



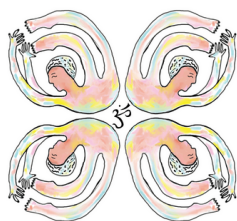
Reawakening

Winter Yoga
& Holistic Healing Retreat

4 day; 3 night holistic healing immersion

29 July - 1 August 2019

- AfriCamps at Oakhurst in Wilderness -





r e A W A K E N

Welcome to the Garden Route's secluded haven... An escape into Mama Nature's safekeeping as we reconnect to our intuitive nature, explore the power of Sisterhood and connection, and rekindle our intrinsic link to Nature.

All that you are is so welcome here...

immerse your Self...

Our 4 day, 3 night Yoga & Nature immersion calls to all W O M E N who feel a strong call to connect with their intuitive knowing and body on a deeper, more Soulfully explorative way, all while held by the sacred embrace and teachings of Mama Nature.

An inward journey of devotion unto Self, the healing power of connection with Sisters and Mama Nature, your sensuality, body and creativity.

The Eden mountains are summoning you... come with a willingness to surrender and connect, to be vulnerable and to be transformed.





Meet Your Facilitator

M a l a i k a B o o n

Malaika trained as a yoga teacher in Vinyasa and Ashtanga Yoga in Rishikesh, India. A month of specialising in Prenatal Yoga in the sacred and deeply transformational Costa Rican jungles lead Malaika to realise a profound desire to hold space for Women. She now creates, facilitates and encourage Women to join in Sisterhood and offers support and love for healing, inner exploration, growth and a softening into the body.

With a deep interest in psychology, her immersions, teachings and classes are grounded in traditional yogic practices and philosophies, and are subtly woven together with shadow integration, the art of returning to or relearning how to *feel* and be present in the body (Womb work) and connection – to Nature, Self and others. Her work and teachings are intended to reawaken one's connection to their body and feelings – the safe-keepers of intuition and desire, ultimately enhancing our ability to live life with the fullness and presence that makes one feel *A L I V E* and *W H O L E*

"I'm very grateful for having met Malaika. She is an amazing person and teacher, she is truly divine. Malaika is a huge inspiration to me and her healing energy and her guidance is helping me in many respects. I have thoroughly enjoyed all her classes and gatherings and have walked away each time with deep gratitude and also valuable life lessons that will stay with me. I find everything she does and everything about her profoundly beautiful and deeply healing."

ROXANNE S

"I was battling with insomnia, feeling stressed up and emotional for years. Had tried a few remedies without success. My son suggested yoga, exercising and to be outside in nature more. I met Malaika and started with her yoga classes. After the very first class, I felt so much more relaxed and calm. After my first month attending her classes, my sleeping problems were so much better and there was no need for sleep medication. Since February my insomnia is something of the past and I feel a new person and much more relaxed. I cannot thank Malaika enough for her kindness, love and for taking me as a beginner, teaching me how to meditate, breathing exercises etc. I highly recommend Malaika to each and every person who wishes to be more calm and relaxed!!! Thank you once again, dearest Malaika. Much love"

H PIENAAR

"Such an inspirational woman! Malaika is so passionate about her work and you can see and feel it as she guides you through the process of yoga and meditation. She creates a safe space without judgement so you may easily find balance and centre yourself to continue your journey in life with peace, love and fulfillment. Thank you for being you!"

R JOUBERT

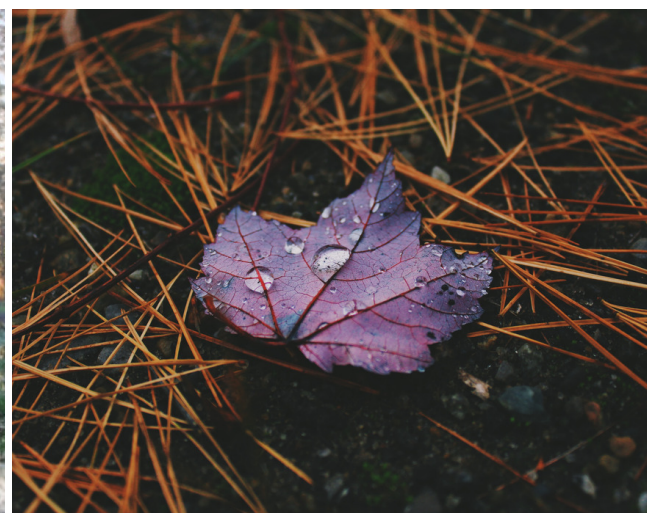


AfriCamps at Oakhurst

Eight tents stand proud in green grassy fields with the Outeniqua Mountains in the background. They sit in circle, drinking from an oasis of water with lotus flowers lifting up from out of the mud. Hundreds of trees surround them, reaching up to the Heavens, yet so rooted in the Earth. A cow resounds in the background. Birds sing as they passby. You're at AfriCamps at Oakhurst now... let's leave your worries behind.

