of the feminine is to work through the community and through collaboration, and allow the processes to flow."

She said she had to take a big step away from masculine thinking. "I now ask myself, 'How can I work with people?' It is about working with the community to open up a person's creativity."

Yoga, she said, has been pivotal in changing her mindset, as it allowed people to "calm our autopilot".

"Yoga has taught me stillness. The more you practise, the more you hear your inner intuition.

"Last year, Ms Bouwer began hosting a series of women empowerment workshops, along with counsellor Eleftheria Kakambouras, to whom she was introduced on Facebook.

"I handle the yoga and she covers the counselling side,



■ Brigitta Bouwer is empowering women through what she has learnt in her own life.

and we work incredibly well together," she said.

"We need women to understand that they can be strong but also have a beautiful feminine side. Women in history always made decisions together. Even in ancient times, the women always represented wisdom which then would be shared with the tribe. This has become lost. What we are hoping to do is re-instill this sense of collaboration and nurturing."

The women always try to

find venues that offer a variety of accommodations to suit different budgets, but everyone who attends receives the same instruction.

They are also in the process of establishing the Root to Rise Academy, a place of learning where their skill-sets can be passed on to empower other women.

Further information on the Root to Rise Academy can be found at <https://www.facebook.com/femininecore/>.

What's On

Parkrun

The Hout Bay parkrun is held every Saturday at 8am. The 5km route starts and ends near Ambleside School and takes participants through the wetlands.

Entry is free to all participants. For more information, call Fred Nebe on 082 552 5204.

Take a hike

Peninsula Ramblers is hiking

from Constantia Nek to Skeleton Gorge Waterfall tomorrow Saturday August 11. Meet at Constantia Nek parking at 9am. Call Colin at 021 695 0357, or 082 4844 600 for more information.



Find us on Facebook:
[Facebook.com/CCNSentinelNews](https://www.facebook.com/CCNSentinelNews)

Weekend weather

www.weathersa.co.za and www.sanho.co.za


Saturday

Min: 11°C
 Max: 18°C
 Hi: 4.56am; 5.29pm
 Lo: 11.11am; 11.40pm


Sunday

Min: 8°C
 Max: 14°C
 Hi: 5.46am; 6.20pm
 Lo: 12.01pm

65th ANNIVERSARY
CPOA
 The Retirement Specialist

CONTACT CPOA ON 021 686 7830
www.cpoa.co.za | info@cpoa.org.za

ON SHOW

19th & 26th August 2018

9.00am to 12.00pm

Cnr Valley & Victoria Road, Hout Bay



KRONENDAL
 RETIREMENT VILLAGE

Set in the seaside community of Hout Bay, Kronendal Retirement Village boasts some of the most beautiful views of the bay and Chapman's Peak. Rich with natural beauty, the estate offers many places for residents to enjoy its scenery. An on-site Care Centre and apartments with Care Levels ensure that various care needs can be met.

- 24-HOUR SECURITY
- 1 & 2 BED APARTMENTS AVAILABLE
- INDEPENDENT LIVING, CARE PACKAGES & ON-SITE CARE CENTRE

LIFE RIGHT PURCHASE FROM R1 690 400

LEVY FROM R5 680 P/M

Prices subject to change.



YOUR TIME IS THE MOST VALUABLE THING YOU HAVE

Thinking about volunteering to make an impact in your community?

At SAYes we train and support volunteers to use their life experience in an invaluable one-to-one mentorship programme.

Visit sayesmentoring.org to register to attend a commitment-free Information Session to learn more.

www.sayesmentoring.org
 Inspiring leaders of social change