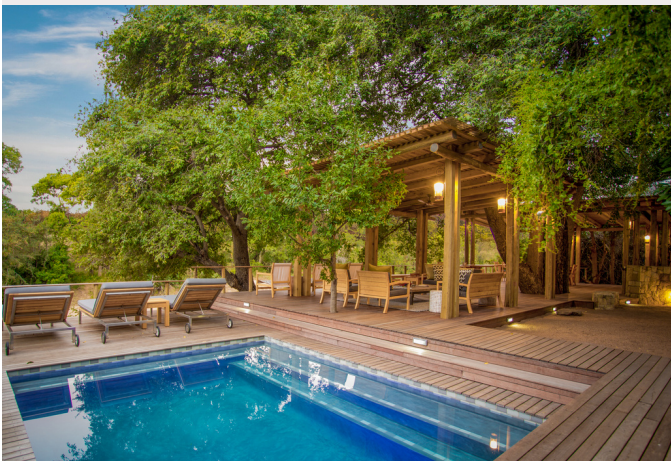


Reconnect to YOU South Africa



9-day retreat | 27 February - 06 March 2024
South Africa | Lowveld | Greater Kruger



for who
self-growth

The "Reconnect to YOU" Retreat in South Africa is designed exclusively for women seeking inner clarity, nature enthusiasts, adventurers, those in need of a break, and anyone committed to self-growth. It's an ideal journey for spiritual seekers, those ready to invest in themselves, open-minded travelers, and anyone craving tranquility. No matter your background, this retreat offers a unique opportunity for women to rediscover themselves amidst the beauty of South Africa, guided by nature's wisdom.



The itinerary

Welcome to the "Reconnect to YOU" Retreat, where you'll embark on a transformative journey in the heart of South Africa's wilderness. Expect an adventure that combines the wonders of nature with moments of self-reflection. Your days will be filled with bushveld walks, encounters with majestic elephants, explorations in Kruger National Park, and a deep dive into self-discovery during your stay at the Timbavati Game Reserve. It's a chance to reconnect with your true self and leave behind what no longer serves you. Get ready for a life-changing experience.

Day 1: Arrival and Setting Intentions

- Arrive at Kruger International Airport
- Enjoy a light lunch
- Begin your journey with a relaxing bushveld walk
- Set your intentions for the week ahead

Day 2: Nature Immersion and Self-Reflection

- Morning bushveld walk
- Visit Summerfields Spa for rejuvenation and a delicious lunch
- Experience a transformative Sound Journey at BreathSpace Studio

Day 3: Connect with Majestic Elephants

- Another morning bushveld walk to start the day
- Encounter majestic elephants at Elephant Whispers
- Enjoy a satisfying lunch
- Explore the charming town of White River
- Yoga and breathwork experience

Day 4: A Day in Kruger National Park

- Embark on an unforgettable adventure exploring the wonders of Kruger National Park

Days 5-8: Retreat into Timbavati's Wilderness

- Embark on a 4-day stay at the enchanting Bateleur Safari Camp in the Timbavati Game Reserve
- Daily game drives and game walks provide you with the opportunity to connect with the untamed wilderness
- Dive deeper into your self-discovery journey amidst the beauty of nature

Day 9: Final Day - Farewell to the Old You

- Start the day with a memorable bushwalk, connecting with the natural world one last time
- Take the time to reflect and bid farewell to the old you, leaving behind what no longer serves your growth
- Say your goodbyes and depart with a heart full of gratitude and a new sense of self-awareness
- Return to Kruger International Airport, taking the lessons of the retreat with you into the next chapter of your life

What others said

Peggy, you organized an incredible itinerary for us to experience the natural wonder and beauty of your corner of South Africa in a very up-close and personal way. You made it possible for us to have time for reflection and connection as well as fun and laughter. Thank you for your great care with our comfort, your attention to details and for the generosity of your spirit which enveloped us in a warm hug for our entire stay. I would highly recommend your style of retreat to anyone open to connecting to themselves and to nature in a unique setting.

Andi

My trip to South Africa was an incredible experience. From the beginning I was impressed with my stellar accommodations, but more importantly, the many and varied opportunities I had to enjoy spectacular wildlife in abject safety and comfort. The pacing was perfect and there was something for everyone. Including but not limited to terrific restaurants, interesting retail opportunities, excellent enjoyable physical exercise that included giraffe's, Zebra's and Ostriches to name a few. To top it off, we even had time for a spa afternoon. One of my favorites... Sound bath by Marti and Yoga breathwork. Honestly, the whole retreat was mind-blowing. It was an experience that has greatly enriched my life.

Lori Gayle

Starting with the landscape and permeating through everything, I can only describe this time as spacious and enriching. There was space to be with myself as well as the guidance to go deeper. I left feeling more connected and aware of my essential self as well as deeply connected to everyone and everything around me.

Diana

A profoundly transformative experience - precisely what I needed to move forward more boldly and creatively in business and life.

J. Kellie Hoey



I'd love to take you on a journey of self-discovery!

We'll go for walks, delve into what matters most to you in life, and see if it aligns with your current lifestyle.

What steps can you take to get there?

We'll work together in workshops, forging connections between mind, body, and soul.

We'll carve out time for self-care and create space to ignite your life energy.

There's room for tranquility, exploration of a beautiful country and of course reflection.

But above all, there's space to (re)discover yourself!

Peggy
Xo

Move your body - Trigger your mind - Energize your soul

Join me on a transformative journey of self-discovery, personal growth, and renewal.



the details

max. 4 participants (only 2 spots left)

27th of February - 06th of March

5 nights in MyHuis and 3 nights in Bateleur Safari Camp

Balance between a exploring the region and time for self-care and growth

Please reach out to me so we can discuss the detailed program and see if this would be something for you.



www.abackyardhiker.com

MEET PEGGY, WAYFINDING COACH AND A BACKYARD HIKER



ABOUT YOUR HOST

I inspire and guide small business owners, who are ready to take responsibility for their thoughts and actions, to **FIND CLARITY, and GET UNSTUCK**. So they can **MOVE FORWARD** with confidence on the path towards **creating a more satisfying life and a successful business**.

I'll be your trusted guide on your journey and will point you in the right direction. I'll be there to give you that kick in the butt when needed so **you can take ACTION**. I'll listen to your struggles and share my experiences. I'll encourage you to start living in the moment, and to enjoy life to the fullest.

Peggy
xo



Let's Connect! Find me on [Instagram](#),
[@abackyardhiker](#), follow me on [Facebook](#) or
email me at always@abackyardhiker.com.



"IF YOU
WANT TO
WALK
FAST, WALK
ALONE. BUT
IF YOU
WANT TO
WALK FAR,
WALK
TOGETHER."

African Proverb