The breathtaking Wilderness meets the Garden Route's humble farmlands.

All that you come with is so welcome here...



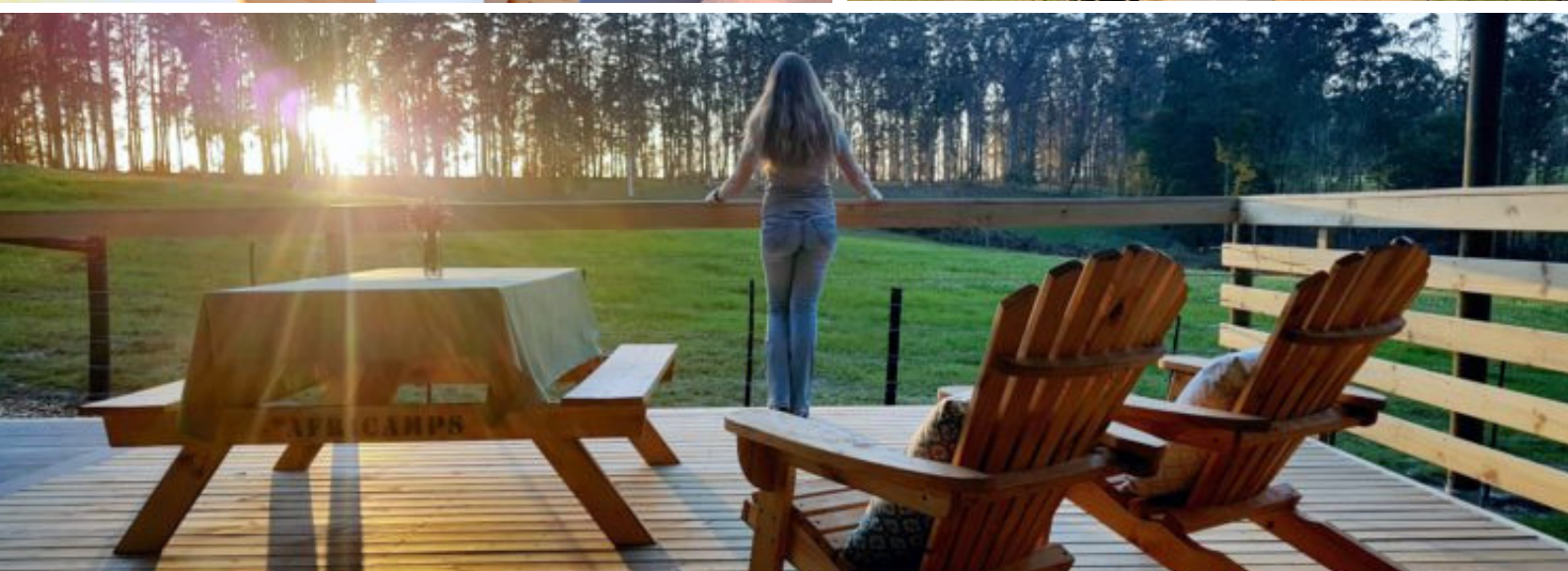


rooming & sleeping arrangements

AfriCamps at Oakhurst

Reawakening Winter Yoga Sanctuary opens her arms to loving hold and support 14 Women on their ventures within. Each Woman receives her own room, and shares a bathroom with a roommate - of her choice. If she ventures alone, we will match her up with another solo venturer.

Each tented **sanctuary** homes two bedrooms, each with a queen size bed. An outdoor hot tub, a bathroom with flush toilet, basin and shower, and a kitchen area with a dining room table and comfy seated area.





