



NATURE WITHIN

IN OUR VISION QUEST WE WILL EXPLORE:

- A chance to come home to your natural cycles and state of being through deep connection with Nature and all its beings.
- An opportunity to call out to your unique passion and purpose and claim it.
- A tool to orientate yourself and navigate through your life (past, present and future) in a natural, healing and transformational way.
- Practises to use to ground this experience into your life moving forward in order to continue this transformational journey and bring its gifts back into your community.

OUR 7-DAY PROGRAM ITINERARY :

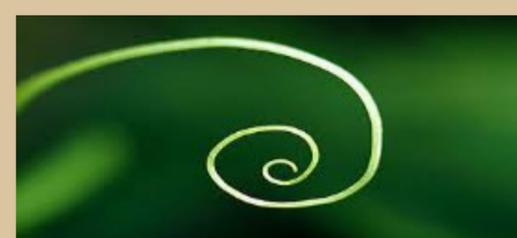
DAY 1 Group to meet at Boscia Farm, Namibia and settle in at base camp, introduction to your facilitators and the group. We will do our 1st check-in in the group.

DAY 2 We will start the day entering the group space, orientating ourselves within our circle of life, our motivation and intention for our journeys. We will go out walking on the land and doing nature processes as we orientate in our inner landscapes, using nature as mirror.

DAY 3 We will start the day entering the group space, refining our intentions for our solo time and spend the rest of the day preparing for our solo time on the land. We will go out to our meeting spot on the land and sleep out as a group at this spot.

NATURE WITHIN

Zuzanka Jansen van Rensburg & Lolla Odendaal





DAY 4,5 We wake up early, pack our bags and after the send-out ceremony, participants will enter their solo time (2 days and 2 nights), where each participant will be invited to go out and engage on a deep level with the natural environment and with their own soul and inner landscapes. Participants will take out water with them to their “spot” and will be following a water fast for the duration of the solo time as a commitment to their journey.

DAY 6 Early the following morning we will meet as a group at our meeting spot and head back to base camp, where we will break our fast. Participants can shower, relax, journal for the rest of the morning. After lunch we will meet once again in the circle and share our experience of our solo time.

DAY 7

In the morning we open with a sound journey, we will do some integration work and then we will do a ceremony and close the circle and end the program.

INFORMATION

The 7-days is catered (dinner on day1, breakfast, lunch and dinner on day 2 and 3, day 4 and 5 will be spent fasting, breakfast, lunch and dinner on day6, breakfast and lunch on day7). The menu will be vegetarian as it complements very well the spiritual journey and processes of this program and the 2-day fast

*including accommodation and full board as described in programme

*Not included: transport to and from airport

***PRICE 1500€**

ANMELDUNG: INFO@BOSICA-FARM.COM

WWW.BOSCIA-FARM.COM

NATURE WITHIN

Zuzanka Jansen van Rensburg & Lolla Odendaal

