

COUNTRY COULF 12/23



Location: Christmas Décor at The Pavilion.

Mr. Ritwik Kejriwal's expert bunker shot.



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MESSAGE



Dear Member,

This joyous month commenced with the closing of the Kapil Dev-Grant Thornton Invitation-al, graced by ideal weather conditions. The golf courses looked beautiful in lush greenery from successful overseeding. I do hope that all of you have had a chance to notice the well-planned flower programme which is now flourishing beautifully.

A highlight was the launch of Longitude 77, a star-studded event featuring power-packed performances by celebrities such as Shubha Mudgal, Arjun Rampal and Bobby Deol. Our entire team came together to present an unforgettable experience with food and cocktails by paying homage to the enchanting Indian spirit. This was inspired by the line of longitude that passes through the length of India at 77° East.

At the same time, festivities soared with events where our little chefs crafted and decorated their own gingerbread houses and curated Christmas tree décor. I hope these little pieces of festive décor have found places

in cozy corners of your homes. Our culinary team brought a taste of the Alps with classic European winter favourites for you. Our bi-monthly book club found a soothing winter setting at the Pavilion bar with a perfect sunset.

For the first time in our club's history, we extended the traditional Christmas carnival over two days to provide opportunity to more of our members and their children. I am happy to report over thousand members and their guests attended this massive carnival. New Year's Eve was an unforgettable affair which was attended by over five hundred members and their guests. It was a night of mesmerizing performances by DJ Holly C and Bollywood sensation Nikhita Gandhi, along with an exceptional culinary journey that left every palate delighted.

In a successful project transition, we moved from the old booking system to our revamped golf booking software, now accessible through both web and app platforms (available for download on Android and IOS). We have further elevated the luxury experience by introducing Golf Concierge, to provide personalized assistance with your golf bookings.

Exciting news also includes the launch of our redefined spa, featuring treatments synonymous with those offered in prestigious international luxury spas with a keen emphasis on the sporting aspects of our club. Our existing masseuses have been retrained for new treatments and rituals. Additionally, our new therapists and our spa manager, Tigo

are ready to assist with all your spa-related needs and give you an experience like no other.

The first leg of DLF Golf League Season 2 garnered immense participation, celebrated with a grand party on December 21st. We eagerly look forward to the second leg where the teams will skilfully tackle each other on the infamous Gary Player Course to crown the next winning team of the League.

As we step into 2024, my team and I are brimming with fresh ideas on how to transform this club into an even more comfortable and homely space that you have already cherished over the past years. In the coming months, we will craft even more distinctive experiences. Your feedback, ideas and countless compliments have played a crucial role in making this endeavour possible. They serve as a tremendous source of encouragement. Here's wishing you and your loved ones a very happy and a prosperous new year.

Tusch Daroga



Dear Member,

As we embark upon the new year, I reflect on the remarkable journey we have shared so far with immense gratitude and pride. In 2023, the DLF Golf and Country Club not only demonstrated perseverance but also clinched a double triumph on the global

stage, securing the title of India's Best Golf Club. Additionally, being recognized among the top one percent of the world's most exclusive private clubs is a testament to our commitment to excellence.

Our team's relentless dedication shone through consecutive triumphs in hosting professional golf tournaments like Hero Women's Indian Open and others. Our team has successfully orchestrated significant events and experiences. As we step into the future, we aim to persist on this path of success, taking luxury to the next level. Here's to another year of unwavering commitment to service and continued triumphs. I want to thank each one of you for being an integral part of this extraordinary journey so far— cheers to a wonderful year ahead!

Rajesh Jhington
Chief Executive Officer
DLF Hospitality

Member's Achievements

The Textbook of Nutritional Biochemistry endeavors to offer a profound understanding of the intricate interplay of

diet and nutrients with health and diseases. Providing a comprehensive perspective on Nutritional Biochemistry, it offers descriptive and experimental aspects, addressing both structural and functional dimensions of nutrients. While Nutritional Biochemistry takes center stage, the book also explores related areas, covering topics like nutraceuticals, food-drug

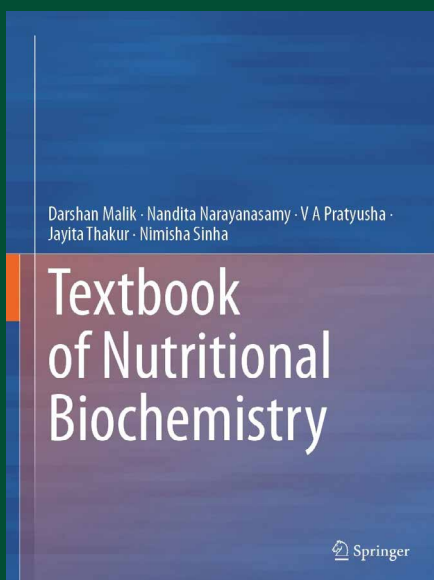
interactions, human microbiome and the looming public health burden of non-communicable diseases. Delving into worldwide dietary patterns and their impact on human health, the book aims

to empower readers to adapt their diets for optimal well-being. Each chapter meticulously traces the nutrient's history,

structure, absorption, metabolism, physiological functions and concludes with insights into associated diseases from deficiency or toxicity.