- 3 nights in a **luxurious tented camp** (sharing, with own bedroom)
- Daily **organic & holistic** meals
- 2 empowering yoga sessions, daily
(a balance of Vinyasa and Akhanda Yoga, with Intuitive & Dynamic Movement)
- A sacred sound therapy session, for balance, peace & harmony
- Gaialogues - soulfully inspired talks & sacred storytelling
- Guided forest bathing & Nature Immersion
- Horse riding
- A healing herbs workshop
- Sacred Self-love tools & practices to take home
- Daily Guided Meditations
- Guided Journalling Sessions
- Mantra - chanting and sacred song
- Conscious & Connected Breathwork
- Mindfulness Booklet
- A *Nomadic Oasis* goodie Bag
- Bonfire for soulful Sisterhood circles
- Hot tub
- Swimming Pool
- Weaving with Intention - creating dreamcatchers (optional)
- 40 minute Restorative Massage (optional and additional)



Intricately and intentionally cultivated...

Our journey within, with each other and through Nature is intricately and intentionally woven with traditional yogic philosophy, healing workshops and practices developed to calm the mind, awaken the body and set the heart afire. Enhancing the peace, sense of purpose and presence that exists within us.

All levels welcome



*An empowering journey within, as we **reawaken** to our intuitive knowing, Nature and explore the power of Sisterhood and connection.*



Investment

The Reawakening Winter Yoga Holistic Immersion will cost you a total of **R6800 (USD 472)**.

A **50% non-refundable deposit** is required to reserve your spot in the immersion, and the remaining amount is payable 30 days before arrival.

The Reawakening Immersion will offer your tools and insights to continue and deepen your Self practice once you leave the safe keeping of Eden's tented haven





To **book your spot**, or for any questions...

Please contact Malaika directly

+27 83 311 6791 // malaika@vivalamielie.com

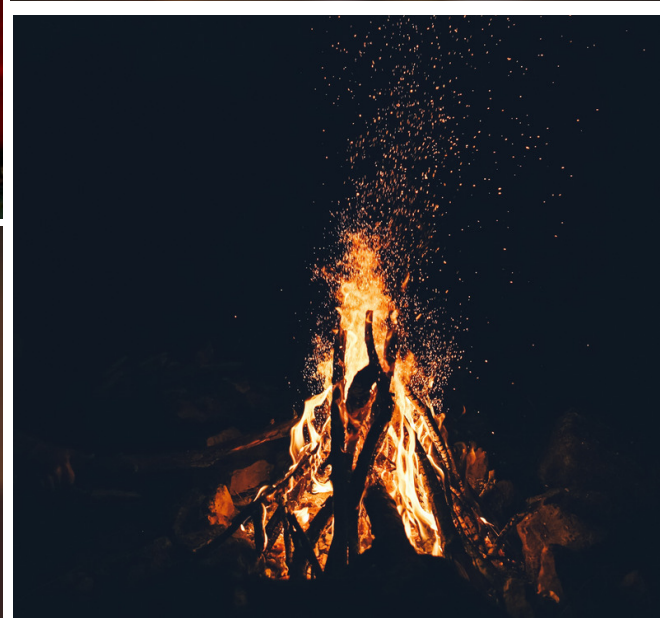


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Reawakening, an overview

Day 1

Arrive - 3pm

Shown to your abode, settle in, explore
your lands

5pm

Welcome ceremony
Goodie Bag & welcome gift
Itinerary overview & chat

6.30pm

Bonfire dinner under the stars

7.30pm

Full Moon intention setting ceremony

Day 2

7am

Sunrise meditation
with harmonic Sound therapy for peace & balance

7.30am

Morning Yoga flow
overlooking the dam

9am

Organic Breakfast

10.30am

Guided Meditation Walk
to Healing Herbs Workshop

1pm

Grounding Organic Lunch
*Free time for massage, art, forest walks, hot tub,
books, dreamcatcher making etc.*

3pm

Heartfelt Horse Riding

5pm

Restorative Sunset Yoga Class
with meditation and mantra

7pm

Secret Supper

8pm

Gaialogue in Sisterhood Circle



Reawakening, an overview

Day 3

7am

Sunrise meditation
and pranayama (breathwork)

7.30am

Vinyasa Yoga Flow

9am

Organic Breakfast Table

10.30am

Guided Forest Bathing & Nature Immersion

1pm

Picnic Lunch

*Free time for massage, art, forest walks, books,
hot tub, dream catcher making etc.*

3pm

Heartfelt Horse Riding

5pm

Feminine Flow Yoga

7pm

Dinner Time Harvest Table

8pm

Sacred Sisterhood Ceremony
with mantra, Gaialogue and guided journalling

Day 4

7am

Morning Meditation

7.30am

Yoga Flow

9am

Light Breakfast Snack

10am

Au Revoir Ceremony & Sisterhood
Celebration

12pm

Your return, reawoken

