

# GODDESS RETREAT SOUTH AFRICA 2 - 15 SEPTEMBER 2023

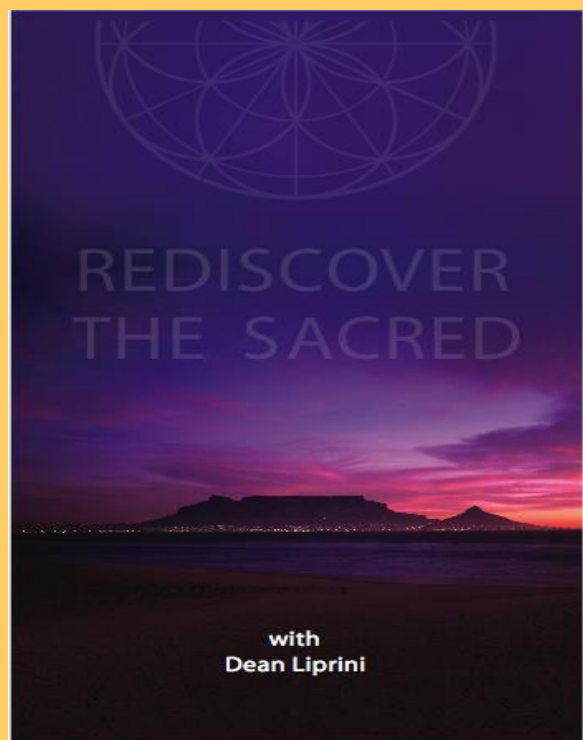
Aloha Beautiful Soul

After hosting numerous retreats in Egypt and one in the South of France, I have been called to come Home. I am South African, I love the beauty, earthiness and diversity of my country, and now it is time for me to share this with you.

I am partnering with Dean Liprini, who has phenomenal knowledge about the Sacred Sites in South Africa. He has the expertise and wisdom to guide us through our first six days in Cape Town and surrounds. The balance of the retreat takes place in Hoedspruit, where we witness Mother Earth and her gifts. Spending the time in a Game Lodge will allow us to connect to Mother Earth, the plants, birds and wildlife that inhabit this space.

I am so excited and grateful to be able to share the specialness and beauty of my country with you. Of course, as with all Goddess Retreats, the intention is Love. To learn to love ourselves more, to become Divine Unconditional Love. This time, it will be also to honor and celebrate the gifts of our Mother Gaia, and to receive her medicine.

Space is limited to 10 people, and if you are feeling called, I urge you to make your reservation soon, so that you are not disappointed.



**DEAN LIPRINI** is a Sacred Sites researcher and geomancer who grew up on the Lower Slopes of Table Mountain in Cape Town, South Africa. He is the founder and CEO of the Sacred Sites Foundation of Southern Africa. He has more than 23 years full time experience in this field and has authored a book entitled "Pathways of the Sun – Unveiling the Mysteries of Table Mountain and Beyond", published 2006. He recently compiled and released a DVD called "**Pathways of the Sun – an Awakening.**" Being a pioneer of archaeo-astronomy in South Africa, Dean has managed to weave together the many layers of ancient history uncovered by his research and findings - physical, emotional and spiritual - by adding his deep insight and knowledge of the metaphysical healing properties that surround and enshrine these sacred places. He masterfully co-creates each journey and experience by carefully discerning the particular needs of various groups and individuals.

Dean's Book "**Pathways of the Sun – Unveiling the Mysteries of Table Mountain and beyond**" is available from Amazon on Kindle.

See also [www.sacredsites.co.za](http://www.sacredsites.co.za)

## Arrival in Cape Town: 2 September 2023:

You arrive in Cape Town from your International destination. Because people will be arriving at different times, we request that you take an Uber to our accommodation, Monkey Valley Resort, where I will be to assist you to check in, and get comfortable. You could have some lunch at your own expense, and maybe have a swim or just relax, breathing in the fresh ocean air.

Dinner will be included in the cost.



