

Return to the Heart

Botswana, Zimbabwe - Africa
17-22 June 2024



EMBODYING THE SPIRIT OF UBUNTU

This *exclusive* intimate retreat is a Divine Opportunity to connect with the healing frequencies of African Wilderness as well as its heartbeat within one of the 7 Natural Wonders of the World.

It is an invitation to submerge yourself in the magical symphony of the wilderness that surrounds you.

When the beauty of the land and the indescribable presence of animals meets the wild landscape of your own heart, a deep sense of homecoming is awakened within.

It's about inspiration, courage, adventure, community and friendship. It's about being completely immersed in the Spirit Africa.

Africa, in your own shade of what is True for you...

with love,

Michelle

DURING OUR TIME TOGETHER YOU WILL...



Rest and restore your mind, body, and spirit.

Be part of something bigger than you in co-creating what it means to embody the spirit of Ubuntu

Submerge yourself into the frequency of our essential nature.

Learn directly from the wisdom of Mama Africa.

Take your awareness for the universal language of emotion to a next level.

Connect with the Motherland and all her inhabitants to re-wild the human spirit.

Remember the felt sense of what is to be one with all.

Lots of laughter, exquisite views, and soulful connections with one another.

Warm yourself with the vibrancy of,

"I AM WHO I AM BECAUSE OF WHO WE ALL ARE."

THE LOCATION



Come As You Are...



"If I have ever seen Magic, it has been in Africa."

-John Hemingway

INCLUSIONS

- 5 nights single accommodation in a waterhole facing room
- Breakfast, Lunch and Dinner
- Return airport transfers in Victoria Falls, Zimbabwe
- Daily Mindfulness Classes based on African healing Frequencies and daily themes
- 1 x Full day Mindful Safari Tour -**Botswana**
- 1 x Pay It forward excursion
- 1 x Sunset & Dinner Cruise on the Zambezi River
- 1 x Art Therapy class in an Elephant Sanctuary
- 1 x African Drumming Dinner show
- 1 X Full Moon Lunar Rainbow journey in the rainforest
- 1 x Rainforest Walk
- 50 USD contribution to a charity, we as a group will select.
- Full Moon Dinner
- Daily Reflection & Sharing Circles
- Shamanic African Sound Journey

No meditation experience is required. All fitness levels are welcome.

PLUS

- Intimate Setting – Only 10 Spots available
- Trauma-Informed Group Session
- Free time in between for reflection and exploration,
- Post Retreat Follow up zoom call



EXCLUSIONS

- Flights
- Visa Fees for Botswana, Zambia and Zimbabwe (I can assist with information)
- Travel Insurance
- Expenses of personal nature (Tips, Laundry, Additional Drinks during meals, etc.
- Massages
- Extra Expenses at the Lodge
- Additional Tours

5 NIGHTS, 6 DAYS

The Itinerary

DAY 1: Arrival in Zimbabwe- SAWUBONA. "I SEE YOU"

- You are welcomed with a big warm Zimbabwean hug as I personally pick you up from the airport with the shuttle.
- Check in
- Retreat Introductions, Meet and Greet
- Dinner and lots of laughter
- Reflection circle and Intention setting



DAY 2: Theme- Dear Wild Heart, who is your authentic self?

Full Day Safari - Chobe National Park in Botswana

- 6am Breakfast
- Depart for the Safari at 7am -Travel across the boarder by road)
- River Safari, Game Drive and Lunch on the trip
- Return to Zimbabwe 6:30pm
- Dinner + Connecting/Sharing of Stories



DAY 3: Theme- Ubuntu. "I am who I am because of who we all are".

- 6am Mindfulness session based on theme (optional)
- 7am Breakfast
- 8-10am Paying it forward : An excursion for charity
- 12pm Special Local Lunch in the Township
- Free Time
- 4-8pm Sunset and Dinner cruise on the Zambezi River
- Reflection circle



The Itinerary cont...

