

**YOGA SOUL SAFARI RETREAT:
PEACE, PASSION & PURPOSE IN THE WATERBERG
Leopards Rock Bush Boutique Apartments, Bela-Bela**

Discover serenity, luxury and privacy in the heart of the Waterberg as you regenerate body and soul.

ABOUT THE VENUE

Nestled in the heart of the bushveld and overlooking a gorge, Leopards Rock Bush Boutique Apartments are located in an exclusive country estate just 15 minutes from Bela-Bela. Enjoy a spectacular view from the comfort of your tastefully decorated apartment while the birdlife and peaceful surroundings soothe your stresses and restore your energy.

Prepare to be blown away as you step into the stylish, ingeniously-designed self-catering units. Our décor provides an earthy and relaxed atmosphere inspired by nature. Awaken each morning to the chorus of abundant wildlife. This is where you restore your sanity and recharge your battery.

ABOUT THE RETREAT

The retreat seamlessly blends different aspects from Native American Medicine with other healing and restoring modalities including yoga and much more to help you find balance between the outer and inner world, connecting with that part of you that will help you to face daily challenges from a place of intuition and peace.

What's included:

- Luxury accommodation in the Waterberg bushveld.
- Delicious and nutritious meals (This is a complete vegetarian (and alcohol-free) weekend where we will explore the beauty of food and consciousness. An introduction to rawlicious recipes will teach you how to enjoy your food in the healthiest way.)
- A comprehensive four-day programme for balancing mental, emotional and physical energies.
- Intimate interactions with therapists specialising in:
 - Yoga and heartfulness
 - Dropping the masks
 - Accessing the inner child through creative movement
 - Trauma release
 - Flowerscape - a journey into the soul using the natural flora
 - Yoga nidra
 - Emotional Freedom Techniques (EFT)
 - Native American therapy
 - Healing the energy centres in the body
 - Laughter therapy
 - Vision walks
 - Guided bush/bird walks

Benefits offered:

- An ability to let go and move into a four-day rest during which the body, mind and soul are able to reset
- Moving the nervous system from a state of 'fight, flight or freeze' to one of 'attend and befriend'
- The ability to revisit your inner creative, playful being
- Finding and learning to live according to your highest values
- Exploring mindfulness and heartfulness practices and meditations

The time of deep introspection will help transform unconscious habits to serve your higher consciousness. It is a self-enrichment program to bring the best out of you. It aims to open up the heart chakra through love and discipline. It will teach you how to face your day with a constant flow of energy. It will help you to build your capacity to be flexible, conscious and consistent.

Itinerary:

Thursday 13 September

- 12:00 Arrive and enjoy a heartfull, healthy lunch
- 14:00 Meet and greet and introduction to retreat
- 15:00 Settle into rooms and set up personal space
- 16:00 Walk in nature to reconnect, open, and set goals and intentions for the retreat
- 17:30 Recap of nature walk – group activity
- 19:00 Dinner
- 20:00 Meditation

Friday 14 September

- 6:00 Meditation Rise and shine
- 8:00 Breakfast
- 9:30 Dropping the masks, creative drawings of chakras and inner trust work
- 13:00 Lunch
- 14:00 Inner child yoga workshop
- 16:00 Trauma release
- 18:00 Swim or leisure walk to refresh yourself
- 19:00 Dinner
- 20:00 Bush Fire and Star Gazing while you recap the day

Saturday 15 September

- 5:30 Morning yoga and meditation in nature
- 8:00 Breakfast
- 9.30 Native American work – Miracle Tree
- 13:00 Lunch
- 14:00 Flowerscape - insight into your future path
- 17:00 Free Time
- 19:00 Vegetarian braai
- 20:00 Dance and movement therapy around the fire

Sunday 16 September

5:00 Morning sadhana (Yoga and meditation)
7:30 Morning bush walk – Finding your purpose
8:30 Breakfast
9:00 Releasing blockages and that which no longer serves you
11:00 Shamanic burning ceremony
11:30 Close of the Circle of Light
12:30 Lunch time

Sat Nam

Retreat price:

R10458.00 (R3486.00 per night in a luxury room)

Discounted sharing price:

R8367.00 (R2789.00 per night)

All facilities, meals, course material and therapeutic interventions included.

Note: Our retreat is open to 20 people. Your appreciation of R4000.00 books your space on the retreat and is to please be paid before the 30 July 2018. The remainder of the booking is to be paid 10 days before the retreat commences. We reserve the right to cancel the retreat should we not have 20 people booked by 30 July.