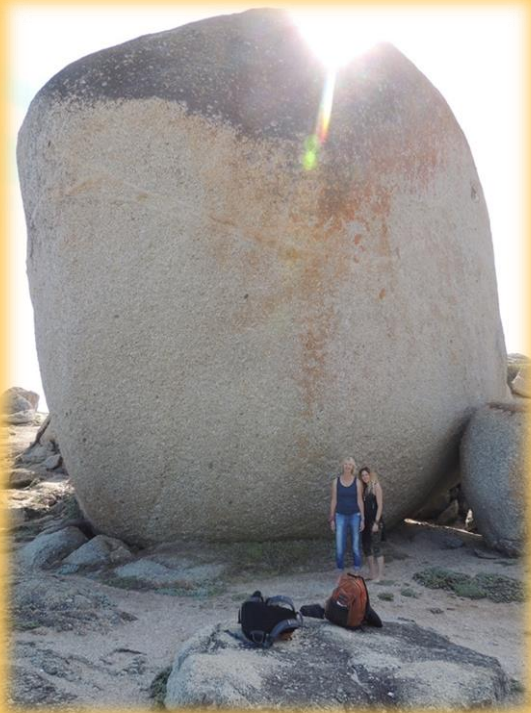
**Day 1**

**3 September 2023**

**Breakfast, Lunch, Dinner**

**The Great Motherstone – Connecting to the Bones of our Earth**

**Mother - Our Opening Circle**



After breakfast we will have our Opening Ceremony, where we will share about ourselves, set our intentions, and get information about the Retreat.

Thereafter, we will travel to the Western edge of the Cape Peninsula, to the Great Motherstone a sacred earth temple of the ancients at Llandudno and Fertility Caves, at Logies Rocks Llandudno beach, an opportunity to honor the abundance and fertility of our Great Mother Earth. Sounding and Meditation.





**Day 2**  
**4 September 2023**  
**Breakfast, Lunch, Dinner**

**Table Mountain**

After breakfast, we start the morning with a Sacred Circle, connecting to our Divinity, writing in our Gratitude Journal, and singing a Mantra that will assist us to focus on and clear the Third Eye Chakra (our wisdom and intuition). We will be connecting with our Third Eye today so you may wish to take along a crystal that assists to enhance the functioning of the Third Eye.

Cape Town is one of the most beautiful cities in the world, a Peninsula enshrined by the two primal oceans - the Atlantic and the Indian.



Early morning on Table Mountain – One of the most iconic sites on Earth. Dean will explain the deep significance of the mountain to the Bushman people – the alignments of the sun and

other fascinating details that make this one of the most powerful energetic sites on Earth

We journey up to the top of Table Mountain, experiencing the energies of this incredible site - the legendary Umlindi Wemingizimu - the Stone Giant Watcher of the South!

3rd Eye Alignment meditation.

Free time

In the late afternoon we visit the beach for sunset.

**Day 3**  
**5 September 2023**  
**Breakfast, Lunch, Dinner**

**Ascension Cave**

After Breakfast, we hold a Healing Circle, where we connect with our Divinity, write in our Gratitude Journal and then focus on our Sacral Chakra.

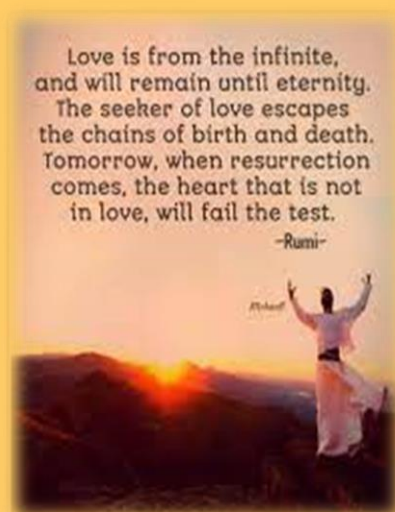


After lunch 2pm, we hike to Ascension Cave. This is one the most powerful sites and experiences on our journey – a giant metamorphosed crystalized quartzitic torus cave where you will feel the energy of the entire mountain race through your body, believed to be a ritual cave of rebirth and fertility. Aligned to the Summer solstice, this is one of the Cape's most sacred caves.

Below Ascension cave, lies a Great Mother cave, an ancient burial cave and earth mother womb, where more than 12 skeletons were removed from their resting place. Come and meet the stone guardians overlooking this sacred cave of the ancients.

