



ABOUT THIS RETREAT

19TH - 21ST JULY 2024

PENNINGTON, KZN

This retreat is about creating the life you deserve

We do this by:-

- replacing harmful habits & negative thought with healing, selfcare activities & rituals
- encouraging mindful eating
- discovering the healing properties of food for balancing our hormones
- learning how to easily prep nutritious meals
- introducing movement & connecting to our bodies
- releasing what doesn't serve us
- honouring our inner goddess

WOULD YOU LOVE
TO GO ON A
JOURNEY OF SELF
DISCOVERY?



IGNITE

YOUR INNER GODDESS





LEANNE NAUDE



MEET YOUR FACILITATORS

Leanne is a born empath with a passion to help people reach their full potential by bringing balance to the body, mind and soul. During her own healing journey Leanne experienced an awakening which enhanced her inherent abilities further and has allowed her to become a stronger healer and intuitive reader. Leanne specialises in assisting those who need balance, health and healing by using energy modalities including meditation, reiki, emotion code release, bio-resonance scanning and rife therapy as well as incorporating great nutrition choices.

'Everyone deserves to live a good life – a great life! By bringing balance to your body, mind and soul you nurture the inner frequency of peace and calm'



www.holisticallyyou.co.za



KATE SNELL



MEET YOUR FACILITATORS

Kate is a passionate food creative, who grew up in Poland, surrounded by two generations of cooks.

Self taught Kitchen Goddess Kate believes that anyone can master the art of preparing delicious, nutrient dense, healing food. As a busy mom of two teens, she understands the importance of fuss-free recipes that are easy to prepare, deliver on flavour and satisfy both young and old appetites. Last year she decided to devote her attention entirely to inspiring and empowering others in the art of wholefood cooking and launched Kate's Green Kitchen.

'I believe in helping my clients cook for a better tomorrow'





ANNE DE CHAZAL



MEET YOUR FACILITATORS

Sound healing allows the body to heal, while taking the mind on a sound journey. You will experience deep, meditative relaxation and rest. Feel vibrations going through you and allow body and mind to be recalibrated.

Anne is an experienced Sound healer, after training in Spain in 2015. She offers group, and one-on-one personalised sessions. Sound healing has numerous health benefits.





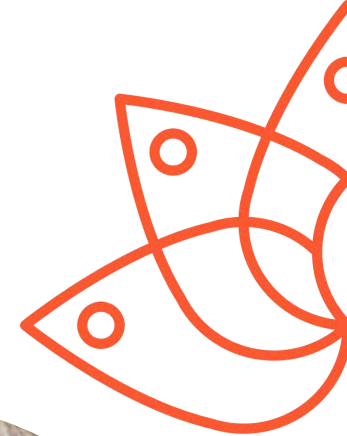
MEET YOUR FACILITATORS

Sense and move with the realness of who you are with dynamic ease and grace. No imitation, simply finding your feet, being in your heart, watching your body connect into and remembering its wisdom through following the joy of movement as you join the dance of love awakening on the planet.

Rooted in the form and freedom that Nia provides, we move to feel, heal and harmonise the inner feminine and masculine energies in our own unique expression of being a soul awakening, in and through a body – the sacred blend of spirit and body that creates **SoulBeing**.

For the last 30 years **Liz** has followed where her heart has led her – embodying love over fear as the soil of consciousness for thought and action.

LIZ CUNNINGHAM



Liz Cunningham

WHAT TO EXPECT RETREAT ITINERARY



19TH - 21ST JULY 2024

THE BAYHOUSE, PENNINGTON, KZN

FRIDAY: 19TH JULY 2024

12H00 ARRIVAL & CHECK IN

14H00 EATING TO HEAL WORKSHOP WITH LEANNE

- ALL ABOUT YOUR LIVER
- THYROID HEALTH
- STRESS & YOUR ADRENALS
- HORMONES & WEIGHT REGULATION
- FOODS THAT HARM
- FOODS THAT HEAL

16H30 DINNER PREP WITH KATE (COOKING DEMO)

- HOW TO PREP AND PLAN FOR SUSTAINABILITY

18H00 DINNER: HARISSA SOUP WITH FLATBREAD & SALADS

19H00 STRESS RELEASE MEDITATION WITH LEANNE

20H30 INTRO TO A CACAO CEREMONY WITH KATE

- CURATING YOUR PERSONAL CACAO CEREMONY
- INTENTIONAL MEDITATION WITH LEANNE

SATURDAY: 20TH JULY 2024

07H30 START THE DAY RIGHT - SMOOTHIE TIME

08H00 MORNING GROUNDING MEDITATION WITH LEANNE

09H00 BREAKFAST: OATS & SELECTION OF FRUITS

10H00 MANIFEST YOUR INNER GODDESS WITH LEANNE

- NEGATIVE SELF SPEAK & QUANTUM ENERGY
- RELEASING TRAPPED EMOTIONS
- MANIFEST THROUGH BELIEF

12H00 MIDDAY MEDITATION WITH LEANNE

12H30 LUNCH PREP WITH KATE (COOKING DEMO)

