

Open your heart...

Expand your being...

Swim with the wild dolphins of Ponta do Ouro, Mozambique

9-15 Nov 2018



“Dolphin Delight” Free to Be Me Retreat

R11 500 sharing family unit A
R13 800 single pool facing

R12 100 sharing family unit B
R 12 900 single garden facing

Includes: Shared or single accommodation, brunch and dinner in quiet, air conditioned lodge with en suite bathrooms and small pool, air conditioned bus/trailer to Mozambique border, transfers to Ponta, Sound Journey with Courtney Ward, daily Nia class, TRE, yoga or meditation, 3 wild dolphin “surfari” (dolphin interactive swims) with dolphin lover, Angie Gullan, reef snorkelling
Excludes: flights to Durban, drinks, hire of gear, trip to Sunset Bar

*This retreat will focus on letting go into flow. From the time we leave, we will invite our bodies to let go tension. We will learn TRE (tension and trauma release exercises) or Nia (moving to music in joy), yoga and meditation, experience a Sound Journey, we will splash and laugh and ride the azure waves, we will nap under a cobalt African sky or sip cocktails at sunset. But most importantly, we will allow the magic of the ocean and the dolphins to transform us—with their playful, loving, joyful energy. **Come and be free!***

* Please note: costs based on a full group of 11 and will change if group smaller. **R5 000 deposit non refundable. Full payment by 31 Aug.**



Facilitated by Tania Bownes
Nia Brown Belt Teacher
TRE practitioner (Advanced)
Aromatherapist, Reflexologist, Reiki Practitioner
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Proposed Dolphin Delight Itinerary (subject to weather and more!)

Everyone to please arrive at King Shaka airport no later than 8:30am

FRI 09
 09:00 Depart by Sprinter bus to Farazela/Kosi Bay Border (air conditioned)
 15:00 Arrive Farazela border post and transfer to resort—fun dune track ride!
 16:00 Snorkeling refresher in the Lodge pool
 17:30 **Group TRE session (optional) but advised**
 19:00 Dinner at the Lodge

SAT 10
 05:30 Intro to dolphins of Ponta/Dolphin Care safety and conduct talk
 06:00 **Dolphin Launch One** (1,5 hours) weather dep
 09:00 Brunch
 10:30 Dolphin launch feedback session/meditation
 11:30 Leisure time for afternoon
 17:45 **Nia class (optional)**
 19:15 Dinner at the Lodge



SUN 11
 06:00 **Dolphin Launch Two** (1,5 hours)
 09:00 Brunch
 10:30 Dolphin launch feedback session/meditation
 11:30 Leisure time for afternoon
 17:00 **Sunset Bar excursion, Ponta Malongane**
 19:15 Dinner in the Village



MON 12
 06:00 **Dolphin Launch Three incl snorkeling** (3 hours)
 09:00 Brunch
 10:30 Dolphin launch feedback session/meditation
 11:30 Leisure time for afternoon
 17:00 **Sound Journey with Courtney Ward (also a dolphin whisperer!)**
 19:15 Dinner at the Lodge

TUES 13
 06:00 **Optional additional launch for those who are keen.** (Discounted rate)
 09:00 Brunch
 11:30 Free day to shop, swim, paddleboard, relax, walk to lighthouse
 17:45 **Group TRE session (optional)**
 19:15 Dinner at the Lodge

WED 14
 06:00 **Optional additional launch for those who are keen.** (Discounted rate)
 09:00 Brunch
 11:30 Free day to shop, swim, paddleboard, relax, walk to lighthouse
 17:15 **Nia class (optional) and closing the space**
 19:15 Dinner at the Lodge

THUR 15
 08:00 Brunch 10:00 Transfer to Farazela/Kosi Bay border post
 10:30 Travel back to Durban
 16:30 Arrive King Shaka Airport

Everyone to please be packed and ready to leave before brunch

Those Little Details.....

PRICE INCLUDES:

1. Transfer from King Shaka to border in air conditioned, comfortable Sprinter
2. Transfer from border to Ponta do Ouro (4 x 4 vehicles over sandy track)
3. Accommodation, shared or single at O Lar do Ouro, family run, quiet and private lodge, which is a short 7 minute walk from the village and the beach
4. Daily brunch and dinner either at the lodge or in the village
5. Dolphin Care snorkelling guidance, talks, safety, optional informative movies
6. 2 x Dolphin launches (weather permitting) 1,5 hours each
7. 1 x long Dolphin launch (weather permitting) 3 hours, including snorkeling
8. Tea and coffee, rusks, nuts and other snacks
9. Activities—Nia classes, meditation/yoga, TRE groupwork (optional) and a Sound Journey with Courtney Ward (dolphin whisperer from Ponta Malongane)

Please note: the package price assumes a full trip of 11 people. Should the group size reduce, costs will need to be adjusted accordingly as certain items are a fixed cost eg bus and trailer hire. (Shared: R13 900. Singles R14 900)

PRICE EXCLUDES:

1. Flights to King Shaka Airport
2. Overnight accommodation and meals/drinks at de Charmoy (as an option) on the Thurs evening **single: R890 shared: R1 562 ie R781 each**
3. Visa and border costs (free for SA residents; more for foreigners)
4. Drinks and any light lunches/snacks during the day
5. Trip to Sunset Bar in Ponta Malongane (**Approx R100 per person**)
6. Snorkeling equipment hire if needed for the duration (**R250 per person**)
7. Additional dolphin launches if required (**Approx R550 pp**)
8. Optional bottled water (purchased en route). Water in Ponta fine to drink
9. Lodge staff gratuities (all driver and boatman tips are included in your fee)

Please remember these are wild dolphins. Swims and sightings can never be guaranteed, nor are 3 launches. Weather can be prohibitive. Having said all that, Angie Gullan has been swimming with these dolphins for 22 years now. They truly love being with her, they know her, they look out for her boat and know it well!

Fees will not be refunded if the boat cannot launch, but all funds "saved" are put towards invaluable dolphin research projects. Should the weather turn bad, we will always still have fun in Ponta, do yoga or meditation, go for walks and make the very best of every precious moment together!

This retreat is a journey of discovery, a time to connect with the dolphins, a time to connect with ourselves, through daily meditations and other activities in a spirit of sisterhood.

If possible, please consider beginning your time with us on Thursday evening, by overnighting at de Charmoy Guesthouse, just 10 minutes from the airport. <http://www.decharmoy.co.za>