We will visit the burial cave and show our love and respect while honouring the ancestors of this sacred place. We will then literally ascend to the crystalline Ascension Cave, to experience the light energies of this sacred portal. Ceremony and meditation.

Return to Monkey Valley for sundowners on the deck and dinner.

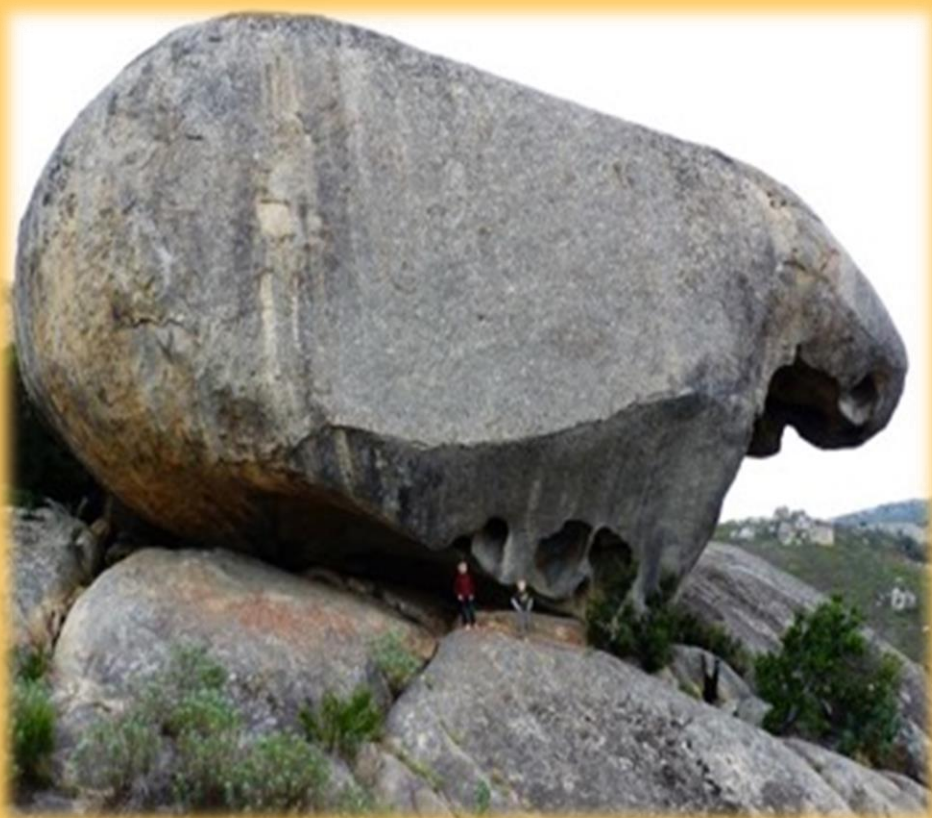




**Day 4**  
**6 September 2023**  
**Breakfast, Lunch, Dinner**

## **Paarl Mountain/Tortoise Mountain – Sacred Hippo Fertility Cave & Seed of Light**

After Breakfast, we join together in Sacred Circle, where we connect with our Divinity, sing Mantras and write in our Gratitude Journals.



We journey to the historic valleys between Paarl Mountain, Franschhoek and Stellenbosch - the famous **South African Winelands**. We pass through a massive vortex created by the convergence of two great mountain ranges. We will first visit the sacred Rainbow rock falls to connect to the sacred waters of this special land. We then visit the **Sacred Hippo Fertility Cave & Seed of Light** on the great Paarl (Pearl) Rock Mountain, and pay our respects to the ancients. We are here to experience the, "the seed of light and hope". And Hippo Cave a Fertility Earth Temple of the ancients.



**Day 5**

**7 September 2023**

**Breakfast, Lunch, Dinner**

### **Cape Point & Pyramid All-Seeing Eye Rock**

After breakfast, we join in Sacred Circle and connect with our Divinity. We write in our Gratitude Journals and sing Mantras. We focus on the Solar Plexus Chakra, which is our Sun centre. When this Chakra is out of balance, we live fearfully, when in balance, we are powerful, we shine brightly, trusting that we are safe and knowing that we are always Divinely Protected.