Tailored for students, faculty and researchers across various disciplines, this textbook reflects the distinguished expertise of Prof. Darshan Malik, a researcher, an educator and a recipient

of prestigious awards in recognition of her contributions to Biochemistry and Public Health Biology. Prof. Malik is an avid golfer and enjoys her rounds on the course as much as she enjoys teaching.



Mrs. Darshan Malik

Sunday Masters

Our committed team revitalized the on-course thrill with the Sunday masters this season. This weekly competition takes place every Sunday throughout the winter months, offering everyone a delightful conclusion to their Sunday golf experience.



Mr. Atul Dhir



Mr. Deepankar Sanwalka



Mr. R Rajagopal



Ms. Amani Sharma

Hole-In-One

Hole-in-One by Mr. Nikhil Mehra marked a remarkable feat on the Gary Player course, specifically hole number 3. Armed with a 6 iron, Mr. Mehra showcased precision and skill that golf enthusiasts often aspire. The achievement echoed across the greens, leaving an indelible mark on the course's history. The witnesses, Mr. B P Singh, Mr. Sanjay Sethia, and Mr. Shyam Bali

were privileged to be present during this extraordinary moment. Mr. Mehra's prowess not only demonstrated his individual brilliance but also added a new chapter to the collective lore of the course. The hole-in-one will be remembered as a testament to Mr. Nikhil Mehra's exceptional golfing prowess.



DLF Golf League

Season 2

As the fourth week concludes the first leg of DLF Golf League Season 2, the Club buzzed with post-match enchantment. Members passionately serenaded retro Bollywood tunes, creating a nostalgic ambiance. This week harmoniously blended competition, entertainment and exquisite gastronomy, bidding farewell to the initial phase. The Arnold Palmer Course, radiant every Monday

and Thursday morning, witnessed spirited golfers showcasing their prowess. Winter's chill set the stage for our chefs to showcase culinary excellence with live counters adorned with seasonal favourites. The league's diverse experiences included live grills, karaoke, make-your-own-cocktail sessions and engaging games.

Group A Flight			Group B Flight		
Team		Points	Team		Points
	Golf Tigerz	26		Dirty Dozen	30
	Racconti Titans	26		Glenfiddich Antlers	27
	The Legends	24		Sol Golfers	22
	Golfism	23		Golf Code	17
	Nova Mavericks	15		Goodfellas	13
	Sultans of Swing	6		DLF Eagles	11

Total Points Allocated : 240



Kapil Dev - Grant Thornton Invitational

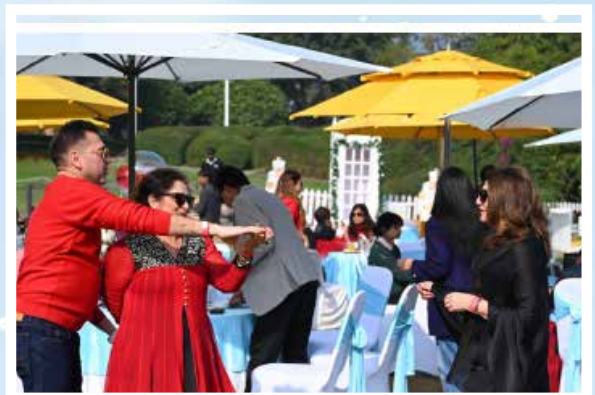
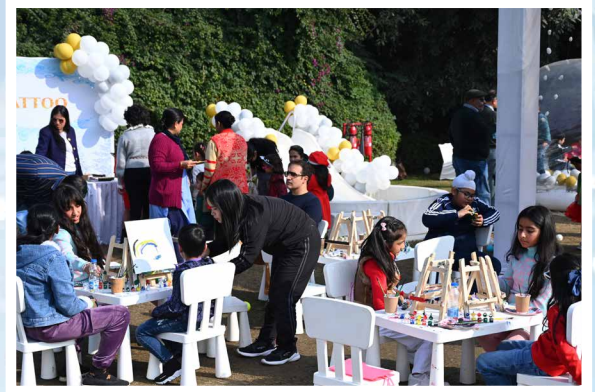
In a spectacular display of skill and determination, Karan Pratap Singh emerged as the victorious champion at the Kapil Dev - Grant Thornton invitational 2023 tournament. Karan's remarkable final-round score of two-under 70 showcased his prowess, securing the championship trophy with a convincing two-shot lead. The competition was fierce, with Kevin Esteve Rigail, Sunhit Bishnoi and Rashid Khan delivering strong performances and sharing the joint runners-up position, each finishing with a commendable five-under 211.