- THE MAGIC OF THE PANTRY

13H30 LUNCH: OYSTER SCHWARMAS, WRAPS & SALAD

14H00 FREE TIME - BEACH WALK

15H00 SOUND HEALING WITH ANNE DE CHAZAL

16H30 DINNER PREP WITH KATE (COOKING DEMO)

- WHAT IS MINDFUL EATING?

17H30 VISION BOARDS

19H45 DINNER: TANDOORI CHICKPEA WITH SALAD

20H30 FIRE CEREMONY WITH LEANNE

- A SACRED SPACE FOR PEACE & PROSPERITY

SUNDAY: 21ST JULY 2024

07H30 START THE DAY RIGHT - SMOOTHIE TIME

08H30 NIA DANCE FLOW WITH LIZ CUNNINGHAM

09H30 DECADENT BRUNCH WITH KATE & LEANNE

10H30 INFORMAL Q&A

12H00 RETREAT ENDS - HOME TIME

**PLEASE NOTE: ALL MEALS ARE PLANT BASED AND ALLERGEN FRIENDLY
DAIRY, GLUTEN, EGG & REFINED SUGAR FREE**



ABOUT THE VENUE



THE BAYHOUSE PENNINGTON

Luxurious accommodation along the Pennington coast. Comfortably sleeps up to 19 guests, with a farmstyle open plan kitchen, leading out onto a gorgeous entertainment area which boasts a pristine blue pool, cosy firepit and private access to the beach. Full internet and WIFI access.

Please bring the following items:
an extra blanket for the cosy nights / additional drinking water / yoga mat
Please note: This retreat is an alcohol free retreat.



FOR ANY FURTHER INFORMATION PLEASE CONTACT:
LEANNE NAUDE: 083 742 1898 OR KATE SNELL: 071 968 1007

RETREAT PACKAGES



PACKAGE 1

INCLUDES:-

ALL ACTIVITIES AND WORKSHOPS
NUTRITIOUS HEALING FOOD & TASTY BEVERAGES
FABULOUS GOODIE BAG VALUED OVER R1000
SHARED ACCOMMODATION:
SINGLE BED (ROOM SHARE) AND SHARED BATHROOM

TOTAL: R4,760.00



PACKAGE 2

INCLUDES:-

ALL ACTIVITIES AND WORKSHOPS
NUTRITIOUS HEALING FOOD & TASTY BEVERAGES
FABULOUS GOODIE BAG VALUED OVER R1000
DELUX ACCOMMODATION:
DOUBLE BED WITH EN SUITE*

TOTAL: R5,630.00

*This room could be shared with a friend or family member
(ask us for further information)



BANKING DETAILS: ROOTS THERAPY, STANDARD BANK, ACC# 250781484 REF: FULL NAME + RETREAT
SPEAK TO US ABOUT OUR PAYMENT PLAN OPTION * T&C APPLY

A GLANCE AT PAST RETREATS...



- This retreat was beautifully structured with insightful workshops, healing meditations and ceremonies. The meals were put together with such passion and so flavoursome. The venue was spectacular! A 5 star experience for sure!
- I absolutely loved the retreat. I came away with so much knowledge and helpful tools in healing myself physically and emotionally. Leanne, Kate and Sarah overflow with knowledge and love. It was palpable. I came away feeling confident in myself and my abilities. Overall it was a fantastic experience. It was a 5 star retreat in every way.
- This retreat was an exceptional experience, it was life changing and the love that Kate and Leanne have for what they do makes this so very special. I can say they have changed my life. They make gratitude easy.
- I've been to quite a few retreats and weekends away with various ladies over the last 20 years and this has to be the most beneficial. I never realised just how important our nutrition is when it comes to diseases and mental illness. Leanne hit the nail on the head and she is living proof that we can all change our body shapes with the correct eating. Kate's bubbly fun personality has inspired me to get into the kitchen and learn to make healthy meals for myself and partner that are yummy and without gluten, dairy, wheat and the biggest culprit sugar. These two amazing ladies are so passionate about uplifting people that it showed throughout my interaction with them from the booking to being on the retreat to the after retreat support.