

RESET

RESTORE

RENEW

A Sacred Pause Nourishing Retreat



A TWO-DAY JOURNEY INTO
ENERGETIC RENEWAL & SOURCE CONNECTION

21 AND 22 JUNE 2025
ATTEND ONE OR BOTH DAYS
THE CHOICE IS YOURS

ZEBRA'S NEST ECO ESTATE
BOSCHKOP
PRETORIA

LIMITED SPOTS AVAILABLE
BOOK NOW
+27 82 578 3224



AN INVITATION INWARD



WE LIVE IN A FAST-PACED WORLD THAT PULLS US OUT OF ALIGNMENT—MENTALLY, PHYSICALLY, EMOTIONALLY, AND SPIRITUALLY. THIS IMMERSIVE TWO-DAY RETREAT OFFERS YOU A SACRED PAUSE.



HELD AT ZEBRA'S NEST ECO ESTATE, A BEAUTIFUL SANCTUARY IMMERSSED IN NATURE. THIS SECLUDED SETTING OFFERS THE PERFECT CONTAINER FOR RESTORATION, REFLECTION, & RECONNECTION.

COME AS YOU ARE—LEAVE FEELING GROUNDED, REVITALIZED, & RECONNECTED TO YOUR HIGHER SELF & SOURCE.

INCLUDES ALL SESSIONS, CEREMONIAL CACAO, PSILOCYBIN MICRODOSE (OPTIONAL), & LIGHT NOURISHING LUNCH.



REAWAKEN YOUR ESSENCE



DAY 1 - ENERGETIC OPENING & INNER RECALIBRATION



9:00am – Opening Circle with Cacao & Psilocybin Microdose Ceremony.

A sacred blend of Earth's gentle medicines to open the heart and still the mind. Ceremonial cacao reawakens the heart's wisdom while psilocybin softly expands awareness. Together, they guide you into deeper presence and communion with your true self. (Psilocybin optional).

10:00am – Medical Qigong

Reawaken and balance your energy system through breath and flowing movement. Rooted in ancient Chinese medicine, this practice restores harmony between your body, emotions, and the natural rhythms of life.

11:00am – Community Acupuncture

Regulate your nervous system from a heightened state of stress. Release blockages and dissolve stagnation rooted in physical, mental, & emotional overwhelm.

1:00pm – Nourishing Plant-Based Lunch

2:30pm – Ecstatic Dance and Sound Journey

A guided somatic movement and sound journey to reawaken expression, release tension, and reconnect with your body's innate rhythm.

4:00pm – Chakra Balance Meditation

Travel the sacred path of your energy centers—clearing, activating, and attuning each one in harmony.

5:00pm – Departure





LET'S JOURNEY DEEPER



DAY 2 - INTEGRATION, EXPANSION & EMBODIMENT

9:00am – Opening Circle with Cacao & Psilocybin Microdose Ceremony

Continue your journey with Earth's gentle medicines—reawakening your heart's wisdom and gently expanding your access to higher consciousness. (Psilocybin optional).

10:00am – Medical Qigong

Continuing to harmonize your energy system, we deepen the flow of life force through intentional breath and movement, restoring balance and vitality within.

11:00am – Source Code Activation Journey

Step deeper into the activation of your energy system, unlocking and harmonizing your unique source code. This guided experience helps you access your inherent power, align with your true essence and activate your highest potential.

12:30pm – Nourishing Plant-Based Lunch

2:00pm – Community Acupuncture

A deeper recalibrate your nervous system through the powerful acupuncture points.

4:00pm – Yoga Nidra & Sound Journey

Relax deeply as you journey through a state of conscious relaxation and healing. Yoga Nidra induces a profound sense of calm, while the sound journey envelops you in vibrational frequencies that attune your body and mind to a state of deep peace and alignment.

5:00pm – Closing Circle & Departure



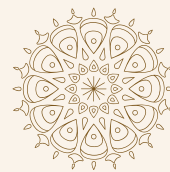
**JOIN US FOR THE FULL 2-DAY TRANSFORMATIVE EXPERIENCE
ATTEND ONE OR BOTH DAYS — THE CHOICE IS YOURS**

**R1,500 — SINGLE DAY ACCESS (SATURDAY OR SUNDAY)
R2,500 — FULL WEEKEND ACCESS (SATURDAY AND SUNDAY)**

**LIMITED SPOTS AVAILABLE - BOOK NOW BY CALLING
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MEET YOUR FACILITATORS



TISH STEENKAMP

Tish is a healing arts practitioner, retreat producer, and medicine woman with over a decade of experience in curating soul-nourishing spaces around the world.

She weaves together Qigong, womb healing, sound, and ceremonial work to restore harmony in the body and reconnect you with the sacred.

Tish is passionate about helping others return to their essence through ancient earth-based wisdom and embodiment practices.

Website: <https://journeywithtish.com>



MEET YOUR FACILITATORS



THOMAS MICHAEL

Thomas is a mystic, energy healer, and teacher of Source Code Activation—a system that reawakens your original divine imprint and strengthens your intuitive connection to Source.

His guided meditations are profound multidimensional journeys through the energy body, allowing participants to receive deep energetic updates and soul-level clarity. Through his transmissions, he facilitates recalibration, remembrance, and personal power.

Website: <https://thomasmichael.me>



MEET YOUR FACILITATORS



NURMA DIPPENAAR

Nurma is a healer, energy medicine practitioner, and soul guide devoted to deep inner transformation and reconnection to self.

Rooted in Meridian Acupuncture, Positive Intelligence® Coaching, Functional Medicine Health Coaching, and Shamanic principles, she offers a grounded yet intuitive approach to healing at the root cause level.

Her work blends a deep understanding of how the body reflects our internal world, offering profound insights into the mental & emotional patterns that accompany physical imbalances.

As the owner of Soul Intention, a private healing practice, and founder of Mind Oasis—a transformative program designed to help individuals uncover limiting beliefs, overcome negative self-talk, and reshape their inner narrative—Nurma is dedicated to guiding others back to their beautiful, authentic selves.

Website: <https://www.soul-intention.co.za>