The Kapil Dev - Grant Thornton Invitational 2023 stands as India's marquee golf event, the flagship tournament by Grant Thornton Bharat. Sanctioned by the Professional Golf Tour of India (PGTI) and hosted at the prestigious DLF Golf and Country Club, the tournament is a celebration of the synergistic power of golf and cricket. #gtbharat is dedicated to promoting golf in India, envisioning a future where golf becomes everyone's game, fostering diversity, building connections and empowering all players. With a lineup of 120 professional golfers, predominantly young Indians, the tournament provided a unique blend of experiences, from captivating conversations with Shiv Khera to Prateek Khandelwal's motivating journey and a mesmerizing performance by Indian Ocean at the Pavilion. Undoubtedly, this event has evolved into a golfing marvel, boasting the largest Indian prize purse of INR 2 crore.



Double Christmas Carnival

The Double Christmas Carnival Brunch at our club on the 24th and 25th of December was a festive extravaganza that left everyone in high spirits. The two-day celebration featured a delectable Christmas-themed buffet, showcasing a diverse range of culinary delights. From the traditional winter turkey to live grills, an impressive Indian spread and an array of versatile desserts, the menu catered to every palate. The exclusive activities zone for kids was a hit and the presence of Santa Claus added an extra layer of joy. The party lawn was transformed into a winter Christmas Land, creating a magical atmosphere for more than a thousand members and their guests who reveled in this unique and unforgettable event.



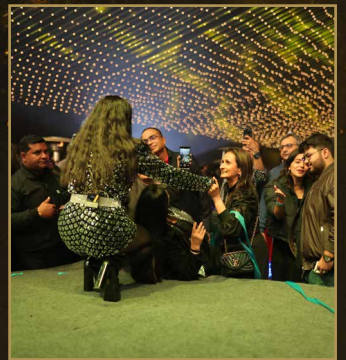


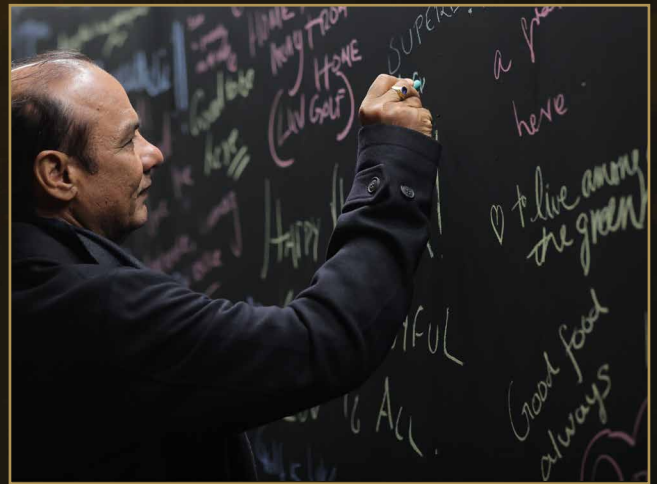
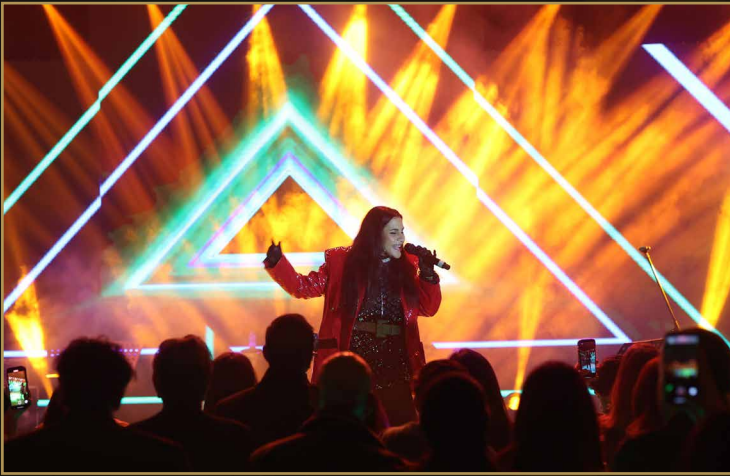
New Year's Eve

