

Befriending Stillness

Woman's Weekend

Date: 4-6th June

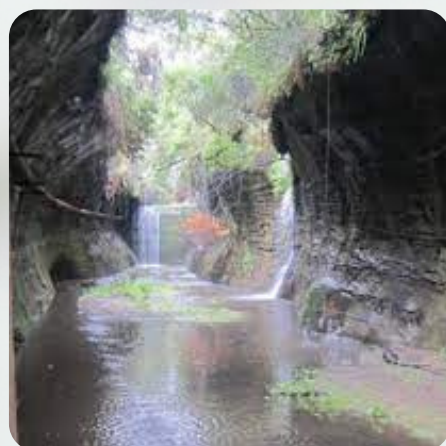
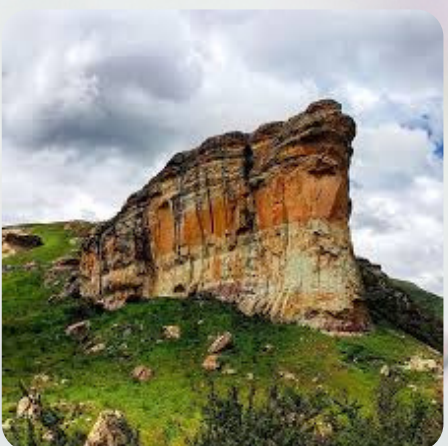
Where: Nature's Loft Fouriesburg

Facilitator: Paola Ferretti Pontiggia

Only 10 slots available

A NURTURING PAUSE TO EXPLORE SELF CARE THROUGH BODY
MOVEMENT, BREATH WORK & CREATIVE EXPRESSION.

SET IN THE BEAUTIFUL AREA OF FOURIESBURG,
SURROUNDED BY THE MALUTI MOUNTAINS AND FORESTS



About Paola



I am deeply sensitive, caring, compassionate, patient and soulful in matters of the heart. I carry a profound hunger for truth and liberation from the suffocating layers which conditioning, culture, and history impose on people's spirit, both individually and collectively. I am also intense, engaging, emotionally intelligent and articulate, able to key into the big picture of a situation and offer a bird's eye view perspective when a person's story or a situation become too loaded to be processed calmly and clearly.

For more information on Paola and the work she does

anamcara-friendofthesoul.com

About Nature's Loft



Nature's Loft is a completely off grid luxury experience. Deep ethos set on sustainability and protecting the environment on which it sits on. Nature's loft offers 3 beautiful double glazed log cabins with built in fire places to keep you snug in winter. It also offers a beautiful luxury tent with the forest as your art work. The luxury tent also boasts a beautiful bath and outdoor shower. The workshop space offers an amazing deck overlooking Lesotho and the Maluti Mountains with a full bar and indoor workspace for 12 people.

About The Weekend

Covid-19 has been tough on us all, but somehow women have been affected more deeply. This weekend gives you a chance to unpack some of the tightness & stress that you may be experiencing, in a safe environment. We will explore the power of breath work, creative expression through art and writing as well engage in movement exercises such as beautiful nature walks through water tunnel and yoga at the dam and dancing.

The weekend will give you the opportunity to invite stillness to the heart, mind & body.

All meals will be provided. If you have any special dietary requirements please let us know when booking.

Journey starts: 13:00pm on the 4th June 2021

Journey ends: 11:00am on the 6th June

Cost: Single all inclusive R4250 per person

Sharing all inclusive R3100 per person

Weekend Rate excluding accommodation: R2000 per person (includes all sessions and meals)

Saturday Rate only: R1000 per person (includes all sessions & meals)

What To Pack: A yoga mat, blanket, water bottle, journal, art supplies (pens, paint etc.), walking shoes & warm jacket.

For bookings & enquires please email:
bookings@naturesloft.co.za

In the silence of love
I am recreating myself
once more.
~Roxana Jones