

GODDESS RETREAT IN AFRICA

23 SEPTEMBER to 7 OCTOBER 2025



After hosting numerous retreats in Egypt, Turkiye, England and the South of France, I have been called to come Home and host an African retreat. 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 days in Cape Town and surrounds.

The retreat begins in Zimbabwe, at the Victoria Falls, one of the Seven Wonders of the World. We will be spending some time in a Retreat Centre in the Chobe National Park in Botswana where we witness Mother Earth and her gifts.

The retreat ends in beautiful Cape Town, where Dean Liprini will guide us at the Sacred Sites and share healing, meditation and awakening with us. We will also be visiting a Winery in Stellenbosch, this is always something people do when they visit the Fairest Cape.

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. To remember that YOU are the Alchemist of your life. This time, it will be also to honor and celebrate the gifts of our Mother Gaia, and to receive her medicine.

Daily Alchemy Circles, where we meditate, connect with our Divinity, clear past records and heal our hearts, are a part of every Goddess Retreat, and what an honor it will be for me to sit in these circles with you in Cape Town and Botswana.

I would love for you to join me on this Alchemical Journey of Love.

Many Blessings

Michelle Leske

Day 1

23 September 2025

Lunch & Dinner Included

You arrive at Victoria Falls International Airport in Zimbabwe and are met by an agent representative. You are transferred to Kabakwe Lodge in the town of Victoria Falls. We have lunch as a group and are allocated our rooms. You have time to unpack and settle in and then in the late afternoon we participate in our Opening Ceremony.



During the Opening Ceremony, we introduce ourselves and get to know one another a little bit. We set our intentions for the retreat. What we would like our lives to look like going forward, what we choose to release, the people we would like to become. Remember this is a Journey of Alchemy, You are an Alchemist, and You can change your life in any way that you choose. In the evening we have **dinner at Kabakwe**



Day 2 (Kabakwe Lodge)

24 September 2025

Breakfast, Lunch and Dinner Included

We start the day with an Alchemy Circle. During this time we connect with our Divinity, sing Mantras, express gratitude, and connect with the earth. Each day we will heal different blockages, beliefs that no longer serve us, remembering the Alchemists that we are.

After our Alchemy Circle, we have breakfast and then we visit the Victoria Falls National Park. Victoria Falls National Park is home to the magnificent Victoria Falls, one of the Seven Natural Wonders of the World. The park offers visitors a chance to witness the falls from various viewpoints, each providing a unique perspective of this breath-taking natural wonder.

Visitors can expect to see:

- **The Falls:** The main attraction is the majestic Victoria Falls, where the Zambezi River plunges into a deep gorge, creating a spectacular curtain of water.
- **Rainforest:** The park boasts a lush rainforest nourished by the constant spray from the falls. This unique ecosystem is home to a variety of plant species, some of which are exclusive to the area.
- **Wildlife:** While wildlife sightings can be unpredictable, the park is home to various animals, including monkeys, baboons, and a wide array of birds. Lucky visitors might even spot elephants or leopards.
- **Zambezi River:** The park stretches along the Zambezi River, offering picturesque views and opportunities for various water-based activities.
- **Viewpoints:** The park features numerous viewpoints strategically located to provide visitors with different perspectives of the falls. Each viewpoint offers a unique and memorable experience.

We take time to connect with the trees and the Element of water, taking full advantage of this unique opportunity to be physically, mentally, emotionally and spiritually cleansed and grounded.



We have lunch at the Kabakwe Lodge and then set off to see and connect with the oldest and largest Baobab Tree in the world. The Big Tree is thought to be 2000 years old, is 22.4 metres in girth and 24 metres tall.

Imagine the Wisdom we can share with this ancient being!



The Legend of the Upside Down Tree, as the Baobab is sometimes called

A very, very long time ago, say some African legends, the first baobab sprouted beside a small lake. As it grew taller and looked about it spied other trees, noting their colourful flowers, straight and handsome trunks, and large leaves. Then one day the wind died away leaving the water smooth as a mirror, and the tree finally got to see itself. The reflected image shocked it to its root hairs. Its own flowers lacked bright colour, its leaves were tiny, it was grossly fat, and its bark resembled the wrinkled hide of an old elephant.