In a dazzling crescendo to the year, the club orchestrated an unforgettable New Year's Eve party, drawing over five hundred members and their guests into a night of unparalleled revelry. The pulse of the evening was set ablaze by the electrifying beats of DJ Holly C, casting a spell over the dance floor. Adding to the glamour, Bollywood diva Nikhita Gandhi graced the stage with her mesmerizing performances, captivating the audience with her enchanting presence. Master of Ceremonies Kashish Rawat skilfully navigated us through the night, infusing the atmosphere with infectious energy and excitement.

buffet spread that transcended the ordinary. From delectable starters to exquisite main courses and mouthwatering desserts, each dish was a culinary masterpiece, leaving taste buds in awe. The evening unfolded as a seamless blend of entertainment, music and gastronomic delights, creating lasting memories for all who attended. As we bid farewell to the old and embraced the new, the New Year's Eve celebration at the club undoubtedly marked a stellar beginning to the year ahead, promising a year filled with joy, camaraderie and extraordinary experiences.

Beyond the captivating performances, the culinary team surpassed expectations with a





Cardio Bhangra



Our club hosted an electrifying cardio bhangra session that left our members on a fitness high! The beats were contagious and

the dance floor was alive with the rhythmic energy of bhangra. Led by our talented instructor, members experienced a heart-pounding fusion of traditional dance and cardio exercises. Laughter and joy echoed as everyone, regardless of dance expertise, embraced the lively routine. The session not only elevated heart rates but also created a vibrant sense of community. With the success of this pulsating event, our members are eagerly anticipating the next cardio bhangra session, where fitness meets fun in perfect harmony!

Playtime Wonders

At our club, the festive spirit soared to new heights as we recently hosted a delightful jingle and crafts workshop for our little members. Laughter echoed through the reception plaza as children eagerly immersed themselves in crafting holiday magic. From intricately designed snowflakes to roly-poly snowmen and charming Christmas tree decorations, the workshop offered a creative haven for young minds. The air was filled with the sounds of cheerful jingles and the sight of colourful craft materials. With expert guidance, the children curated their own masterpieces, bringing a touch of personalized charm to the holiday season. The event not only showcased the artistic talents of our little members but also created cherished memories that will undoubtedly last a lifetime.

Our little chefs also indulged in a festive gingerbread house decoration workshop, transforming cookies into



edible masterpieces. The event sparkled with creativity as tiny hands adorned gingerbread walls with colourful candies and sweet treats. Joy filled the air as our budding chefs crafted charming holiday abodes, fostering joy and culinary flair in a delightful workshop designed just for them.

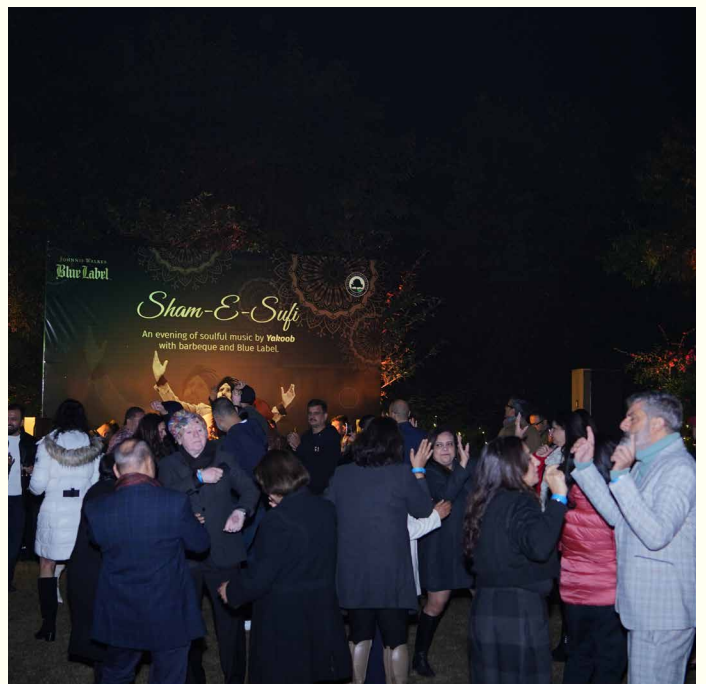
Shaam-e-Sufi

Under the starlit sky on the evening of December 16th, our club hosted “Sham-e-Sufi,” an enchanting celebration that brought together Sufi enthusiasts in a harmony of culture and melody. The party lawn transformed into a magical space, adorned with the glow of lights and the warmth of shared enthusiasm. Against the backdrop of a chilly evening, the open barbecue created an inviting aroma and the free-flowing blue label added a touch of luxury to the festive affair.

