

REJUVENATING AFRICAN SOUL RETREAT



FRIDAY, 26 JULY 2019

- Depart on your evening flight from wherever!

SATURDAY, 27 JULY 2019

- A very warm welcome awaits you at **JOHANNESBURG'S O.R. TAMBO AIRPORT**.
- As soon we are gathered, we enjoy a leisurely 2 hour drive from the airport to Bela Bela (previously Warmbaths).
- Here, we have time to shop and – if you wish – we generally buy exercise books, stationery, soccer balls for the local African school, which relies on donations.
- Then it's time for a delicious fish lunch at the Ocean Basket - their Kingklip, South Africa's traditional fish, is the best - although their prawns and other fish are delicious too!
- We continue to our delightful Country Estate, Kingfisher in the Waterberg - photos and information on www.alwaysb.com - to meet our wonderful staff, Denis and Noah and, of course, our gorgeous Plato (Swiss Shepherd/ golden Labrador doggie!)
- Take time to settle into your room.
- There's then an opportunity to familiarise yourself with the layout of our estate - which is 60 hectares – as well as participate in an insightful introduction into Permaculture, the intuitive way - recognising how much it complements natural healing and health.
- Then – if you wish - it's pampering time – naturally -using herbs grown on the Estate!
- Enjoy a typical South African supper around a mesmerising camp fire!

SUNDAY, 28 JULY - WEDNESDAY, 31 JULY 2019

- As the sun rises, early birds can sip aromatic cups of fresh herbal or ordinary tea, or coffee, accompanied by home-made rusks, fresh fruit and nuts.
- If there's time before breakfast, stretch your mind, body and soul, and/or meditate in various sacred spaces.





- Each day indulge your spirit
 - Exploring the delights of sustainable living
 - Walking to your heart's delight
 - Observing the beautiful topography to reconnect with your inner Soul
 - Collecting items from nature for your 'Bodyscape' project
 - Star gazing
 - Just being and appreciating some 'Me-time'
 - Relishing traditional South African suppers in the evenings, around camp fires.
 - Wandering off to bed, whenever!
- **PLANNED OUTINGS**
 - **MONDAY, 29 July – 3pm**
 - Wake up when you wish and wander into breakfast whenever.
 - During the morning, enjoy creating your own SOUL CARDS.
 - At lunchtime, have fun making and cooking pizzas in our farm clay oven.
 - At 3pm it's time to visit the neighbouring lion sanctuary, also home to other orphaned predators.
 - On our return, how about some yoga on the rocks that cover our Divine sub-terrain crystal caverns as the sun sets?
 - Relax by the dancing flames of the campfire whilst relishing a traditional South African meal.
 - **TUESDAY, 30 July – 9 am**
 - After a quick, but tasty, breakfast, we travel on dirt roads for a wonderful Elephant Adventure
 - En route, we stop at a local African craft market, where you may like to purchase some gifts for folk back home or just have a wander around.
 - 11.30 it's time to report at Zebula Lodge for transportation to the elephants.
 - Back at Zebula Lodge enjoy lunch on the veranda overlooking the golf course
 - There is also a fabulous Health Spa - please see their offerings on www.zebula.com and let me know whether you would like a treatment - (*for your own expense*) – these need to be booked well in advance.
 - On our return to Kingfisher go for a walk/run, have a shower or just relax – before settling down by the campfire for another traditional supper.
 - **WEDNESDAY, 31 July – 10am**
 - After breakfast, we leave Kingfisher to visit the local African school and interact with the teachers and school children. The school doesn't receive any government assistance and relies on donations of stationery, books, balls etc. We also donate around R200 per guest – if you wish - to help buy food for the kids. This is totally voluntary but HUGELY appreciated!
 - On the way 'home' we visit the 'Shack' – a much-loved pub in the bush and enjoy a cool drink, lunch and even take dip in the swimming pool.
 - Back at the estate enjoy making some cob objects to incorporate in your 'Bodyscape' feature before sunset yoga, a campfire and a South African braai.
 - Start packing before supper for our early departure the next morning

WEDNESDAY, 31 JULY 2019

- On waking, please strip your beds and bring the bed linen to breakfast to put into the dhobi (laundry) bags in the trailer.
- Leave your packed case outside the door – before breakfast - for the staff to put into the car.
- After a delicious breakfast, return to your rooms to collect your personal belongings and bring your towels for the dhobi bag please.
- After bidding a fond farewell to our wonderful staff, Dennis and Noah – our beloved doggie, Plato, and our beautiful country estate, we drive back to Johannesburg's OR Tambo airport to fly to Durban.
- Please let me know if you have access to any of the airport lounges.

REJUVENATING AFRICAN SOUL RETREAT

SOUL INVESTMENT

US\$1,000 per person sharing / US\$1,500 per single person

Minimum of 6 and maximum of 12 guests

INCLUDES

- Transfers between the airport and country estate
- Comfortable shared or single (*extra*) accommodation
- Freshly prepared meals, snacks and refreshments @ Kingfisher
- Visits to the local school, lion sanctuary and elephants
- All activities at the country estate

NOT INCLUDED

- International travel to and from Johannesburg **O.R. TAMBO AIRPORT**, South Africa
- Alcoholic drinks – can be purchased in Bela Bela en route
- All meals, snacks and refreshments when out and about
- Staff and guide gratuities – advice will be given as to how much
- Paypal fees if paying from any part of the world except Australia and the United Kingdom if depositing directly into Chris's bank accounts

A NON-REFUNDABLE deposit of US\$500 is required on application.

