Bobbejaanskloof
PRIVATE NATURE RESERVE

Two-Day Restorative Retreat

11th & 12th June 2021

The Power Lies Within

Finding belonging and calm within is the biggest gift you can give yourself... because wherever you go, there you are.

When we connect to a deep inner serenity & open to it with a trusting heart it gives us a place of rest... no matter what is going on around us. We look for many ways to belong. To our homes, families, friends and communities. We search for causes, missions and vocations to find a sense of purpose. We can long to be truly seen, loved & nurtured. Yet this cannot be sustained until we truly come home to ourself, unlocking the power and answers deep within.

Who is this for?

It is for you... you who needs to drop into the art of self-nourishment.
It is a retreat that will restore you and help you access the serenity and peace within.

What will I experience?

In this retreat we explore ways to access a deeper belonging and connectedness - through gentleness and questioning. Exploring ways of sensing our place in the world and in ourselves. A retreat for women who long to connect in truth with themselves and others through simple mind, body, heart and soul practices.

Where?

The sacred, ancient landscapes of Bobbejaanskloof Nature Reserve will be our home for this immersion retreat, located on the edge of Plettenberg Bay on the Garden Route, hidden amongst the foothills of the Tsitsikamma Mountains. This charming farmhouse sits amongst dramatic private wilderness featuring indigenous fynbos, old forests and sweeping plains.

The day...

The day and a half will include body relaxation, breath work and short meditation practices. Talks with Megan De Beyer, teachings and workshop elements with Gabi Lowe. Journaling and gentle nature walks, healthy juices, teas, coffees, plus fresh and delicious farm to table meals.

A few energetic bodywork treatments are optional extras at the end of the first day, if prebooked. The deeper purpose is to re-connect to true nature, in nature to nourish life without and within.

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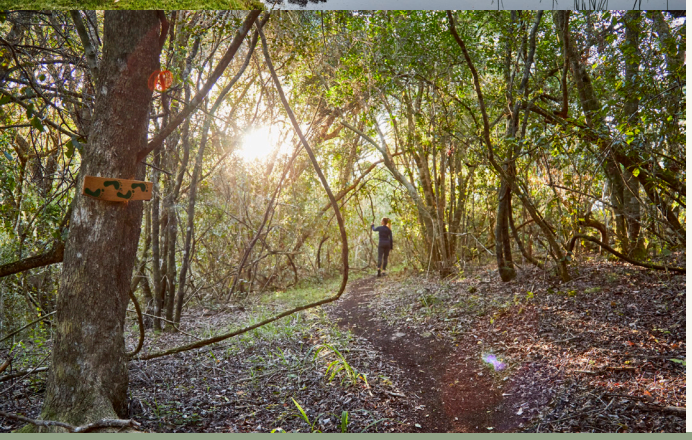

Format

SATURDAY 11th JUNE

12:30am	Arrival on the farm
1:00pm	Lunch - Kitchen or main front stoep
1:45pm	Breathing & grounding practice – Yoga Barn
2:15pm	Introduction and intention setting
3:30pm	Juice & journaling – pool or dam
4:15pm	Gabi Lowe – you have a treasure within you greater than you know - interactive workshop elements
5:30pm	Evening walk and introduction by Megan De Beyer
6:30pm	Rest
6:30pm	Pre booked & optional massages (additional cost)
7:00pm	Gratitude circle and dinner

SUNDAY 12th JUNE

7:30am	Juice
8:00am	Breathing practise, gentle yoga – Yoga Barn
9:00am	Breakfast
9:45am	The art of belonging - talk and practices with Megan
10:45am	Tea
11:15pm	Workshop with Gabi & Megan
12:15pm	Techniques and tools for centering & connecting within
1pm – 2pm	Lunch - Kitchen or main front stoep
2pm – 3pm	Nature walk - meet Megan & Gabi on main stoep with good walking shoes
3:00pm	Gabi Lowe – reframing our story to empower ourselves
4:00pm	Tea
4:30pm	Where to from here?
5:30pm	Close

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." Rachel Carson

Megan de Beyer

Megan de Beyer, MA (Psychology), MSc (Holistic Ecology). I have been a Psychologist for 28 years, diversifying to group facilitation & Conscious parent coaching for 16 years. I have worked with women & mothers all over the world. I am the author of "How to Raise a man- a mother's guide to parenting a teenage son." I am a curious and creative older woman yet essentially a mother of now grown up men - James and Jonathan.

I have diverse training over and above my degrees. Training as an Ashtanga yoga teacher, an Eco-facilitator promoting nature connection; an in-depth hypnosis therapist, with years of breath-work and meditation practice. I also have extensive nature conservation knowledge. My interest in consciousness has led me to study non-dual philosophies and attend many wellness retreats around the world. My teacher is the Zen Buddhist Master, Adyashanti.

Megan's website

Gabi Lowe

Gabi Lowe is a Certified Life Coach, NLP Practitioner, Author of the best seller: "Get Me To 21", Speaker and Facilitator who specialises in teaching the practices of Authentic Resilience and overcoming trauma. She runs The Coaching Nest, is co -founder of The Resilience Factory and Director of the NPO The Jenna Lowe Trust for patient advocacy.

Megan and Gabi have known each other for many decades but this is the first time they will facilitate together... something they have wanted to do for many years. Both have an absolute passion for open hearted courage and belonging and for guiding women to come home to themselves.

Gabi's website

How to Book

R2500 for two days (incl. all retreat and workshop elements plus all meals).
Accomodation: Additional Cost R1200 single room, R800 SHARING.
First come first serve for farm stay OR book your own accomodation in Plett.

To book a **Post-Workshop Full Body Massage or Accommodation** email: info@bobbejaanskloof.com.

Click here to register for this One-Day Resorative Retreat

WhatsApp Megan for enquiries: 0837903700 info@bobbejaanskloof.com @Bobbejaanskloof_reserve | bobbejaanskloof.com