The highlight of the night was the soul-stirring performance by artist Yakoob, whose melodic voice resonated with the audience. The rhythmic beats of

‘Jugni,’ the soulful rendition of ‘Chitta Kukkad,’ and the timeless ‘Chaap Tilak’ had members swaying and grooving in harmony. The fusion of traditional Sufi tunes with contemporary vibes created an atmosphere of unity and joy, transcending generational boundaries.

As the night unfolded, Sham-e-Sufi became more than an event; it became a shared experience, weaving together the threads of music and culture. The echoes of laughter and the spirit of togetherness lingered in the air, making the event a resounding success and a cherished memory for all who attended.



Lesson of the Month

The Importance of Short Game

Golfers with a good short game manage to score well even on days when they are not hitting the ball too well. The top players on the PGA tour manage to make up-and-downs 65-70% of the time from around the greens. Needless to say, the average club golfer is nowhere near that. Also, the average golfer would benefit more as they miss a lot more greens than the pro's do. A good short game is the glue that keeps the round together.

The most common mistake I see golfers make is that they hit the ground before the ball. They have too much weight on their trail foot and try to scoop the ball up into the air. Given below is a drill to correct this mistake.

Chipping drill:

Set up with your weight on the lead foot and place your trail foot behind you with just the tip of your shoe touching the ground (as shown in the pictures). Now hit the ball with your weight on the lead foot throughout the stroke. This ensures a descending blow and helps the club hit the ball first and then the ground. Do not use your wrists to scoop the ball and trust the loft of the club to get the ball airborne.

Equipment tip:

If you tend to take deep divots, consider using a wedge with more bounce. This will be more forgiving and will help you in improving your contact.

Deepinder Singh Kullar
Head Professional, DLF Golf Academy






Course Agronomy Update



The 2023 winter is upon us! With strong course conditions we can embrace the coldest time of the year and enjoy the golfing weather. Members can enjoy fast greens and an excellent cover of winter over seed on both courses. The over seeding has established very quickly this year and consistency across the property has exceeded previous years. A fast and consistent strike helps set the course up well before the temperatures reach their lowest. The greens will be going into semi dormant state during the winter however the surfaces are expected to play very well.

Shaun Matthew Satterly
Golf Course Superintendent

Did You Know?



Frost is the most serious threat to turf health during the winter. Frost damage to turf can only be avoided by restricting all forms of traffic. This includes foot traffic, machinery and golf carts. In case of a heavy frost, we may need to close the course until the frost thaws to protect the playing surfaces.



Ladies Camp

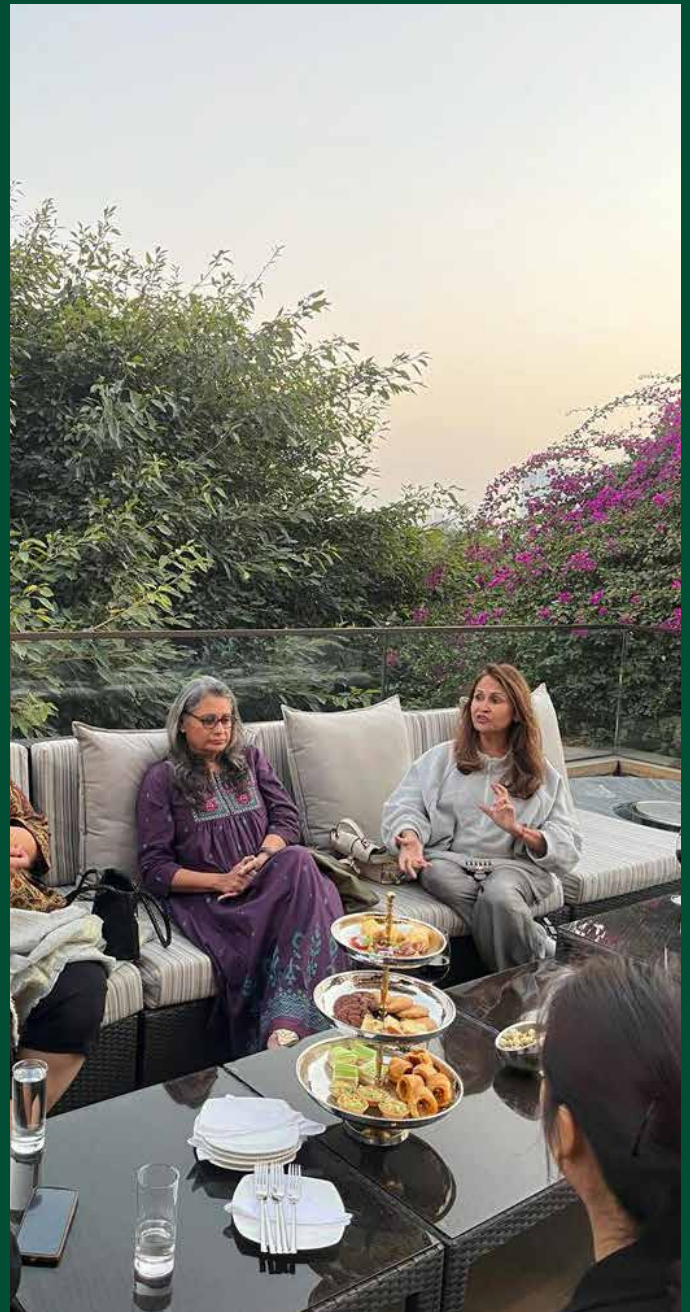
It was great to see some enthusiastic ladies during the ladies' golf camp that was held from 11th to 21th December at the academy. As part of the camp, there was also a fun competition

