

MATURE EROS PRESENTS OCEAN EROS

MOZAMBIQUE

16 - 24TH NOVEMBER 2026

Step into a deliciously embodied journey where **feminine pleasure, oceanic presence**, and the **playful eros** of wild dolphins meet in an 8 day luxury retreat unlike any other. Make 2026 the year you gift yourself the experience of a lifetime that will activate the life of your dreams!



DM SALLY TO JOIN THE WAITLIST
mature.eros@gmail.com

Ocean Eros is an invitation to soften, awaken, and reconnect with the vibrant, sensual aliveness that lives within every woman. Through the blend of embodied somatic practices and conscious ocean encounters, this retreat becomes a portal into deeper pleasure, emotional liberation, and soulful expansion.

ACROSS EIGHT LUXURIOUS DAYS, YOU WILL EXPERIENCE:

- Embodied somatic practices & dance designed to awaken delight, sensuality, and inner radiance
- Nervous system soothing and regulation through movement, breath, and presence
- Conscious wild dolphin encounters and respectful in-water ocean journeys
- Spacious time for rest, integration, journaling, and sun-drenched stillness
- A supportive, uplifting circle of women exploring eros, vitality, and joy
- Nourishing meals, beautiful ocean-view accommodation, pristine beach & ocean setting and restorative natural surroundings



MEET YOUR FACILITATORS



SALLY
BERG

Midlife mentor,
embodiment facilitator,
and advocate for helping
mature women live their
most vibrant, turned-on
lives



COURTNEY
WARD

Ocean guide, dolphin
facilitator and holder of
transformational nature
based experiences in
Mozambique.
<https://halogaia.com/>

Your experience of a lifetime includes the following in the price:

- 8 nights' accommodation in Luxury Beach Villas - sharing or single
- Catering - x 6 Two Course dinners / x 8 Two course brunch (1 x Dinner in village - at own expense)
- Herbal Teas & coffee
- 1 x catered dinner in the village
- Snorkeling course, Code-of-conduct, Boat safety
- 4 Educational, respect and awareness-based Dolphin Swims guided by Courtney
- Marine Reserve reef tax
- 1 Sacred Medicine Song & Sound Journey with Courtney
- Personal guide and facilitation with Courtney
- Personal facilitation with Sally
- Photographs of your ocean experiences
- Professional Snorkeling Equipment for x 4 Ocean Launches
- Ponta Do Ouro return transfer
- Plenty of wonderful beach time
- Cultural exploration of our village

Only extras to pay for at your own expense are:

- All Drinks - Except Water, Teas & Coffee
- 1 Dinner in village - at own expense
- Visa (ONLY for non-South African passport holders)
- Travel Insurance - Compulsory to take
- Maputo Airport transfers - We will arrange this according to flight schedules and charge accordingly
- Gratuity staff at the house and boat etc

EARLY BIRD PRICES - ends April 17th then prices increase.

If you sign up now you get a BONUS 90 minute 1:1 integration session with me afterwards worth £240.

RATE for twin 'bring a bestie' shared ensuite room - £2,322 per person - ONLY 4 SPACES (2 rooms)

RATE for single Queen bed en suite room - £2,622 per person - ONLY 2 AVAILABLE

£500 NON REFUNDABLE DEPOSIT secures your space.

PAY IN FULL at the above rates.

Payment plans available of 3 months and 6 months at these rates:

TWIN: After paying the £500 NON REFUNDABLE DEPOSIT -

3 months at £630 per month = TOTAL £1,890

6 months at £320 per month = TOTAL - £1,920

SINGLE: After paying the £500 NON REFUNDABLE DEPOSIT -

3 months at £730 per month = TOTAL £2,190

6 months at £380 per month = TOTAL - £2,780