After our circle, we will journey further along the Peninsula.



En-route we will visit the Simon's Town penguin colony – home to the African Penguin (previously known as the Jackass Penguin because of the 'braying' sounds they make. At the Cape of Good Hope, we place our feet in the ocean at this vortex of sacred waters to experience the powerful energies

found here. This is the south-western tip of Africa, the Divine Tuning Fork where we resonate with this great energy and get in tune!

Here at this powerful earth-energy point, at the primal Root Chakra of Africa, we move to the beach to perform a ceremony together - a seeding of intention into the primal womb waters and vortex where the great Indian and Atlantic Oceans converge. It is here where we will share a wonderful picnic lunch on the beach!





After this powerful experience we visit the Solar Plexus energy vortex, the **Pyramid All-Seeing Eye Rock** for an evening meditation

We will work energetically to better understand the Divine Masculine and Feminine energies that enshrine this place of power and nurturance. Dean will make a shamanic tea from the surrounding healing herbs to help imbibe the Earth

Heaven Song and facilitate a deeper connection with the energies here. Here we connect to our solar plexus coming into our power and overcoming our fears.

All healing  
is essentially  
the release  
from fear.

A Course in Miracles



**Day 6**

**8 September 2023**

**Breakfast, Lunch, Dinner**

## **A day in Hermanus**

We connect with Whale energy in one of my most favourite places in South Africa. Every year, from June to September, Southern Right Whales congregate in the shallow, sandy coves and warmer waters of Hermanus to deliver their babies.



Whale symbolism and meaning **encourages you to ride the waves or delve deeper into the subconscious and embrace healing and nurturing.** As their size suggests, Whale can prepare you for tremendous accomplishments on the path ahead and can help you break new ground.