In a strongly worded invocation to the creator, the baobab complained about the bad deal it'd been given. This impertinence had no effect: Following a hasty reconsideration, the deity felt fully satisfied. Relishing the fact that some organisms were purposefully less than perfect, the creator demanded to know whether the baobab found the hippopotamus beautiful, or the hyena's cry pleasant-and then retired in a huff behind the clouds. But back on earth the barrel-chested whiner neither stopped peering at its reflection nor raising its voice in protest. Finally, an exasperated creator returned from the sky, seized the ingrate by the trunk, yanked it from the ground, turned it over, and replanted it upside down. And from that day since, the baobab has been unable to see its reflection or make complaint; for thousands of years it has worked strictly in silence, paying off its ancient transgression by doing good deeds for people. All across the African continent some variation on this story is told to explain why this species is so unusual and yet so helpful.

Dinner at Kabakwe Lodge

Day 3
25 September 2025
All Meals (Breakfast, Lunch and Dinner)

We have breakfast at Kabakwe Lodge and then we go via boat and bus through the Chobe National Park to reach our Retreat Centre - Munga Plains.

We have the opportunity to spot lots of wildlife, both on the River Cruise and from our vehicle on the road. We enjoy a packed lunch on the boat and also spend time in an Alchemy Circle, on the water.



On arrival at Munga Plains Retreat Centre, we are allocated our rooms, have time to unpack and then later we have dinner together.



Dinner and Overnight at Munga Plains Retreat Centre

Day 4 Munga Plains Retreat Center

26 September 2025

All Meals (Breakfast, Lunch and Dinner)

We start the morning with an Alchemy Circle, where we Connect with our Divinity, work on the Base Chakra, sing Mantras and connect and ground ourselves.

Then we have breakfast at the Lodge

After breakfast we will go on a Walking Safari. We will be accompanied by a Game Ranger who will teach us much about the trees, insects, and other creatures in the bush. This will be a perfect time to connect to Mother Gaia and her gifts.



We return to the Lodge to have lunch and then have time to relax, swim, bird watch and connect with one another.



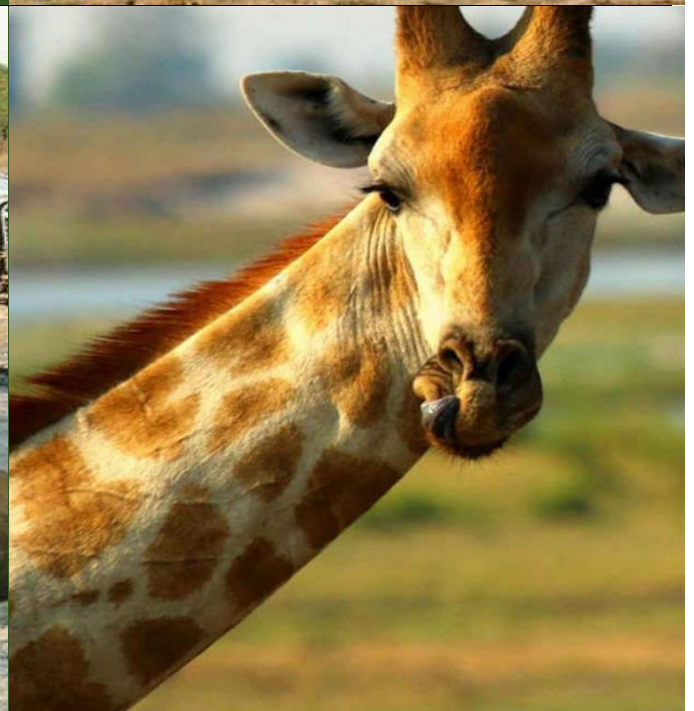
We have dinner at the lodge and can spend some time star gazing, sitting around a bush fire.

Day 5 Munga Plains Retreat Centre

27 September 2025

Breakfast, Lunch, Dinner

We go on an early morning game drive. We watch the sun rise, and the bush coming alive. Early mornings are the best time to view game in Chobe Game Reserve. The animals come down to the water to drink, they graze on grass and the leaves of trees. We are sure to see some monkeys frolicking, elephants walking in their troops with babies, hippos languishing in the river, plenty buck, maybe a rhino family. What a blessing the bush of Africa is!



