

REJUVENATING AFRICAN SOUL RETREAT



THURSDAY, 3 AUGUST 2017

- 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 Chris and John's Country Estate, stopping en route, if you wish, at Bela Bela (previously Warmbaths) to look around this old-ish town, or shop, or explore the tiny African market.
- We continue to Kingfisher and Round the Bend Country Estate in the Waterberg (photos and information on www.alwaysb.com) to meet our beautiful Belinda and Kate, as well as our wonderful staff, John, Denis, David and Shamimo, 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!

FRIDAY, 4 AUGUST 2017 - SUNDAY, 6 AUGUST 2017

- Wake up when you wish – except when there is a planned outing!
- As the sun rises, the early birds can sip aromatic cups of fresh herbal or ordinary tea, and coffee, accompanied by home-made rusks, fresh fruit and nuts, before early morning yoga / stretch and meditation in various sacred spaces.
- Silent walk through the orchard to the Farmhouse for a delicious country brunch.





- Every day, indulge your mind, body and soul in some way with
 - An exploration of the delights of sustainable living.
 - A visit to the neighbouring lion sanctuary, also home to other orphaned predators
 - A walk to our fascinating granite cave and/ or to the top of our hills
 - Observation of our beautiful topography to reconnect with your inner Soul landscape
 - Making cob and moulding it however you wish
 - Appreciating plenty of 'Me-time'
 - Going on an African Elephant Adventure visiting the African school en route.
 - Star gazing and just being
- Enjoy traditional South African suppers each evening, around spell-bounding camp fires.
- Wander off to bed, whenever!

SUNDAY, 6 AUGUST 2017

- After a delicious brunch and a fond farewell to our beautiful country estate, we drive back to Johannesburg airport to fly to Durban.

**AFRICAN SOUL RETREAT
SOUL INVESTMENT
US\$880**

Minimum of 6 and maximum of 12 guests

50% deposit due before 30 November 2016 and balance by 3 July 2017

INCLUDES

- Transfers between the airport and country estate
- Comfortable shared accommodation
- Freshly prepare meals, snacks and refreshments
- Visits to the Lion Sanctuary and Elephant adventure
- All activities mentioned
- Staff gratuities

NOT INCLUDED

- International travel to and from Johannesburg O.R. Tambo airport, South Africa.

MAGICAL DOLPHIN SAFARI

After the REJUVENATING AFRICAN SOUL RETREAT

A minimum of 4 and maximum of 12 guests

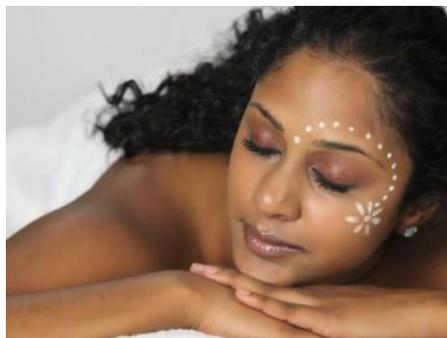


SUNDAY, 6 AUGUST 2017

- We then fly to **DURBAN** and spend a relaxed night in a charming Bed and Breakfast
- Supper @ own expense

MONDAY, 7 AUGUST 2017

- An early 6.30am call for 7.30 transportation to a divine African Day Spa, where we receive 6 decadent treatments, as well as the opportunity to luxuriate in a Jacuzzi, champagne on arrival, a healthy breakfast, a nummy lunch, with wine, more champagne or juices. A truly awesome experience!



TUESDAY, 8 AUGUST 2017

- After an early breakfast, our delightful driver and guide, Cheryl, will collect us and take us on an enjoyable and 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 will assist in purchasing your Mozambique Visa (not required by those holding a South African passport)
- Then it's an exhilarating drive over picturesque dunes to our luxury tented camp on the edge of the Indian Ocean for 4 nights.



- **PLEASE NOTE:** Good snorkelling equipment can be hired at the Dive Shop at the nearby camp Malangone, where Courtney, our dolphin mermaid, will also provide any reassurance required by giving an orientation talk that includes dolphin ethics, along with any snorkelling assistance.
- Back at the camp, enjoy a dip in the plunge pool, after an invigorating walk along golden sands.



- All our delicious suppers and brunches are, freshly-made meals prepared by our own personal Chef!

WEDNESDAY 9 AUGUST – FRIDAY 11 AUGUST 2017

- Enjoy early morning 2km beach walks to Malagone, the nearby camp, for our magical dolphin encounters each day (transport, by road, can be provided for those who would prefer not to walk)



- On our return, luxuriate in welcome showers and enjoy wholesome brunches, 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 relax and just be.



- Join in some form of suggested creative and insightful activity each day, if you wish.
- Saviour delicious dinners, followed, for the more energetic, by starlit walks along the beach!

SATURDAY 12 AUGUST 2017

- We say farewell to our beloved dolphins and travel back over sparkling sand dunes to the border.
- After a 6 hour journey we'll be back at **DURBAN** airport by **14.30** to catch our flight to Johannesburg.
- Back in Johannesburg we return to a delightful Guesthouse in Rivonia
- Depending on how we feel, supper in Rivonia village (own expense)

SUNDAY 13 AUGUST 2017

- Happy travels home to be reunited with your loved ones
- Those leaving later can enjoy a few hours can enjoy the nearby Organic Market
- Airport transfers will be arranged as required

**MAGICAL DOLPHIN SAFARI
SOUL INVESTMENT
US\$1880**

**Minimum of 6 and maximum of 12 guests
50% deposit due before 30 November 2016
and balance by 3 July 2017**

INCLUDES

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

NOT INCLUDED

- International travel to and from Johannesburg's O.R. Tambo airport.
- **The cost of the Mozambique border visa (not required by those holding a South African passport) which we obtain at the boarder**
- Hire of snorkelling equipment
- Certain meals, as stated
- An honesty box for alcoholic drinks at our tented camp