

SET YOUR

NEXT CHAPTER

IN MOTION - *Retreat*

Starting a new chapter in your life, offers the perfect opportunity to have a fresh beginning, to do things differently, and to direct the trajectory of the rest of your life. This retreat offers guided time for reflection, opportunity to get out of your head and into your body, a reboot and connection with nature and like-minded people and lots of fun and adventure.

Perhaps it's the exact gift you need to give yourself right now?

Owlswood Farm - Magaliesberg | 19 - 21 May 2024



IMMERSION
RETREATS

A mind, body experience

Do you

*feel like you're at a crossroad in your life,
not sure where you're supposed to be going next
or how to connect with yourself and your purpose?*

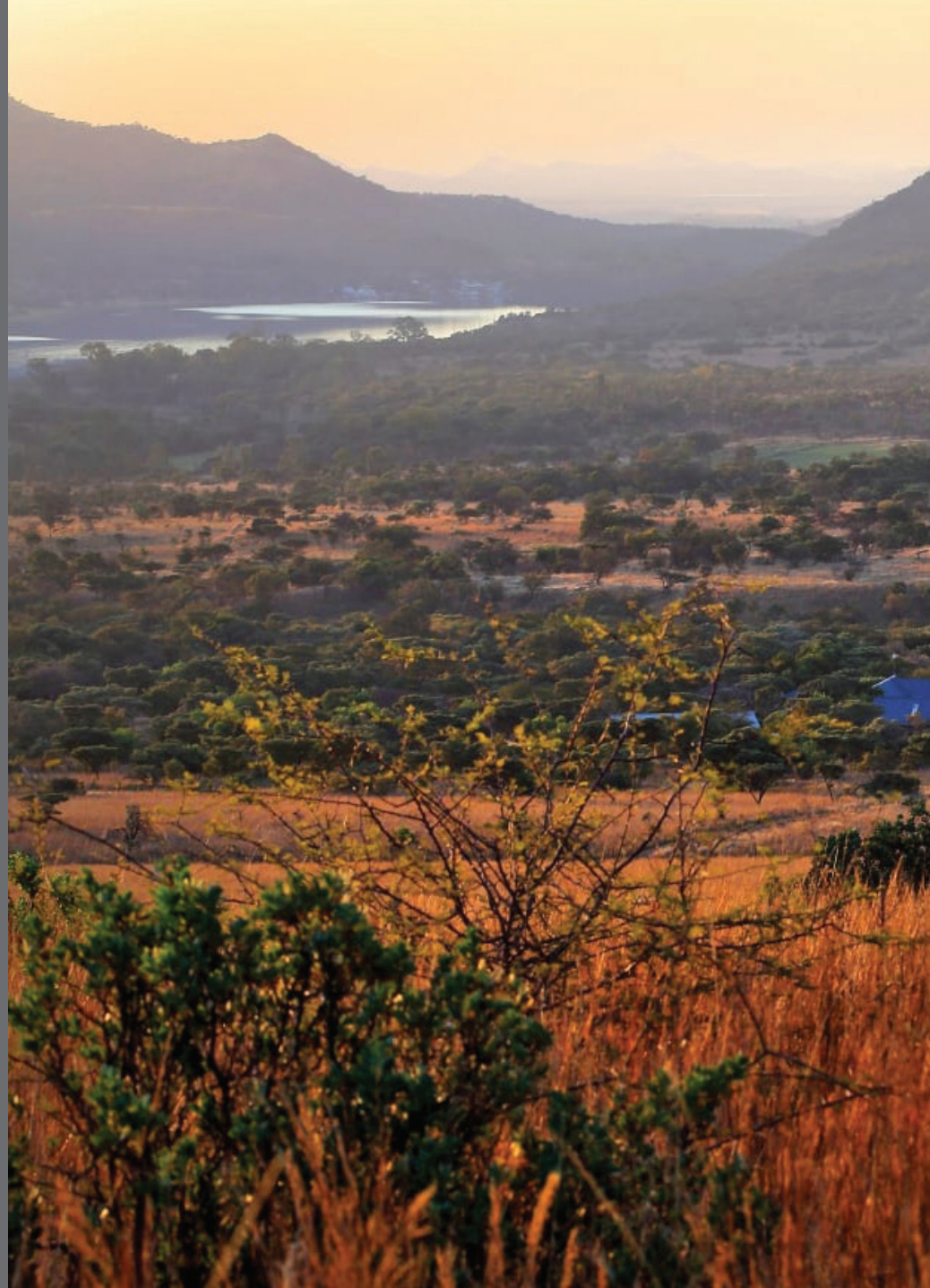
*Do you really want to up-health and down-stress yourself,
but can't seem to prioritise it and make it happen?*