Day 6 Munga Plains Retreat Centre

28 September 2025

Breakfast, Lunch, Dinner

We start the day with our Alchemy Circle and then have breakfast.

After breakfast we head off on a Cultural Village tour. We meet the local people, we learn about the customs and culture and see how they live. This is a beautiful experience, these are rural people that mostly live off the land, create crafts to sell for a little bit of extra money. A rare opportunity to see how it is possible to survive with the very basics. Not only survive, but thrive. The locals share their daily routine, their diet, their songs and their dancing with us.



We return to the Lodge for Lunch and then have free time to swim, rest, read, or bird watch.

We have tea and cake in the late afternoon

In the evening, we go on a night drive in the Chobe National Park. A game drive at night is very different to one during the day. The smell of the bush seems to be heightened, the cool breeze on your face, the mystery of what lies beyond the darkness and the thrill of seeing prides of lions sleeping, hyenas scavenging and hippos grazing, all add to the absolute magic of this experience.



We have dinner at the Lodge when we return from our Night Game Drive

Day 7 Munga Plains Retreat Centre

29 September 2025

Breakfast, Lunch, Dinner

We start the day with an Alchemy Circle where we connect with our Divinity, we go on a Journey of connecting with the Soul Star Chakra. This is a profound experience, where we may catch glimpses of other lives that our soul has embodied, delve into the Akashic records, connect with our soul/divinity to be shown our magnificence.

Breakfast at the lodge

This morning we go out on Mokoros, dugout canoes on the Chobe River. We are accompanied by guides. We will experience a blissful time on the water, spotting all the gifts she has to offer.



We return to the lodge for lunch and have free time in the afternoon to do whatever makes your heart sing.

Tea Time with Cake!

Dinner under the stars!

After dinner we connect with the element of Fire that will assist us to burn anything that no longer serves us, and also to bring in our greatest desires, dreams and wishes.

Day 8: Depart from Munga Plains and fly to Cape Town

30 September 2025

Breakfast

This is the last day in Botswana. After breakfast at the Lodge, we depart for the Victoria Falls Airport, where we fly to Cape Town.

On arrival in Cape Town, we will be met by our driver and taken to Chapmans Peak Beach Hotel. You check into your room and then have dinner.