Retreat Dates:

13 – 16 September 2018

29 November – 2 December 2018

Kindly email Salomie Kolbie for more information and to book your space.

salomiejkg@gmail.com

Visit [Soul Safari Facebook page](#) for more

Meet the facilitators:

SUZIE MANSON

Suzie launched [Yoga4Kids/Training Academy](#) in 2003 and has spent ten years training incredible woman nationally on how to bring yoga to children. It was in these years of training that she became aware of the how many people are in need of reconnecting with their inner child. To her delight, the creative joy and freedom to play that is part of her training, led to great nurturing and allowed the imagination, expression of joy and creativity to re-ignite bringing healing to the soul child.

The journey of having her own daughter diagnosed with dyspraxia and ADD brought an insight and a need for creating a balm and a sanctuary for mothers and fathers who are facing the day to day challenges of having a special needs child. Suzie spent most of her yoga teaching in special needs school, and as a result of seeing the benefits yoga had on these children and her own child, recently launched her [Yoga4ChildrenwithChallenges Training Course](#). The course is written with an Occupational Therapist and provides the tools of how to bring the excellent mental, emotional, physical and energetic balance of yoga to these magnificent children.

Suzie is a Senior Yoga Teacher and has her qualifications in Ishta and Kundalini Yoga and is accredited with the Yoga Teachers Fellowship and the Yoga Alliance.

Having facilitated many healing retreats with her sister, it is a great passion of theirs to work with like-minded-woman to share this incredible work with the world.

JILL MANSON

Floral communication expert Jill Manson started her career in advertising. Her longing to do something more meaningful for the souls of others (and her own) led her on a wonderful journey 'from marketing to michaelmas daisies'.

The story of her transition, growth and healing lead to the development of the concept called [Flowerscape](#), and she is now a sought-after motivational speaker.

Jill presents her story and unique flower communication and healing workshops at conferences, on roadshows, in corporate settings and at social gatherings.

She studied the art of floral styling in the UK whilst developing the FLOWERSCAPE concept, and came home to SA in 2004 to spend time growing her business here. In this time she also opened Electric Butterfly Flowers - her first florist shop, which started in a garage and now operates out of the Broadacres Shopping Centre.

In 2009 Jill left the flower shop to pursue her dream of teaching floral design, and now also owns and runs the Jill Manson Floral Design School, which inspires people to take big leaps of faith and grow their own creativity through the healing medium of flowers and creative design.

She has also been blessed to have her own TV show on the DSTV Home Channel called Fresh Cut – a platform she uses to bring flower love and inspiration into the homes of many.

Jill qualified as a Neural Linguistic Therapist in 2012.

SALOMIE JORDAAN

After she qualified as a psychologist, Salomie realised that there is so much more to life than book knowledge. She really wanted to make a difference in people's lives, and started to explore more alternative therapies, where she realised how closely everything is connected.

She is currently studying kinesiology, and is constantly amazed by the connections of the muscles and body.

Circumstances dictated that she not complete her PhD, and she had a vision to build a place where people could be in nature but still enjoy all the luxuries of everyday living.

Drawing from her own experience, she decided that is is her calling to help people learn from their own difficulties and path in order to connect to their higher self. She has a gift of teaching others that great healing and wellbeing can come through pain and turbulence, which have the ability to lead you to your inner vision and the answers inside.

Salomie loves to work with different facets of life, using different methods to guide groups of people or in one-on-one sessions with individuals. From her years of practising as a psychologist, she came to realise that people are stuck in their own life stories and need a few adjustments to make life easier and feel free again.

When she started to build the house in Leopards Rock, she envisioned a place where healing can take place – where guests can feel special and enjoy relaxing activities like spending some time in the sauna, jacuzzi or simply in solitude. While building the house, she realised that whatever you ever need or want is within yourself, if you trust enough to let go.

CHRISNA ASHFORTH

Chrisna began her spiritual journey when her son was diagnosed with ADD. She decided after two years that Ritalin was doing more damage than good to her son. It wasn't an easy journey, but she persevered. She completed every course under the sun, reading every book possible. She qualified as a reiki master, body spin facilitator, mind coach, more to life facilitator and international kundalini yoga instructor. She is currently studying kinesiology.

Chrisna runs a practice where she helps children who are not fitting into the mainstream to find themselves, and gives them the tools they need to cope in everyday life. She is also passionate about teaching women *The Artist's Way* by Julia Cameron.

The difference she makes in the lives of others brings her great fulfillment, and she is living her dream every day. She has a yoga studio in her house where people practise yoga and tai chi every day. She loves working with her sister, and together they combine their specialities perfectly. While she focuses on the raw, vegetarian food, her sister specialises more in the psychological work.

Chrisna sees a child in every person who wants to play. She keeps herself open to the higher force in life, and works closely with Native American practices and philosophies.

SEE REGISTRATION FORM AND DIRECTIONS ATTACHED