Regenerative Health Retreat at Bobbejaanskloof PRIVATE NATURE RESERVE

Restore the connection between your mind/body/spirit and learn how nature reveals a clear path to perfect health. Our four-day regenerative health retreat at Bobbejaanskloof integrates psychology, biology, and ecology to inform transformation on all levels - using nature as a reference and guide to The Self.

The retreat includes daily practises to connect with ourselves, and with nature, in a profound and meaningful way. We will do daily yoga and meditation as well as receiving a forest bathing ceremony and massage or kinesiology. These holistic practises work together with the philosophical teachings to create a deep, sustained understanding of our fundamental connection to nature and how we may use that connection to guide the way we walk through our lives.

DETAILS

Dates: Thurs 29th April - 2 May 2021
Times: Thurs 1-5pm, Fri & Sat 8am-5pm, Sun 9am-1pm
Location: Bobbejaanskloof Nature Reserve

Cost: Excl. accommodation R4375pp
Incl. accommodation: R14,875pp (single)
R10,375pp (sharing)

Claire Janisch
Biomimicry SA

Claire is the founding Director of BiomimicrySA and health practitioner with 20 years of experience. She coaches clients on how to connect in a deeper way with nature, and to use principles found in nature to heal the mind and emotions.

Vincent Truter,
Forest Bathing Africa

Vincent will guide a Japanese Forest Bathing and tea ceremony. He will also provide Shiatsu massage as part of the optional treatments. Vincent is a creative director and curator who designs healing environments with a focus on nature informed design thinking and principles. Vincent trained in energetic healing and shiatsu with the legendary shiatsu master Kimura sensei in Hachioiji Japan. He founded Forest Bathing Africa in 2020, an organisation focused on certifying healing forests.

Megan de Beyer
Yoga & Meditation

Drawing on an MA (Psychology), MSc (Holistic Ecology) and 20 years' field experience, Megan aims to promote new ways of seeing old problems. "Authentic living embraces the interplay between the inner personal journey, the external world and the wider environment, which includes the natural world. Finding the balance between the inner and outer world is important for self-awareness and self-growth. Rather than experiencing humanity as separate from environment or merely existing in it, humanity must begin to cultivate the insight that they are with the environment."

For more information & booking go to:

https://www.biomimicrysa.co.za/biomimicryimmersions/regenwc