Overnight Chapmans Peak Hotel

Day 9 Chapmans Peak Beach Hotel

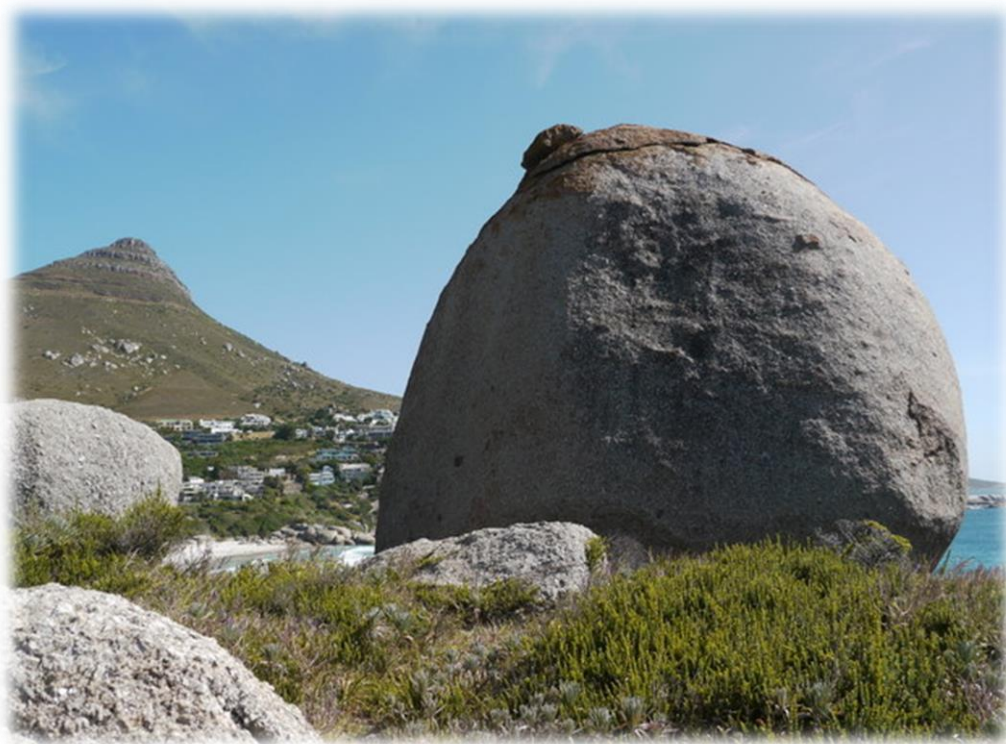
1 October 2025

Breakfast

The Great Mother Stone – Connecting to the Bones of our Earth Mother

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. This is an opportunity to honor the abundance and fertility of our Great Mother Earth.

We partake in Sounding and Meditation at this Sacred Site, honoring the Divine Feminine.



Archaeoastronomical research by Dean Liprini shows that the great Motherstone, which is near the cave, is the largest standing monolithic stone on this mini peninsula of Logies Rocks. The Motherstone has been so named due to its shape, seen as a diamond lozenge when looking at it from west to east position. The diamond shape is an ancient symbol of the female reproductive area. There is a seam of white quartz that winds around the Motherstone, anchoring into a blackened nadis / bellybutton like energy point, representing the umbilical cord and fertility aspects of the Motherstone. When viewed from the north to south direction, the great Motherstone appears to be a huge breast, complete with nipple cap, reinforcing the fertility status of this site. The fact that red ochre was in use, confirms that the ancient people were involved in ceremony at this important site. The top of the Motherstone is lit by the first rays of the Summer Solstice sun rise, passing through the gateway between Little Lions Head & the south west corner of Table Mountain.