MAGICAL DOLPHIN SAFARI

After the **REJUVENATING AFRICAN SOUL RETREAT**
A minimum of 6 and maximum of 12 guests



WEDNESDAY, 31 JULY 2019

- After our 50-minute flight to **DURBAN** we shop in Woolworths @ O.R. Tambo airport to buy snacks and drinks for our 7 hour journey to Mozambique the next day
- After supper @ a delightful local curry restaurant enjoy a relaxed evening/early night in our charming Guest House

THURSDAY, 1 AUGUST 2019

- Our personal driver/ guide collects us after an early breakfast taking us on an informative journey of approximately 7 hours - through Shaka Zulu land - to the Mozambique border. Bring books, kindle or anything that helps you to pass the time and enjoy your snacks and drinks en route.
- About halfway we stop at an African craft market with a host of desirables to purchase!
- At the border we meet up with our beloved Courtney, who assists in purchasing our Mozambique Visas (not required by those holding a South African passport)
- It's then an exhilarating 1 hour drive over picturesque dunes to our luxury tented camp on the edge of the Indian Ocean for 4 nights.



- Courtney, our dolphin mermaid, provides any reassurance required by giving an informative orientation talk that includes dolphin ethics and snorkelling advice.
- **PLEASE NOTE:** Good snorkelling equipment can be hired at the Dive Shop at the nearby camp Malangone.

- If you are a deep-sea diver and would like to go out to the reef – please bring the necessary licence and papers (*for own expense*)
- All our delicious supper (except for two – both of which we enjoy in the local African village *at our own expense*) and brunches are freshly-made by our own personal Chef!

FRIDAY, 2 AUGUST – SUNDAY, 4 AUGUST 2019

- Every morning enjoy an early morning 2km beach walk to Malagone - the nearby camp - for three magical dolphin encounters (transport, by road, can be provided for those who prefer not to walk)



- On our return luxuriate in welcome showers before a wholesome brunch lovingly presented by our Chef.
- Take time to walk to the nearby African village to enjoy the friendly ambience and buy some hand-made crafts at the local market, or stroll along the beautiful white beaches, or dip into the plunge pool, or relax and just be.



- Join in some form of creative and insightful activity each day - Courtney's amazing Sound Journey and evening of drumming, as well as Universal insights with Chris
- Saviour delicious dinners followed - for the more energetic - by starlit walks along the beach!

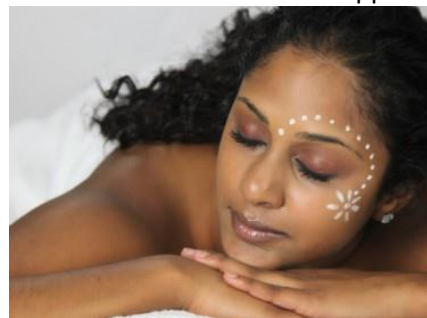
MONDAY, 5 AUGUST 2019

- We say farewell to our beloved Courtney and dolphins and enjoy a leisurely return journey to **DURBAN**.
- Back at the Guest House we decide which local restaurant to go for supper (*at own expense*).

TUESDAY, 6 AUGUST 2019

- After an early breakfast, we are transported to a divine African Day Spa where we receive 6 decadent treatments, as well as the opportunity to luxuriate in a Jacuzzi, with champagne on arrival, a healthy breakfast, a nummy lunch, wine, more champagne and/or juices. A truly awesome experience!

- On returning to the Guest House, decide whether there's room for supper!



WEDNESDAY, 7 AUGUST 2019

- We fly back to Johannesburg's O.R. TAMBO international airport to connect with your afternoon/evening flights home for you to be reunited with your loved ones.
- Stay blessed 'til we meet again!

MAGICAL DOLPHIN SAFARI

SOUL INVESTMENT

US\$2,250 per person sharing / US\$3,500 per single person

Minimum of 6 and maximum of 12 guests

INCLUDES

- Transfers from and to airports
- Return flight from Johannesburg to Durban
- Comfortable shared accommodation
- Freshly prepare meals, snacks and refreshments @ the luxury camp
- All activities mentioned
- A decadent day at an award-winning African Health Spa

NOT INCLUDED

- International travel to and from Johannesburg's O.R. Tambo airport
- **The cost of the Mozambique border visa - around US\$90 - which we obtain at the border** - not required by those holding a South African passport
- Hire of snorkelling equipment
- One supper in the local village
- Any meals elsewhere in addition to the brunch and suppers provided
- Alcoholic drinks
- Staff and guide gratuities – advice will be given as to how much
- Paypal fees if paying from any part of the world except Australia and the United Kingdom if depositing directly into Chris's bank accounts

A NON-REFUNDABLE deposit of US\$1,000 is required on application.