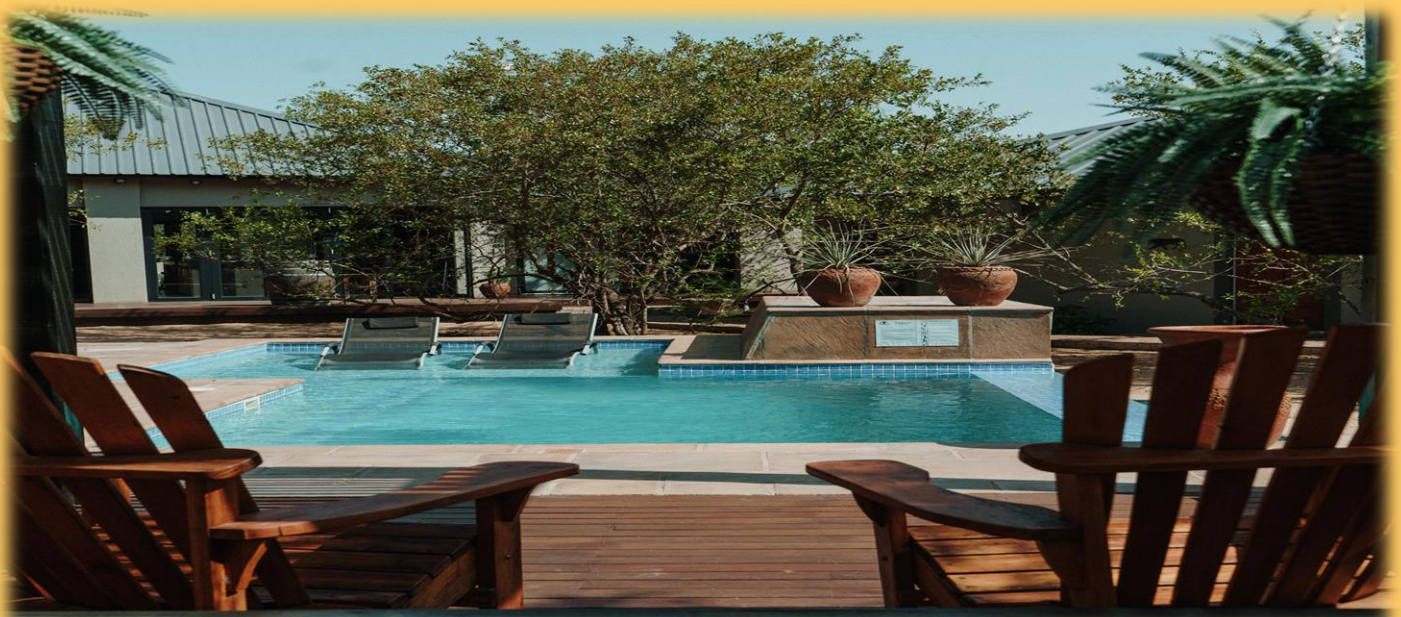


**Day 7**  
**9 September 2023**  
**Breakfast, Lunch and Dinner**

We have breakfast and leave for Cape Town International Airport to catch our flight to Hoedspruit.

On arrival at Eastgate Airport, we will be met and transferred to Baobab Bush Lodge.

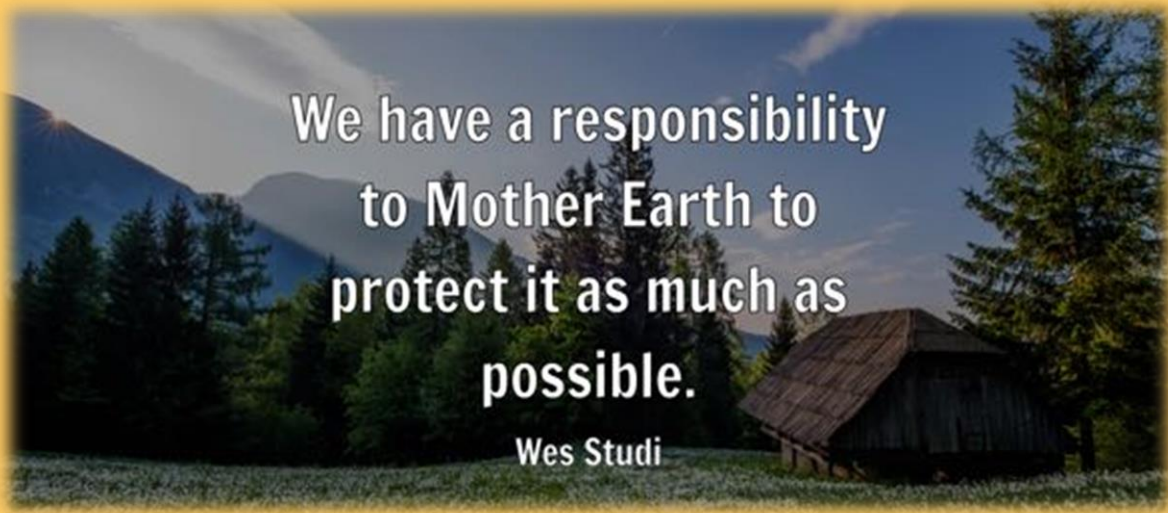
We enjoy a welcome drink, have some delicious lunch and check into our rooms.



We have the opportunity to ground, still our minds, and connect with our hearts and the earth.

Dinner at The Baobab Bush Lodge





We have a responsibility  
to Mother Earth to  
protect it as much as  
possible.

Wes Studi

**Day 8:**  
**10 September 2023**  
**Brunch and Dinner**

An early rise as we set out to the world-famous Kruger National Park with a team of friendly safari guides.



Truly the flagship of the South African national parks, Kruger is home to an impressive number of species: 336 trees, 49 fish, 34 amphibians, 114 reptiles, 517 birds and 147 mammals. It was established in 1989 to protect the South African Lowveld's wildlife and has been the subject of people's fascination ever since.

We stop off at a remote site where we enjoy a tasty picnic brunch, before further exploring the various viewpoints and waterholes along the way.



We return to the comforts of Baobab Bush Lodge

Dinner before retiring to the peaceful sounds of the African bush.