We pause for lunch and then head back to the hotel where you have free time to explore, take a walk on the beach, swim or do whatever makes your heart sing.

Overnight Chapmans Peak Hotel

Day 10 Chapmans Peak Hotel

2 October 2025

Breakfast

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.

Overnight at Chapmans Peak Hotel

Day 11

3 October 2025

Breakfast

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 quarzitic 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 Chapmans Peak Hotel for sundowners on the deck and dinner.

Overnight Chapmans Peak Hotel

Day 12

4 October 2025

Breakfast

Cape Point & Pyramid All-Seeing Eye Rock

After breakfast, we join in Sacred Alchemy 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

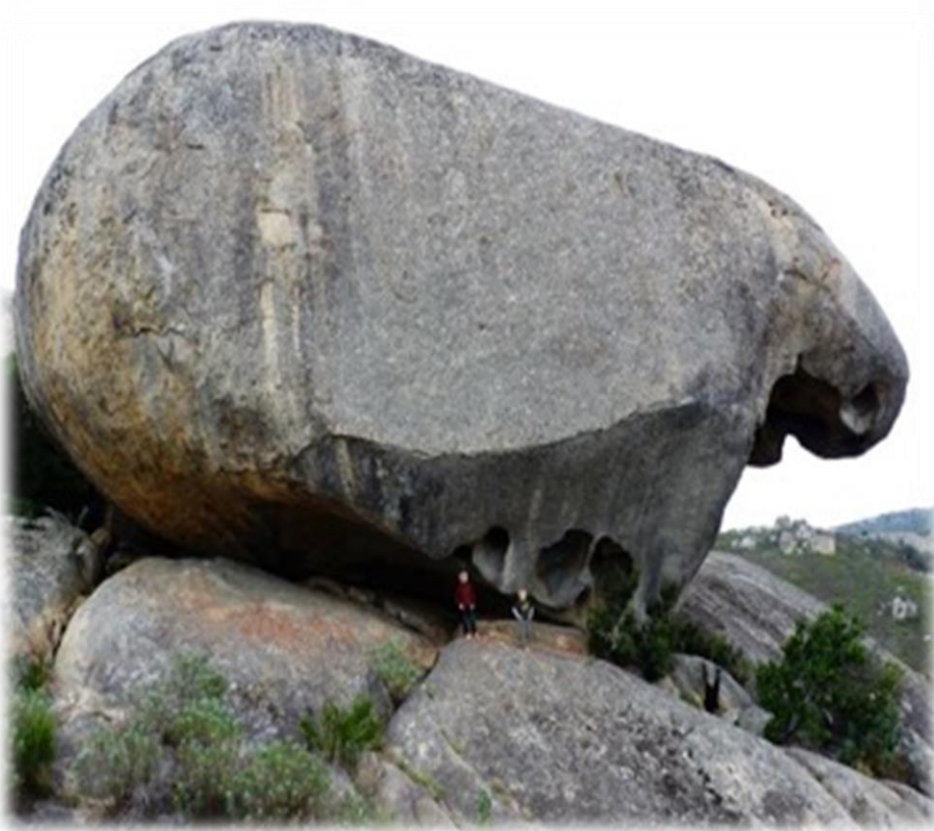
We will work energetically to better understand the Divine Masculine and Feminine energies that enshrine this place of power and nurturance. Dean will make a shamanic tea from the surrounding healing herbs to help imbibe the Earth Heaven Song and facilitate a deeper connection with the energies here. Here we connect to our solar plexus coming into our power and overcoming our fears.