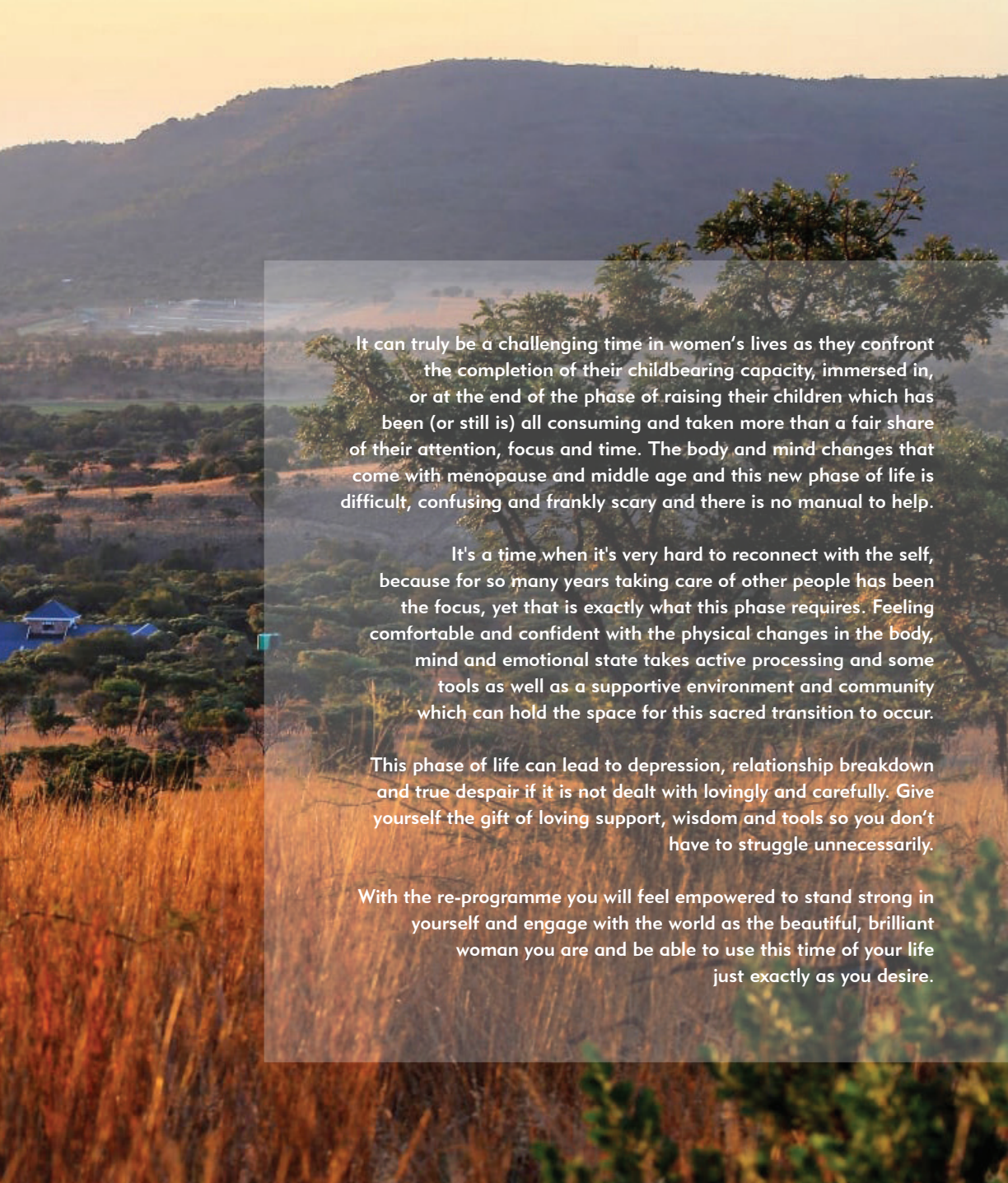
If this is you – then we invite you to join us for a very special retreat on a wide open space in a warm and luxurious guest farm in Rustenburg. Within our circle of like-minded women, you'll find **support, community, growth, healing, insight and inspiration**. This fun-filled, transformative retreat will bring wellbeing on all planes...

– physical, emotional, mental and spiritual.

You'll hike in the hills, do yoga to nurture your body, become mindful as you move, breathe and eat, listen to the night sounds beside the campfire, share laughter, eat delicious vegetarian food to nourish your cells and bring your microbiome alive. All while you relax in the stillness within you.

You will experience true presence, and the joy and peace that exist in the moments when you really are present. You will leave armed with a toolkit, crammed with tools to help you retain the joy as you go back to your life.