## **Day 9**

**11 September 2023**

**Breakfast, Lunch, Dinner**

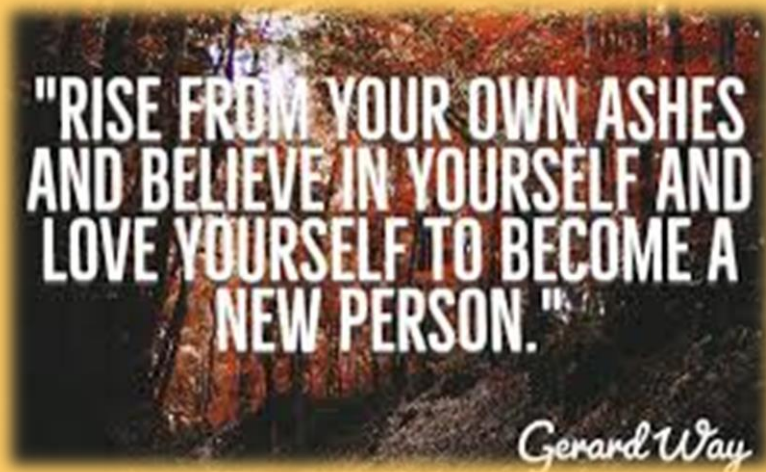
### **Leisure Day**

We start the morning with a Sacred Circle, where we connect with our Divinity, continue with our Gratitude Journal and focus on blockages that are preventing us from loving ourselves.

This is your day, where you can relax and just take in the relaxing ambiance of the Lodge.

There is also an option to pamper yourself with a spa treatment or enjoy spending time around the welcoming pool, bird watching, reading or napping.





## **Day 10:**

**12 September 2023**

Breakfast and Dinner (Lunch at your own expense)

South Africa is magnificent and diverse, and no visit here would be complete without exploring the sights and sounds along the Drakensberg Escarpment's Panoramic Route including the Blyde River Canyon, Three Rondawels, Gods Window and a few quaint little villages along the way.



We return to Baobab Bush Lodge late in the afternoon and arrive just in time to freshen up before enjoying some delicious bushveld dinner.



**Day 11:**

**13 September 2023**

**Breakfast, Lunch and Dinner**

Rising early, we head off on a game walk where you can explore the reserve on foot. The rangers know how to entertain guests with fascinating facts as they lead you in tracking game in the wild.



When we return, we have breakfast and then join in Sacred Circle again, where we connect with our Divinity, Meditate, sing Mantras and work on our Gratitude Journal. We work with our fears, identify our fears, and find ways in which we can shift that fear to Love.

EVERYTHING  
YOU WANT IS  
ON THE OTHER  
SIDE OF FEAR  
JACK CANFIELD

**Day 12:**  
**14 September 2023**  
**Breakfast, Lunch and Dinner**

Breakfast followed by our Closing Ceremony

We enjoy Lunch

Free time in the afternoon to swim, birdwatch, read or nap.

In the early evening we go on a Big Five game drive. We are bound to see a lot of wildlife getting ready to settle down for the evening. We will enjoy sundowners during this time and witness the sun setting over the African bush.



When we return we have our last dinner at Baobab Bush Lodge



**Day 13:**  
**15 September 2023**  
**Breakfast**

After a tasty breakfast, depart to Hoedspruit airport to catch your flight to Cape Town from where you will fly to your home.



## **COST:**

Per Person Sharing in a Double Room: US\$3790

Per person in a Single Room: US\$4640

## **Included:**

7 nights at Monkey Valley Resort

6 Nights at Baobab Bush Lodge

All meals mentioned in the itinerary:

12 Breakfasts, 1 Brunch, 11 Lunches, 13 Dinners

3 Airport Transfers (one in Cape Town and Two in Hoedspruit)

Afternoon Big 5 game drive

Full day game drive in Kruger National Park

Morning game walk

Tour of the Drakensberg Escarpment and Blyde River Canyon

All activities mentioned in the Cape Town leg of the tour

All transportation

Guided Game Drives

Guided excursions in Cape Town

Guided Healing Sessions

A Manual including Mantras and Healing Activities

2 Domestic Flights: Cape Town to Hoedspruit, Hoedspruit to Cape Town

## **Not Included:**

International Flight to Cape Town and from Johannesburg home

Meals not mentioned in the Itinerary

Travel Insurance

Visas

Gratuities

Malaria Prophylactics

Drinks/Alcohol/Water

Laundry

Any other extras not mentioned in the itinerary