that was held. There are a few of them who are interested in taking their game to the next level and improving their skills.



Crafty Cocktails Crash Course

At the recent cocktail mixology session held at our exclusive club, members were treated to an unforgettable evening of spirits and sophistication. Our in-house maestro, Pukhraj Bedi, orchestrated a captivating workshop, guiding participants through the delicate art of crafting three iconic cocktails: the timeless Old Fashioned, the lively Bees Knees and the classic New York Sour. The session brought members together in an atmosphere of camaraderie and learning, as they honed their mixology skills under his expert guidance. To top it off, each participant received a curated takeaway hamper featuring six different premium mixers, ensuring they could continue their cocktail adventures at home. The event was not just a class but a celebration of the craft, leaving members with newfound expertise and a taste for the finer side of mixology.



Book Club

The recent book club gathering at the Pavilion Bar unfolded into a thrilling exploration of detective and suspenseful literature. Set against the breathtaking backdrop of the Pavilion's panoramic view, our regular members relished the new location. Engaged in animated discussions, they not only exchanged their favourite mystery novels but also delved into diverse genres. The lively exchange of ideas and the camaraderie among members added to the event's success. The Pavilion bar proved to be an inspiring setting for bibliophiles, combining a love for literature with a stunning view. It was an evening of shared passion, vibrant conversations and the joy of discovering new literary gems.



Savouring the Moments

December at our club was a culinary delight with the “Culinary Journey to The Alps”, crafted by our talented internal chefs and the “Asian Artistry” by Kaleido. The Alpine Festival transported members to the heart of the mountains, offering a taste of cozy, hearty Alpine cuisine. Meanwhile, the Asian Artistry Festival, showcased the incredible diversity of Asian flavours, captivating palates with exquisite dishes. Both festivals were a resounding success, celebrating the artistry of our chefs and the cultural richness of Alpine and Asian cuisines, creating a memorable dining experience for our members during the festive season.

Our talented mixologists at the Pavilion Bar also curated a special array of winter cocktails for you which perfectly compliments the foggy setting of the bar.



Grilled Seabass



Live Dum pulao station at Sunday



Chicken Roullade



Members enjoying at Sunday brunch

From the Prokinesia Clinic



PEACE And LOVE are your roads to recovery!

Soft tissue injuries often present as trauma or overuse of muscle, ligament or tendon, holding a stature of being one of the most common occurring injuries among all age groups; soft tissue injuries heal in a timespan ranging from 6 weeks to few months.

The management is crucial, if neglected initially, the overuse injuries may even present as repetitive strain injuries in a long term such as golfers' elbow, tennis elbow etc.

Earlier the principle for recovery was RICE- rest, ice, compression and elevation which was only oriented towards the acute management while ignoring the further management. Recently, RICE principle was replaced with PEACE & LOVE considering both the immediate care and subsequent management of soft tissue injuries.

PEACE is required for acute management-

1. Protection- avoid activities and movements that increase pain during the first few days after injury.

2. Elevation- elevate the injured limb high-

er than the heart as often as possible.

3. Avoid anti-inflammatories- avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.

4. Compression- use elastic bandage or taping to reduce swelling.

5. Education- it is crucial to be aware about the requirement and extent of activity according to the impact of injury. Getting in touch with the physiotherapists can help your condition the best.

LOVE is required for further management-

1. Load- let pain guide your gradual return to normal activities after constant guidance of the physiotherapists.

2. Optimism- condition your brain for optimal recovery by being confident and positive.

3. Vascularisation- choose pain-free cardiovascular activities to increase blood flow to repairing tissues.

4. Exercise- restore mobility, strength and proprioception by adopting an active approach to recovery with our rehabilitation specialists.

