

Connect & Dance with Life

With Sicelo Mbatha
& Julie Parker

We live in times of anxiety and uncertainty

In times of war, pandemics, and climate change

In these times, connection with the earth brings us wholeness and healing

Connection invites us to join the dance of life and find resilience and joy in these precarious days

Find connection by walking the wide Overberg valleys with Sicelo Mbatha

Find deep inner serenity through reflections guided by Sicelo and Julie

Nurture your spirit in the comfort and beauty of this valley farm

Fri 1 April to Sun 3 April 2022

Stanford Valley Farm

Sharing double en-suite: R6,000 pp for 2 nights*

Sharing triple en-suite: R5,400pp for 2 nights*

*all inclusive

For more information and bookings, please email

healingpaths69@gmail.com

Learn more about Sicelo at

<https://www.umkhiwanesacredpathways.com/>

Learn more about Julie at

<https://www.creativetransformation.org.uk/>

“It has been my life’s path to rekindle the wildness in all of us; to bring people into the presence of wildness, and help open their souls to its beauty, wisdom, and infinite power to heal...” - Sicelo Mbatha



The Place

Stanford Valley Guest Farm

Stanford Valley Guest Farm nestles in the valley of the Klein Rivier, 10km outside Stanford village. We offer comfortable accommodation in 5 self-catering cottages (of which 4 are family cottages) and 10 large en-suite rooms. Enjoy our safe and peaceful haven, have an exhilarating swim in our large dam or go hiking. Don't be surprised if you startle a duiker or rhebok on the way!

- Friday and Saturday nights accommodation at Stanford Valley Guest Farm, all fresh, healthy meals provided, (vegetarian on request)
- The days will be spent in guided meditations, group work, guided walks and wild swimming.
- Sunday night accommodation is optional at an additional cost of R500 per person.
- Dinner on Sunday evening and breakfast on Monday is not included.
- Beverages from the restaurant are not included, but there is tea and coffee in the rooms.
- Spa treatments are available at an extra cost. Mountain biking trails are available on the farm.
- Accommodation is open from 2pm on Friday and we will begin with a short intro at 6pm and supper at 6.30pm.
- We will finish officially at 4pm on the Sunday.
- R1500 deposit secures your booking. The balance is payable on 15/3/22.
- The venue is holding 8 rooms which can accommodate up to 3 people until 28/2/22. Rooms are not guaranteed after that time, so book asap!

<https://stanfordvalley.co.za/>

The People

Sicelo Mbatha

My wilderness name is Black Lion. I am a spiritual nature guid with fifteen years experience, working through my organisation Umkhiwane Sacred Pathways. I was trained by the Wilderness Leadership School and have grown my own practice, learning from spiritual guides all over the world I have conducted trails in South Africa, Tanzania, Botswana, Germany and Austria.

Nature has always been my spiritual home, my medicine and my teacher. I have dedicated my life to fostering deep connections between humans and nature. I believe that this medicine is needed to heal the world from the wounds of environmental destruction and social injustice.

Why this Retreat, now?

Through these uncertain times, human souls have been hammered outer chaos, by emotional conflicts and inner battles. As a wilderness guide, I have been lucky to embrace and dance with the wilderness, helping me to find healing and forgiveness to myself, and to live with simplicity and happiness. I would like to share this wisdom so we can live in harmony with one another and respect our earth.

And I am glad to have a connection with Julie since we walked in the wilderness together and to be able to share our different experiences and gifts with you at this time.

