

REJUVENATING AFRICAN SOUL RETREAT



WED 24 OCTOBER 2018

- ! A very warm welcome awaits you at **JOHANNESBURG'S O.R. TAMBO AIRPORT**.
- ! As soon as the group is gathered, we enjoy a leisurely 2 hour drive to our delightful Country Estate with John, Chris and Belinda, stopping en route at Bela Bela (previously Warmbaths) to shop.
- ! We continue to Kingfisher and Round the Bend Country Estate 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!)
- ! After a light lunch and refreshments, take time to settle into your room.
- ! There's then an opportunity to familiarise yourself with the layout of our estate, which is over 200 hectares.
- ! Participate in an insightful introduction into Permaculture, the intuitive way, and recognise how much it complements natural healing and health.
- ! Enjoy a typical South African supper around a mesmerising camp fire!

WEDNESDAY, 24 OCTOBER - SUNDAY, 28 OCTOBER 2018

- ! Wake up when you wish – except when there's a planned outing!
- ! 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.
- ! Before brunch, stretch your mind, body and soul, and then meditate in various sacred spaces on certain days.



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! **Mozambique Wild Dolphin SOUL Immersion**

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



! **SUNDAY 28 OCTOBER 2018**

- ! After our 50-minute flight to **DURBAN**, we spend a relaxed night in a charming Guest House.
- ! Supper @ a delightful local restaurant at own expense

! **MONDAY 29 OCTOBER 2018**

- ! Our personal driver and guide, collects us, after an early breakfast, taking us on an informative journey of approximately 6 hours, through Shaka Zulu land, to the Mozambique border.
- ! 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 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 Ponta Malongane.
- ! All our delicious suppers and brunches are freshly-made by our own personal Chef!

! **MONDAY 29 OCTOBER – FRIDAY 02 NOVEMBER 2018**

! Enjoy early morning 1&half km beach walks to Malongane, the nearby camp, for three magical dolphin encounters (transport, by road, can be provided for those who prefer not to walk)



! On our return, each day, luxuriate in welcome showers and enjoy 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 suggested creative and insightful activity each day, if you wish. 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!

! **FRIDAY 02 NOVEMBER 2018**

! We say farewell to our beloved Courtney and dolphins.
! On our return journey to **DURBAN**, we call into **ST. LUCIA** for a river cruise to see hippos and crocodiles.
! Back at the Guest House, decide which local restaurant to go for supper at own expense.

! **SATURDAY 03 NOVEMBER 2018**

! An early breakfast before being 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! – if so, it's at our own expense.



SUNDAY 04 NOVEMBER 2018

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

**! Mozambique Wild Dolphin – Soul Immersion
! SOUL INVESTMENT
! TBA**

! 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
- ! 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 Aus\$110) 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 in addition to the brunch and suppers provided
- ! Alcoholic drinks
- ! Staff gratuities
- ! Paypal fees if paying from any part of the world except Australia and the United Kingdom