Dr. Novleen Kaur (pt)

Physiotherapist, Prokinesia Healthcare

Budding Stars of Tomorrow



From November 21st to 23rd 2023, **Mahreen Bhatia** played a flawless round and won the U-16 category at the Faldo European grand final tournament, held at the Al Ain Equestrian, golf and shooting club, Dubai, UAE.

During this exclusive event, over 70 of the best young golfers from Europe, the middle east and Asia competed, earning their places through earlier successes in the Faldo series. This April 2024, Mahreen will compete in 'the Faldo Asia grand tournament' in Vietnam as the winner of the u-16 category.



Shat Mishra finished second with scores of 71.71 (2 under par), at the stroke play championship of the 122nd amateur championship of India in Kolkata.



Gurugram hosted the IGU-north zone feeder golf tournament from December 2nd to 3rd 2023 and **Dhriti Singh** placed 2nd.



At the IGU national Maharashtra ladies and junior girls' golf championship, held at oxford golf club, Pune, from 27th-30th November, **Riya Jadon** placed 2nd runner-up in the B category.



At the oxford golf course in Pune, **Annvi Dahhiya** finished third in all categories at the IGU Maharashtra ladies and junior girls' championship.

Fact of the Month



US kids golf is thrilled to announce that **Naina Kapoor** placed runner-up in category C at the Indian championship 2023.



Congrats to **Annika Chendira** for winning the Hyundai India Junior Golf Tournament-Regional Qualifier under-11 category! She's off to the national finals on December 18th-19th, 2023, to play and learn from India's top lady golfer, Ms. Aditi Ashok.



Vedant Paul has been finished the 2nd place in the IGU sub junior category c at the aft golf course Gurgaon.



As all of us know that the heart is one of the most essential organs of our body and heart disease is responsible for one in every four deaths and is the leading cause of deaths worldwide. Heart is an organ which can be strengthened through exercise and a healthy heart can more efficiently pump blood to deliver oxygen and other nutrients throughout the body. As a result, more blood flows to muscles and oxygen levels in the blood also rises. Moderate physical activity, when done regularly can also lower the risk of coronary heart disease, this is a condition where a waxy substance called plaque builds up inside coronary arteries which can block the blood flow through a coronary artery subsequently causing a heart attack.

Physical activity reduces heart attack risk by lowering blood pressure and triglycerides, raising good cholesterol levels and maintain healthy weight, blood sugar and insulin levels. Inactive people are more likely to develop heart disease than people who are physically active. Therefore, get active and get moving.

Wishing you the very best of health this coming new year! I hope you and your family have a splendid year ahead.

Anoop Tiwari
Head-Sports Complex

A Masterclass in Fitness



Working out is not always just about aerobic capacity and muscle gain. Exercising can improve your physical health and your fitness, get you your desired waistline and even add years to your life. But it also has a huge role to play in your mental health conditions.

Mental health is more than just talking about mental health conditions, like anxiety or depression. It is an

integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Research shows that an individual can achieve a great mental health that is linked to improved learning, higher levels of productivity and enhances creativity only by engaging themselves in some kind of fitness regime or even a sport.

One can achieve an enormous sense of holistic well-being with a regular workout regime. Every workout has an impact which leaves the athletes more energetic throughout the day, helps them sleep better at night, have sharper memories and feel more relaxed and positive about themselves and their lives.

Last, but not least, exercise brings you into contact with other enthusiasts in a positive environment. Inspiring or getting inspired by people with the same interests adds more purpose to the workouts or sports that one is pursuing.

Anjali Yadav
Fitness Professional,
DLF Golf Academy



Know Your Team



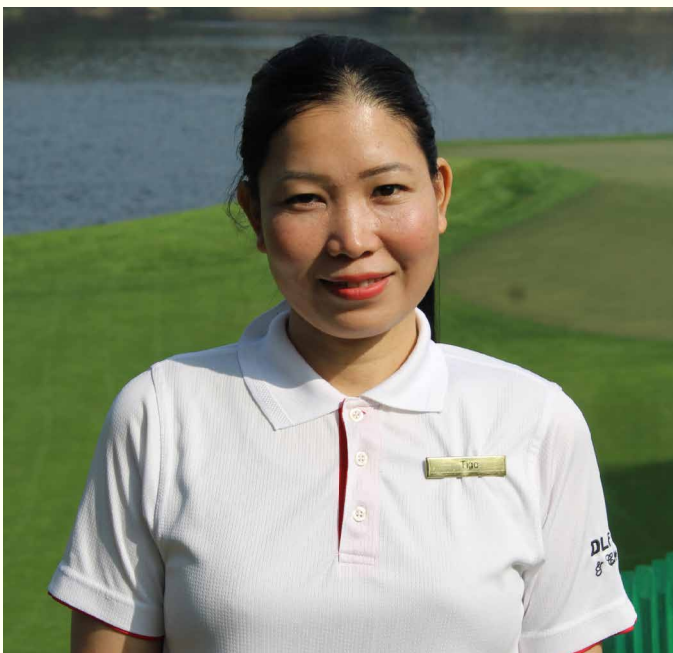
Pyarelal Bairwa

Pyarelal, a dedicated employee in Purchase and Stores, hails from the serene city of Alwar, Rajasthan. Having completed his course at the Industrial

Training Institute, he embarked on a professional journey that led him to the property tax office under the Gurgaon Municipal Corporation. Married to Sushila and a proud father of two, Shivam and Yakshita, Pyarelal finds immense pride in his family.