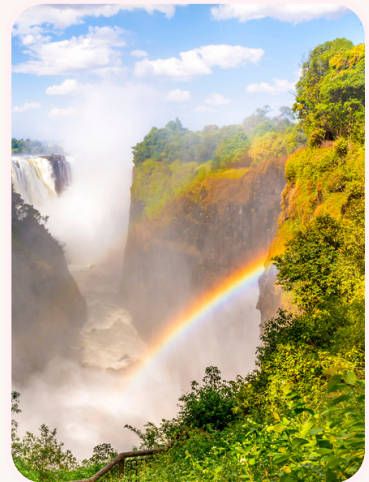
DAY 4: Theme- Through the eyes of an elephant

- 6am Rainforest Walk/Meditation
- Breakfast at the hotel
- 11am Art Therapy with Elephants in a Sanctuary followed by lunch.
- Free Time
- 7-10pm Dinner and African Drumming Show with fireside gathering/story telling from an African Shaman



DAY 5: Theme- Sawubona. "I SEE YOU"

- Sunrise Meditation
- Breakfast
- Free time after breakfast right up to 6pm if you wish to rest, reflect or go on additional adventures of your own. Lunch will be served at the hotel.
- 6pm Rainforest Reflections with the Lunar Moonbow
- 7pm onward Full Moon Dinner



DAY 6: Departure- Closing and Integration

- Sunrise Meditation
- Closing Circle
- Breakfast
- Big warm hugs as you checkout. You will be missed!



YOUR GUIDE



BRINGING COMPASSION, HEALING AND CONNECTION TO HUMANITY.

I travelled for the very first time at 16 years old. 19 years and 70 countries later, the world has become my home.

Travel, Cultural immersion, the stories and songs of the people that I met along the way - were some of the healing muses that turned my pain into passion, my wounds into wisdom.

So , here I am to hold your hand as you hold your heart through this journey of a lifetime and beyond.

Serving Individuals, Couples, and Groups who are willing and ready to "return, remember and reconnect".

By meeting you where you are on your own journey and guiding you to nourish & embody new possibilities in Life and Love (with self and the world around you)



SAWUBONA - Ì SEE YOU"

WWW.AMANZIWELLBEING.COM



FAQ

{ Frequently Asked Questions }

What is the weather going to be like?

Pleasantly warm with a gentle breeze during the day and cool at night.
Average highs of 80°F (27°C) and lows of 51°F (10°C).

Can I share a room if I am travelling with someone?

Yes. The rate is per person whether you decide to have your own room or share. Room arrangements can be suited to your needs.

Can you accommodate my dietary requests?

We will do our best to accommodate most dietary needs and requests. Upon booking please so mention your specific needs and we will coordinate with the lodges.

What travel documents do I need?

Please ensure your passport is valid for at least 6 months after your planned departure date from Zimbabwe. Visa requirements are dependent on your passport. You will receive an information pack once you have confirmed your booking.

Which Airport should I fly to?

You will fly to Victoria Falls Airport. It is best for you to arrive in the morning or early afternoon on June 17th. From there I will personally pick you up with the shuttle to the lodge.

If you have any additional questions or concerns, please feel free to reach out to me directly.

BOOKING YOUR RETREAT

Rates:

- **Early Bird pricing open until 14th Jan 2024**

3400 USD per person (single or sharing)

Regular Pricing

3500 USD per person (single or sharing)

A non-refundable deposit payment of 500 USD is required to secure your spot. Remaining balance is due 2 months prior start of the retreat.

Upon booking and closer to the departure you will be added to the retreat community chat where you can your fellow retreaters and get acquainted and or arrange joint travel plans.

Cancellation Policy:

- 61+ days from the retreat start date: If you have already paid the full fee, you will receive a refund minus the \$500 non-refundable deposit
- 0-60 days from the retreat start date: The booking at this stage is non-refundable and cannot be transferred to another date.

Email for bank details:



amanziwellbeing@gmail.com



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