

Soul & Dolphin Healing Retreat

Ponta Do Ouro, Mozambique
20 – 24 June 2024
All Inclusive

Family Constellation, Hypnotherapy, Meditation,
Art Therapy, Breathwork, Sound Healing, Dolphin Swims



About :

This **all-inclusive retreat** will let you have **5 days \ 4 nights** of inner work where you can drop the mind and trust that you have everything within yourself to heal, thrive and be a happy human. Let yourself be held and guided on a journey of **self-discovery and soul healing**. Guided by two experienced leaders in the beautiful setting of Ponta Do Ouro, Mozambique. You will experience an array of **powerful healing tools** listed below, as well as **2 dolphin swims** in the clear waters of the bay.

Retreat Leaders :

Fiona de Souza from [Shekhinah Wellness Centre](#),

Based in Johannesburg. Qualified teacher, (B.Prim.Ed; LTCL.) Resource Strategist and therapist. CHTH. She is registered with SAIH.

Her passion is to create a space that produces people who are in love with life, people who realize their potential, their capacity to win, to triumph, to become victorious in their fields, in and out the workplace, in and out of the family unit.



Julia Turcato from [Love Heals Mozambique](#).

Nomad Artist Yogi mixed mutt from Europe. Trained as an artist in London, then in Art Therapy in Switzerland. To then continue with the Healing Arts of Yoga, Meditation, Breathwork, Sound Healing in South East Asia. She has been learning and teaching for over 10 years in many countries. Her specialty is now in mixing all her healing tools into powerful inner journey work.

Schedule

DAY 1 Thursday 20th June	
3.00 pm	Arrive, Settle
5.00 pm	Opening Ceremony, Talk
6.30 pm	Dinner
DAY 2 Friday 21st June	
7.00 am	Yoga Meditation Walk
9.00 - 10.00 am	Brunch
10.15 - 12.30 am	Family Constellation
	Free Time.
2.30 – 4.30 pm	Expressive Arts Therapy
5.00 – 6.00 pm	The Meeting of Self, Individuation intro. talk
6.30 pm	Dinner
8.00pm	Gratitude Walk, Guided Meditation
DAY 3 Saturday 22nd June	
6.00 am	Dolphin Swim
9.00 – 10.00 am	Brunch
10.15 - 12.30 am	Family Constellation
	Free Time
2.30 – 4.30 pm	Hypnotic Relaxation
4.45 – 6.15 pm	Chakra Cleanse: Sound, Affirmations, Mudra
6.30 pm	Dinner
8.00 pm	Clairvoyance “Love Messages”
DAY 4 Sunday 23rd June	
6.00 am	Dolphin Swim
9.00 – 10.00 am	Brunch
10.15 - 12.30 am	How To Create Reality, thoughts + energy create
	Free Time
2.30 – 4.30 pm	Practical Experience – The Meeting of Self
4.45 – 6.15 pm	Breathwork & Sound
6.30 pm	Dinner
8.00 pm	Mind Manifestation Conclusion
DAY 5 Tuesday 28 MAY	
7.00 – 8.00 am	Meditation Yoga
8.00 – 9.00 am	Closing Ceremony
9.00 – 10.00 am	Brunch
11.00 am	Check-out

Healing Modalities

Family Constellation :

Family constellations is a therapeutic approach designed to help reveal the hidden dynamics in a family or relationship in order to address any stressors impacting these relationships and heal them. Family members do not need to be present. This is the beauty and sacred sanctity of this process, that healing can happen in a non-confrontational, non-threatening manner.

This process can help with :

- Breaking dysfunctional or harmful patterns in relationships that might be related to dynamics that are learned from your family of origin.
- A couple that wants to better understand each other's history and how their families of origin affect what they each bring to the relationship.
- Confronting an abuser from childhood who is deceased, unreachable, or who the person does not feel safe contacting.
- Closure from a death, loss, divorce.
- Exploring your own state of being, how and where your self-talk, belief systems, programming began, before, during or after birth.
- Bring insight into how patterns from their childhood continue to impact their mental health
- Support family members who are not willing to undertake therapy by participating as a representative of the family member.



Hypnotic Relaxation

All hypnosis is self-hypnosis. For those who have not experienced hypnotherapy before, we will begin by debunking myths as to what hypnosis is and isn't, what it can and can't affect.

Fiona will guide us into self-induced deep relaxation, a tool you can use at home to reduce anxiety, stress, clear your mind, clear your thoughts, seek your own inner wisdom, connect with your own still small inner voice of authority, to find solutions and answers to personal challenges.

Individuation – “the meeting of Self”

Carl Jung described individuation as the process of self-realization, the discovery and experience of meaning and purpose in life; the means by which one finds oneself and becomes who one really is.

This introduction to Jungian concepts and how to explore the Self and all the aspects related to Self is an information dissemination session, (lecture) yet it is essential in laying the foundational concepts, as we will be practicing many of the concepts over the 4 days. towards deeper, greater self-awareness, towards exploring many of the Jungian concepts in a pragmatic way, in an interactive way where you will be required to participate.