Believing in serendipity, Pyarelal believes that his daughter brings him good luck. On the day she was born, he joined the prestigious DLF Golf and Country Club, a workplace he holds in high esteem. He takes pride in his role, praising his supportive team and the organization's commitment to his family's well-being, providing health insurance and educational support for his children.

Beyond his professional commitments, Pyarelal is a family man who cherishes moments spent with his loved ones. An avid cricket enthusiast, he finds joy and relaxation in the game when not immersed in his responsibilities at work. Pyarelal embodies the spirit of dedication, gratitude and the love of both work and family.



Tigo Pertin

Meet Tigo Petin, our esteemed spa manager, whose roots trace back to the enchanting landscapes of Arunachal Pradesh. Educated in her picturesque

hometown, Tigo pursued her specialization in spa therapies from the International Institute of Wellness Studies, Noida. Her professional journey commenced at Oberoi Uday Vilas, guiding her through Oberoi Gurgaon and Oberoi Amar Vilas, before she graced our club with her expertise.

Tigo's extensive experience and insight into new spa therapies have revitalized our spa offerings. Under her attentive supervision, our cherished masseuses underwent re-training, mastering new rituals and sports-centric therapies. The incorporation of exotic oils ensures an unparalleled spa experience for you.

Beyond her professional dedication, Tigo finds joy in activities like shopping, reading and exploring diverse cuisines. Her commitment to elevating the spa experience reflects in every revitalizing session, making her an invaluable asset to our wellness sanctuary.

Reciprocal Club of the Month

Dreamland Golf Club in Azerbaijan is a destination of true luxury and excellence, offering golfers an unparalleled experience. Situated close to the exhilarating city of Baku, the 18-hole championship venue has been meticulously designed by Cynthia Dye and her team, creating one of the most impressive new layouts on the planet.

However, this attention to detail doesn't stop with the course. A stunning hotel overlooks the championship route, alongside impeccable dining facilities and a magnificent spa and fitness center. All of this marries together seamlessly to create a sensational golfing destination for those looking for a truly unforgettable escape.



“Sundar” Tournament

In a heartwarming display of holiday spirit, a group of 50 ladies who call themselves ‘Sundar’ from the close-knit Korean community, all aged above 50, gathered at the DLF Golf and Country Club on December 13th for a festive round of golf. Bedecked in holiday-themed attire, from Santa hats to festive sweaters, the atmosphere was as joyful as it was competitive. The players showcased a spectrum of golfing prowess, from seasoned veterans relishing the challenge of the course to beginners taking their initial steps in the world of golf. A small prize was awarded to the winner, fostering a sense of friendly competition and camaraderie. As the day unfolded, these women not only enriched their holidays with vibrant memories but also expressed heartfelt gratitude and love to the DLF Golf and Country Club for providing them with a memorable and joyous occasion.



JANUARY CALENDAR

LADIES NIGHT

Every Wednesday
Pavilion Bar

CIGAR AND MALTS

Every Friday | Pavilion Bar

HATHA AND VINYASA YOGA WITH NAMIKA

Every Saturday and Sunday
Reception Plaza

ANCIENT HOT HEALING THERAPY

Everyday | The Spa

DANCE WELLNESS

Every Monday and Wednesday
Reception Plaza

BOOK CLUB

11th January | Lobby Deck

AMERICAN DINER

12th & 13th Jan | The Pavilion

CLARIFIED CONCOCTIONS

17th Jan | Pavilion Bar

ZEN ZEST FUSION AN INDO JAPANESE CULINARY RETREAT

19th & 20th Jan | Garden Café

MACRAME MARVELS

19th Jan | Reception Plaza

PIZZA PERFECTION CLASS

20th Jan | The Pavilion

PUPPY YOGA

20th Jan | Garden Cafe

HEAVENLY HOT CHOCOLATE

21st-22nd Jan | The Pavilion

REPUBLIC DAY CUP

26th Jan | Gary Player Course

CIGAR CONNOISSEUR EVENING

27th Jan | Pavilion Bar