<https://www.umkhiwanesacredpathways.com/>

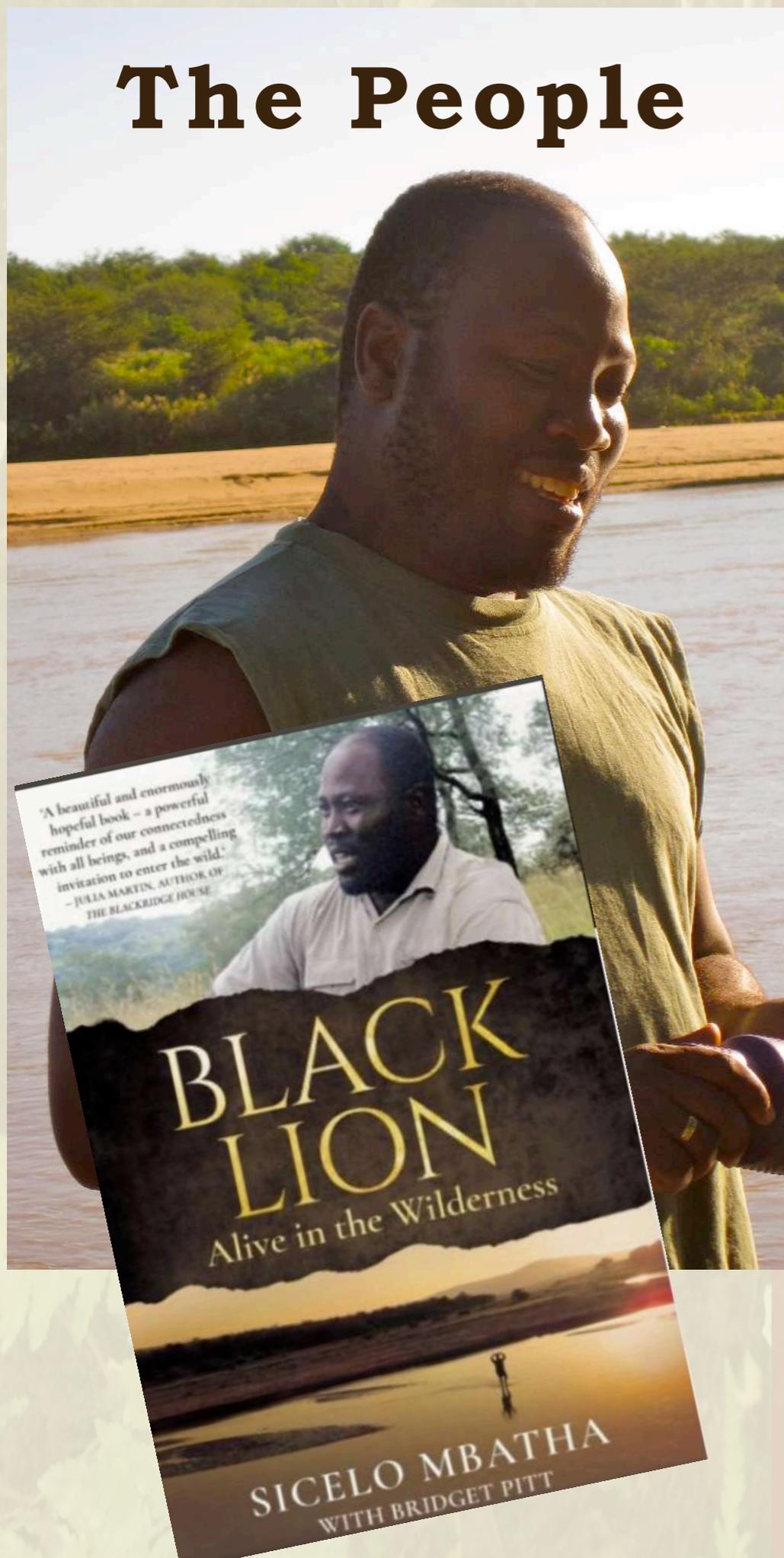
Email: healingpaths69@gmail.com

Ph: +27763908201

‘Walking the wilderness with Sicelo has been one of the highlights of my life. His profound wisdom, sincerity and humanity - his respect for, and connection with, nature and animals brought a light to my heart, and made me believe in the possibility of a deep connection to life. And that brought me great joy.’ EM

When I read this book I was blown away by how he uses his wilderness encounters as a healing experience ... I think I was born again after reading the book,’ Reading Sicelo’s Memoir was a profound experience for me, it was like being born again.’ Ms. Gugu Mhlongo, Life Coach, after reading Sicelo’s memoir, Black Lion Alive in the Wilderness

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The People



Julie Parker

My journey has brought me to York UK, from the big skies, open landscapes and heat of Zimbabwe, via the vibrant culture and scenery of Cape Town, the intensity of Big Business London and the green rolling hills of the Lake District.

My life has been one of contrasts, from the logic and certainty of my Maths degree, followed by a career in finance to the intuition and creativity behind my training and work in Alexander Technique, Coaching and Embodied Meditation.

I have lived a varied and complicated life, and my mistakes and losses have taught me compassion and empathy for the journeys of others.

I have been working with myself and others for more than 30 years, slowly growing my wisdom, skills and intuition to be able to help others find a path that includes more joy, fulfilment and compassion for themselves and others.

Why this retreat, now?

I am so grateful and blessed to have met Sicelo on a wilderness trail in 2015. I was drawn to his obvious deep connection to the wilderness and the animals. He would say 'I feel a rhino' and, a few minutes later, a rhino would trot into view! I loved his respect for them as he would greet them and thank them for their presence as we left.

Ever since that trail, we have been trying to find a way to work together, to share our respective gifts and experience, and now it seems the time!

<https://www.creativetransformation.org.uk/>

Email: julie@creativetransformation.org.uk

Ph: [+44784 171 2942](tel:+447841712942) (use whatsapp!)

'You are great at helping people to release themselves from..well..themselves, and you have enough vulnerability and empathy for that process to always feel appropriate...and something you have experienced. Finally, you have a big heart, and that shows in so much of what you do.' JB

'I am so grateful to Julie for teaching me about intention and the power it has... and for helping me find stillness and quiet in a supersaturated world' AB

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