



# RESET and RECHARGE

## Workshop & Retreat

Wherever you find yourself on your journey, join us for a time of rest, self-care, connection and gentle creative work, that will bring into focus your next step, be that big or small.

### What You'll Experience:

- Workshop sessions with personalised journal
- Two guided mountain walks
- Somatic practice tools like breathing & TRE
- Special outdoor boma breakfast
- Wine tasting evening
- Spa Treatments\*

\* Spa treatments less 10%. Paid for separately

### When & Where:

23 - 26 September 2025

The Cavern Drakensburg Resort & Spa

R7,450 per person sharing | R9,020

Single

### How to Book:

Limited to 15 people

To book your place, please email

[info@cavern.co.za](mailto:info@cavern.co.za)

*The* **CAVERN**

### For More Information:

Karen: [mckenzie@bundunet.com](mailto:mckenzie@bundunet.com) or 083 709 8525

Justin: [justin@peaceagency.org.za](mailto:justin@peaceagency.org.za) or 082 354 1839



# Please join us for a mid-week Spring spa, spoil, creative workshop & retreat

Many people seem to be in a season of change.

There is undoubtedly a link to the changing seasons in the natural world; Spring is a wonderful, and joy-filled opportunity to reset our course, recharge batteries and perhaps clear out one or two of those old 'outfits' that don't feel too good on us anymore! It may even just be a moment to decide that we need to bulb for another season, until we are ready to emerge into full bloom.

For some of us, the need for this Spring pause feels overdue, even essential. Each of us is grappling with our own personal Winter that can often feel heavy, even overwhelming.

But nature, connection and creativity have an alchemical effect on the human body and psyche. They are natural healers that bring us into alignment with ourselves, with the Universe, and with one another.

What if we came together as fellow travellers to RESET and RECHARGE, held by a gentle and nurturing creative process in the enfolding beauty and power of the magnificent Drakensberg Mountains? What if we took an intentional step off the treadmill and invested 3 days in ourselves, our wellbeing, our present and our future?

What if we knew that by doing so, we would breathe in the life-giving peace and joy of nature, and be restored?

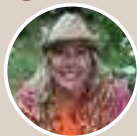


## About your Hosts:



**Dr Rama Naidu**

Rama incorporates diverse ancient and modern wisdom into his work, reflecting his authentic experiences in South Africa's transition to democracy and community healing. He excels at crafting insightful questions that help individuals move from stagnation to abundance. Rama is a valuable resource for all who engage with him and his work.



**Karen McKenzie**

Karen embodies wisdom and warmth as a connector and healer. She infuses joy, laughter, love, and compassion into her interactions. With over 24 years of experience in neuro linguistic programming and community building, Karen engages in meaningful conversations. Her spiritual journey and commitment to connection deepen her impact on others and the world.



**Justin Foxton**

Justin invites courageous, authentic conversations with ease and sensitivity. He creates experiences that foster connection and community, promoting the message that "you matter." His approach instills bravery, kindness, and vulnerability, as he celebrates individuals and the world around him, making life with Justin a valuable journey.

### Included in the price:

- 3 nights' accommodation in a standard room
- All meals: 3 lunches, 3 breakfasts & 3 dinners, 24-hour tea/coffee
- Workshop sessions guided by Karen McKenzie, Dr Rama Naidu and Justin Foxton
- Two guided mountain walks
- A special outdoor boma breakfast
- A journal to capture your reflections
- A toolbox of techniques for you to take home and use including somatic practices such as breathing techniques, Trauma Release Exercises (TRE) and Wim Hof cold therapy.
- One evening of wine tasting - 4 different wines.

### Excluded from the price:

- Transfer to and from the venue
- Spa treatments (Less 10%)
- Snacks
- Drinks

### What to Bring:

- Walking shoes
- Yoga or exercise mat (or towel)
- Water bottle

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

Alan Wilson Watts