Expressive Arts Therapy

Journey through different art modalities: painting, collage, voice, writing and movement to experience yourself in a new way. No need to be an artist to participate! This playful yet powerful therapeutic tool can help with discovering hidden facets of yourself that need to be put into the light to help you move forwards in life. Spontaneous problem solving. Opening of possibilities. Relaxation and centering. Lightness and Laughter.



Sound Healing

Using the power of sound vibration to alter states of consciousness, sooth the nervous system, revitalize cell activity and relax the mind. Different specific Sound Healing instruments as well as voice are used to enable the person to journey deep within their unconscious self. Here we are talking about healing through Frequency, Vibration and Intention.

Soma Breathwork

Breath has been used for thousands of years by yogi's and healers who understood the power of altering breath to heal. This specific type of breathwork uses rounds of breath and retention to alter states of consciousness and access deep inner wisdom. Spontaneous healing can occur on all levels, physical, mental, emotional and spiritual.

Swimming with Dolphins

Get taken out by boat by [the Dolphin Center](#) and find a pod of wild dolphins that live here in the bay. It is not always for sure that you will see them, or that they will be in the mood to play, but it is very common that they are. So we have planned 2 launches over two days.

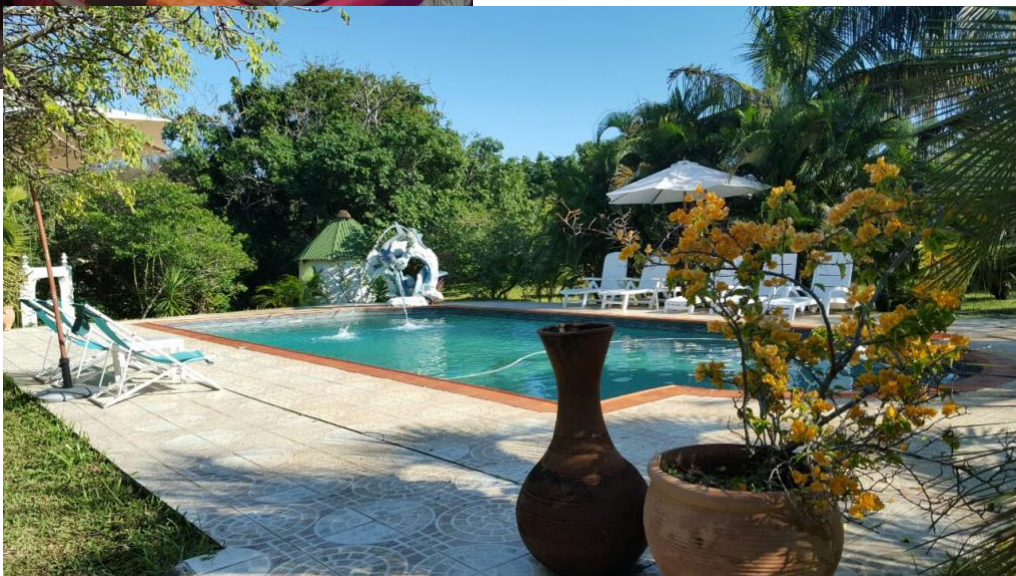
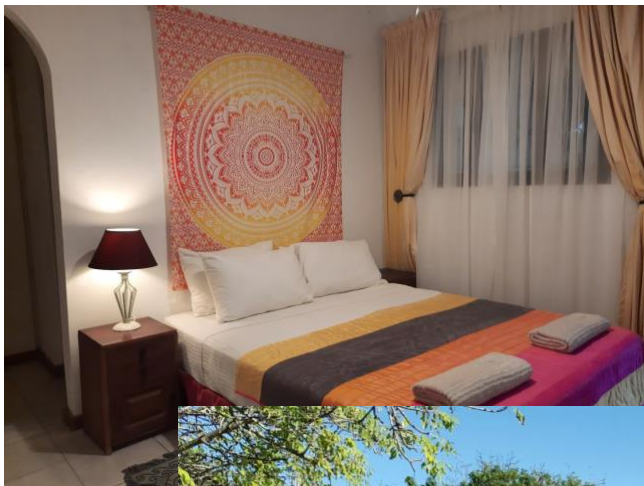
Swimming in the clear healing ocean water is in itself medicine, as is waking up early and watching the sun rise over the ocean from the boat. Being in close contact with these very spiritual and psychic animals is an experience no words can describe.



Accommodation :

We are hosted by [Bougainvilla Sol](#) in Ponta Do Ouro, Mozambique. It is placed very near to the local market, the beach, and the tourist market and restaurants. It is central, yet boasts large back gardens where you can meditate and rest, with a large pool to cool off.

The rooms come in the form of little houses dotted around the property that are either shared or private. All have ensuite bathrooms and a small kitchenette.



Price :

Shared Accommodation R9,500

Single Accommodation R11,700

Price includes :

- All the sessions and dolphin swims
- 2 meals a day : Brunch and dinner
- Accommodation



Price does not include :

- Transfer from the airport (2 hours away by car, transfers available)
- Extra bookings like a massage or a tarot reading.

To book your spot :

Price paid in full, non-refundable. That's right baby, commit! To Yourself.

FNB 60116326021

Jason Taback

Thank You, we are so excited to do this!!