It can truly be a challenging time in women's lives as they confront the completion of their childbearing capacity, immersed in, or at the end of the phase of raising their children which has been (or still is) all consuming and taken more than a fair share of their attention, focus and time. The body and mind changes that come with menopause and middle age and this new phase of life is difficult, confusing and frankly scary and there is no manual to help.

It's a time when it's very hard to reconnect with the self, because for so many years taking care of other people has been the focus, yet that is exactly what this phase requires. Feeling comfortable and confident with the physical changes in the body, mind and emotional state takes active processing and some tools as well as a supportive environment and community which can hold the space for this sacred transition to occur.

This phase of life can lead to depression, relationship breakdown and true despair if it is not dealt with lovingly and carefully. Give yourself the gift of loving support, wisdom and tools so you don't have to struggle unnecessarily.

With the re-programme you will feel empowered to stand strong in yourself and engage with the world as the beautiful, brilliant woman you are and be able to use this time of your life just exactly as you desire.



nurture
you



An Intimate space...

Set on 275 hectares of walking and hiking trails, picnic spots and enchanting forests, at the foot of the Tankwani Gorge, Owlswood farm has been gracefully restored, revealing its old stone bones and charming character as a sturdy custodian of the contemporary touches that have been discerningly added to the farmhouse. Its ambience is that of a chapter half-way through a decent novel of life and love on a farm in Africa. Nothing too fussy but **completely calming and serene.**

At night, when the resident nyala, zebra, impala, wildebeest, kudu, bushbuck, warthog and farm horses are all snoozing beneath the stars, under the acacias and wild figs tucked into the long grasses, or cosy in their stables, the nearby forest is abuzz with sounds from the resident owls that settle themselves upon the branches for the evening. A signature call of the land, high up in the mountains overlooking the Easterkloof Nature Reserve of Magaliesberg.



The finer details

When	19 - 21 May 2024
Who is it for	Women who are looking to feel empowered in their next chapter of life. Women who are looking for rejuvenation and a re-set physically, emotionally, and spiritually. Women needing connection and a whole lot of fun.
Facilitators	Sue Fuller-Good and Glen Buchanan . Sue has extensive training in the wellbeing and people development arena and has spent 30 years building the products you will enjoy. She is also a real Travelling Willbury and has visited countless places no-one has even heard of, which have opened her eyes to the vast wonders of the world. Glen is a master people and team facilitator. She understands deeply the stresses and strains of life and the juggle of wanting to have it all. She has worked in the corporate world for 35 years and focuses on work-life fluidity, relationship building and inclusive leadership.
Whats included	Exceptional meals (vegetarian) prepared by Owls Wood owner and master caterer Yoga sessions Retreat sessions Guided hikes and walks Drinks, including a variety of alcoholic beverages for sundowners Time for reflection and relaxation Connections with like-minded individuals and a community WhatsApp group after the retreat A toolkit and a gift pack Lots of fun and laughs
Requirements	Each person to arrange their own transport to and from the venue Medium level fitness for hiking and walks in the mountains A sense of humour A mind ready to expand and discover
Optional Extras	Pre-Retreat Programme In addition to the Set your next chapter in motion- Retreat , we are offering a voluntary 'Pre-Retreat Programme' which will prepare you for the 3 days away. Here you can expect to get a bit fitter and do some reading to get you in the mood and the mental space so that you can get the best out of this experience. This programme is designed to be done at home, in your own time. For further details please contact Sue Fuller-Good - sue@bodybrilliance.co.za / 082 570 0824
Cost	R12 000 excluding VAT / person

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People

may call what happens at midlife “a crisis” - but it’s not.

It’s an unravelling -

a time when you feel a desperate pull to live the life you want to live,
not the one you’re “supposed” to live.

The unraveling is a time when you are challenged by the universe to

let go of who you think you are supposed to be

and to embrace who you are.. ”

Brene Browne

embrace

your own personal journey

About IMMERSION RETREATS

Immersion Retreats offers transformative experiences designed (predominantly) for women seeking rejuvenation, connection, empowerment and perhaps a holistic 're-set' of mind, body and spirit. Participants will embark on a journey of re-self-discovery and personal growth, where the intricate balance of body, mind, and spirit will be addressed. Through a blend of wellness practices, cuisine, travel and personal interactions, you will emerge renewed and energised. The concept of "uphealth", focusing not only on physical health but also mental and spiritual vitality, underpins the whole retreat. Beyond the individual transformations, Immersion Retreats is dedicated to giving back to meaningful causes, fostering a sense of community and social responsibility. Thus, participants not only return home with a revitalised sense of self but also with the knowledge that their experience has contributed to the well-being of others, creating a ripple effect of positive change.



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