

CONNECT & DANCE WITH LIFE!

Where?: Stanford Valley Guest Farm, R326,
Stanford, Cape 7210 <https://stanfordvalley.co.za/>

When?: April 1-3, 2022



We have all known the loss of connection these past two years: Loss of connection with our loved ones, touch, precious places, wilderness, work, purpose. And covid has shown us inexorably that we are all connected to our environment, and we have not been able to escape. We have kept touch virtually, but now is the time to reconnect in presence. Join Sicelo and Julie, who are connecting from different hemispheres, on this time of intentional connection to all that is important in our lives. We gather in a place of natural beauty to be refreshed and renewed in our connection with nature, self and other, for to truly dance with life, we need to truly connect..



About the Retreat Leaders:

SICELO MBATHA

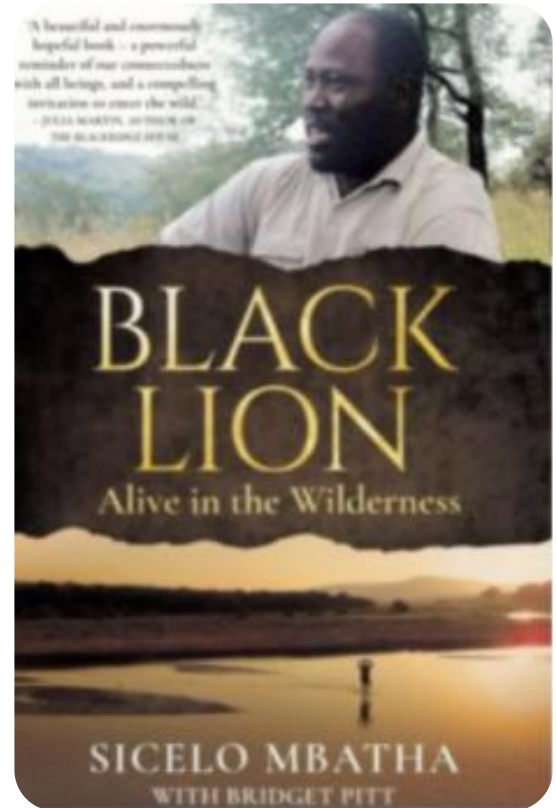
My name is Sicelo Mbatha; my wilderness name is Black Lion. I am a spiritual nature guide, working through my organisation Umkhiwane Sacred Pathways. Nature has always been my spiritual home, my medicine and my teacher.

I have dedicated my life to fostering deep connections between humans and nature. I believe that this medicine is needed to heal the world from the wounds of environmental destruction and social injustice.

I am the black lion who helps people discover the wild animal within.

I am the black lion who roars for peace and harmony on the great mother earth.

I am the black lion, alive in the wilderness.



Why this Retreat, now? Through these uncertain times, human souls have been hammered by emotional conflicts and inner battles. As a wilderness guide, I have been lucky to embrace and dance with the wilderness, helping me to find healing and forgiveness to myself, and to live simpler and happier. I would like to share this wisdom so we can live in harmony with one another and respect our earth.

And I am glad to have a connection with Julie since we walked in the Wilderness together and to be able to share our different experiences and gifts with you at this time.

<https://www.umkhiwanesacredpathways.com/>

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'Walking the wilderness with Sicelo has been one of the highlights of my life. His profound wisdom, sincerity and humanity - his respect for, and connection with, nature and animals brought a light to my heart, and made me believe in the possibility of a deep connection to life. And that brought me great joy.' EM

JULIE PARKER



About Me: My own journey has brought me to York UK, from the big skies, open landscapes and heat of Zimbabwe, via the vibrant culture and scenery of Cape Town, the intensity of Big Business London and the lush green rolling hills of the Lake District.

My life has been one of contrasts, from the logic and certainty of my Maths degree, followed by a career in finance to the intuition and creativity behind my training and work in Alexander Technique, Coaching and Embodied Meditation.

I have lived a varied and complicated life, and the mistakes and losses I have suffered have taught me me compassion and empathy for the journey of others. I know deeply that life is not always easy, and that despite an internet culture of instant gratification, a worthwhile life is like a tree - it needs water, sunlight, earth, roots, care and time to grow and flourish.

I have been working with myself and others for more than 30 years on this journey, slowly growing my wisdom, skills and intuition to be able to help others find a path ahead that includes more joy, fulfillment and compassion for themselves and others.

Why this retreat, now? I am so grateful and blessed to have met Sicelo on a Wilderness Trail in 2015. I was amazed and drawn to his obvious deep connection to the wilderness and the animals. He would say 'I feel a rhino' and sure enough, a few minutes later, a rhino would trot into view! And I loved his respect for them as he would greet them and thank them for their presence as we left.

And since then, even though we are 10,000km apart, I would often find a whatsapp message of support from him, just when I most needed it. I love that intuition is no respecter of distance and time! Ever since that trail, we have been trying to find a way to work together, to share our respective gifts and experience, and now it seems the time!

<https://www.creativetransformation.org.uk/>

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'You are great at helping people to release themselves from..well..themselves, and you have enough vulnerability and empathy for that process to always feel appropriate...and something you have experienced. Finally, you have a big heart, and that shows in so much of what you do.'JB

'I am so grateful to Julie for teaching me about intention and the power it has... and for helping me find stillness and quiet in a supersaturated world' AB

About the Retreat - The Package Includes:

Friday and Saturday nights accommodation at Stanford Valley Guest Farm, all fresh, healthy meals (vegetarian on request), guided meditations, group work, guided walks and wild swimming.

Sunday night accommodation is optional at an additional cost of R500 per person. Dinner on Sunday evening and breakfast on Monday is not included.

Beverages from the restaurant are not included, but there is tea and coffee in the rooms.

Spa treatments are available at an extra cost. Mountain biking trails are available on the farm.

Accommodation is open from 2pm on Friday and we will begin with a short intro at 6pm and supper at 6.30pm. We will finish officially at 4pm on the Sunday.

Investment:

Single en-suite: tba based on availability

Sharing double en-suite: R6,000 pp for 2 nights

Sharing triple en-suite: R5,400pp for 2 nights

R1500 deposit secures your booking. The balance is payable on 15/3/22. The venue is holding 8 rooms which can accommodate up to 3 people until 28/2/22.

Rooms are not guaranteed after that time, so book asap!

To book, please contact Sicelo Mbatha on:

Email: healingpaths69@gmail.com.

Please copy in Julie on julie@creativetransformation.org.uk

Ph: +27763908201

Cancellation Policy:

Due to the short lead time, and the fact that both Sicelo and Julie have to travel considerable distance to be there, refunds will only be offered if your place can be re-sold.

Individual Sessions:

If you have a particular question/issue/problem you are wrestling with, Julie & Sicelo will be available for individual sessions. Julie is able to offer coaching/bodywork/energy work or a blend of all the above! Times will be limited and it will be first come, first served! Please email them individually to request a session. Sessions will cost R650.

If you cannot make this weekend, but are willing and able to commit to the weekend of April 8-10, we will see if there is enough interest to run a second retreat.