Day 13
5 October 2025
Breakfast Included
Breakfast 1

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

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



We journey to the historic valleys between Paarl Mountain, Franschoek 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.

Overnight Oude Werf Hotel in Stellenbosch

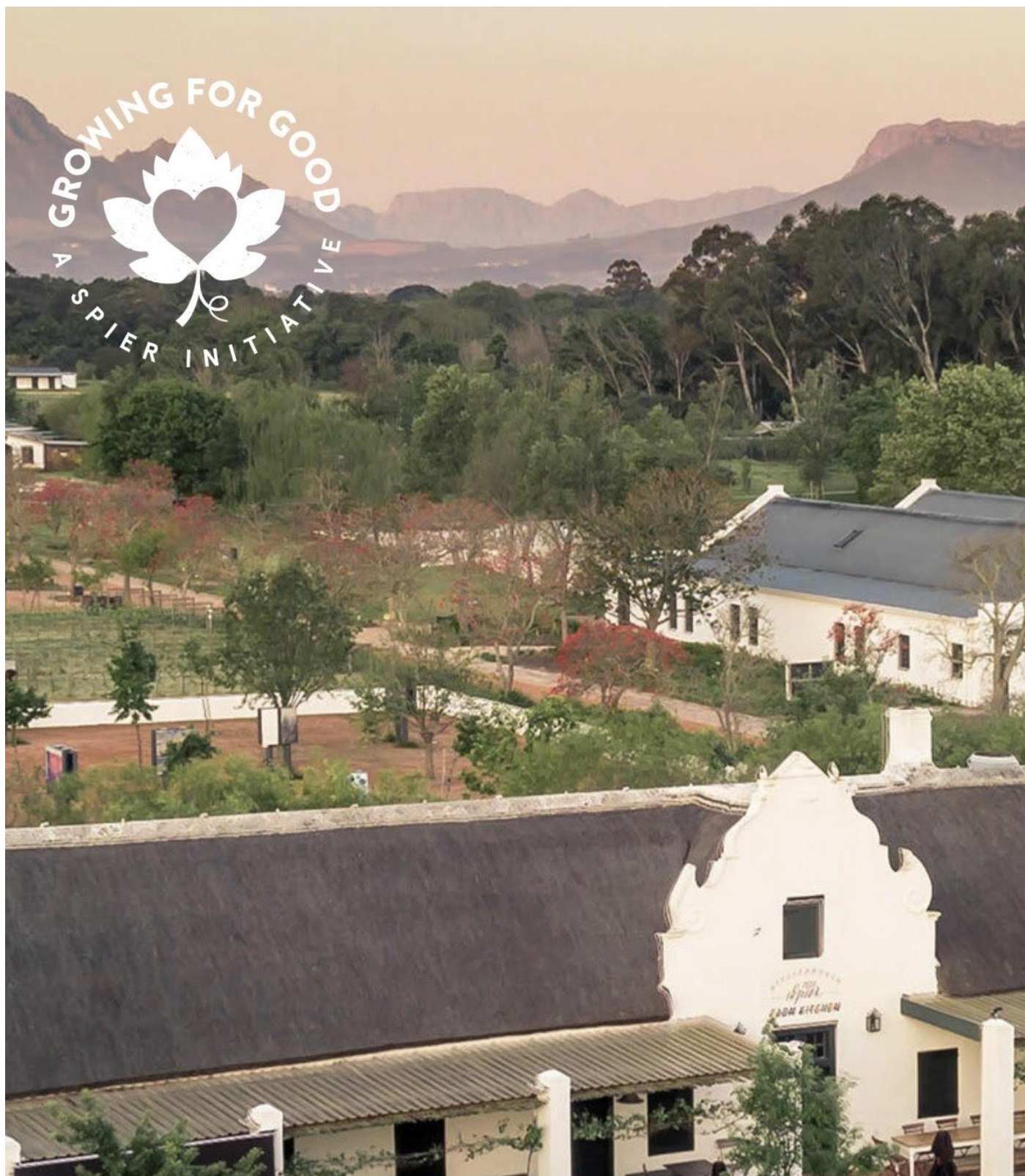


Day 14

6 October 2025

Breakfast Included

We wake up to a lovely breakfast served at Oude Werf Hotel in Stellenbosch, the Heart of the Winelands. Then we travel to Spier Wine Estate where you have the day to yourself, choosing any of the lovely activities on offer. Wine Tasting, exploring the gardens, having a Spa Treatment, shopping, visiting the art gallery. Your free day to choose what makes your heart sing.

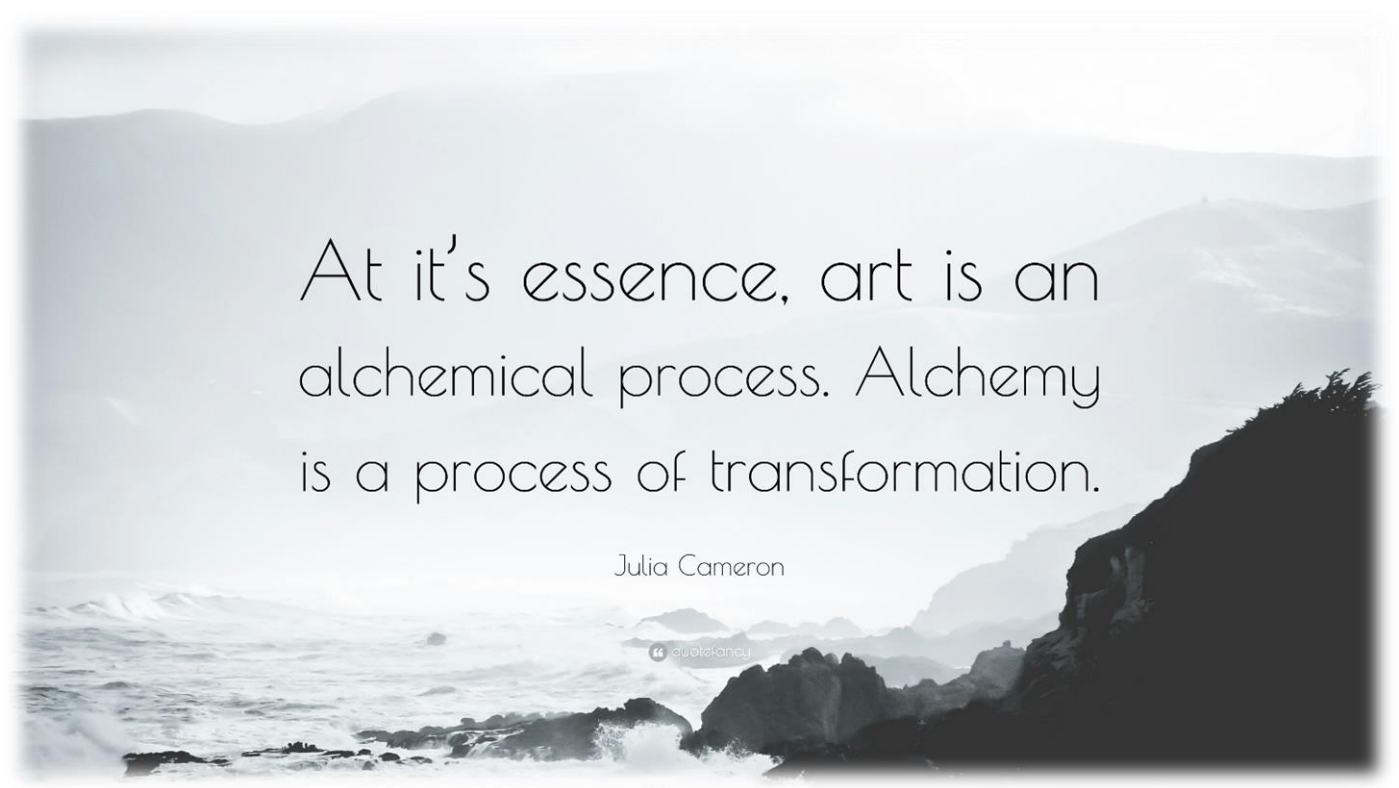


Day 15
7 October 2025
Breakfast Included

Our last day has arrived!

We have breakfast at the Oude Werf Hotel and then we participate in a Closing Ceremony, where we share what we have learnt, how we have experienced this Journey of Alchemy and Love. These closing ceremonies are usually emotional, and seeing how participants have transformed during the retreat is very heart-warming for me.

After our closing ceremony we depart for Cape Town International Airport where you get your flight back to your home country.



At it's essence, art is an
alchemical process. Alchemy
is a process of transformation.

Julia Cameron

“quotezany”

PLEASE SEE COSTING, PAYMENT PLAN AND PAYMENT INFORMATION ON THE NEXT PAGE

COST: (In US\$)

Per Person Sharing in a Twin room **US\$5370**

Per person in a Single Room **US\$5970**

Included:

2 Nights at Kabakwe Lodge Victoria Falls, Zimbabwe

2 Breakfast, 2 Lunches, 2 Dinners

<https://www.kabakwelodge.com/>

5 Nights at Munga Plains Retreat Centre, Chobe National Park, Botswana

5 Breakfast, 5 Lunches, 5 dinners

<https://www.mungaplains.com/>

5 Nights at Chapmans Peak Hotel, Hout Bay, Western Cape, South Africa

5 Breakfasts (Lunch and Dinner for your own Expense)

<http://www.chapmanspeakhotel.co.za/index-e.htm>

2 Nights at Oude Werf Hotel, Stellenbosch, Western Cape, South Africa

2 Breakfasts (Lunch and Dinner for your own expense)

<https://www.oudewerf.co.za/>

- All meals mentioned in the itinerary:
- 14 Breakfasts, 7 Lunches, 7 Dinners
- 4 Airport Transfers: On arrival and departure from Zimbabwe, on arrival in Cape Town and on Departure in Cape Town
- All transportation to sites
- All Entrance Fees
- All activities mentioned in the itinerary
- Guided Healing Sessions
- A Manual including Mantras and Healing Activities

Not Included:

- International Flight and Domestic Flights:
Arriving at Victoria Falls Airport on 23 September 2025
Departure from Victoria Falls Airport to Cape Town International Airport on 30 September 2025
Departure from Cape Town International Airport to your home country on 7 October 2025
- Meals not mentioned in the Itinerary (7 Lunches, 7 Dinners)
- Travel Insurance
- Visas
- Drinks/Alcohol/Water
- Laundry
- Any other extras not mentioned in the itinerary

PLEASE SEE THE PAYMENT PLAN ON THE NEXT PAGE

PAYMENT PLAN	Per Person Sharing a <u>Twin Room</u>	Per Person in a <u>Single Room</u>
Payment Date	Amount	Amount
Deposit on Booking	US\$1000	US\$1000
Payment due on 2025/04/28	US\$874	US\$994
Payment due on 2025/05/28	US\$874	US\$994
Payment due on 2025/06/28	US\$874	US\$994
Payment due on 2025/07/28	US\$874	US\$994
Payment due on 2025/08/28	US\$874	US\$994
TOTAL COST	US\$5370	US\$5970

Payments can be made into my Wise Account:

leskemichelle47@gmail.com