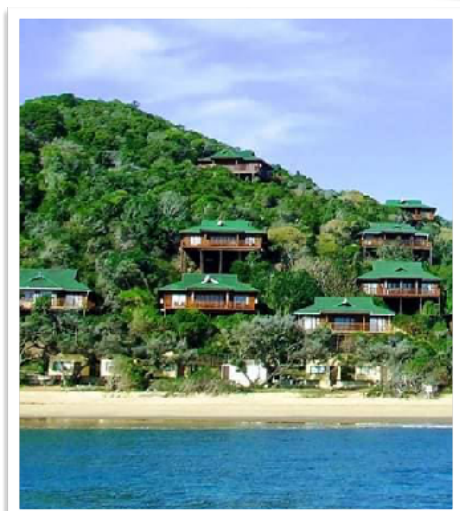




Dolphin Delight Luxury Retreat

Ponta do Ouro, Mozambique Max 11 people

27 May - 3 June 2026 R22 800 p/p*

OPEN your heart, **EXPAND**
your being, **PLAY** with the
wild dolphins of Ponta.

Facilitated by: Tania Bownes

Nia Black Belt Teacher,
Aromatherapist, Reflexologist, Yin
and Yoga Nidra teacher, Reiki, TRE
and Fascia Release Therapist.
Surfer, Sup Boarder, Scuba Diver and
all round ocean lover!
+27 83 3266352

taniab@celebratingfreedom.co.za
www.celebratingfreedom.co.za

Retreat Price Includes

Air conditioned transport Maputo Airport to Ponta return
7 nights single accommodation in Mar E Sol villas
7 x brunch, 6 x catered in-house dinners, 1 x Restaurant
4 Dolphin Encountours launches plus snorkel gear, talks, T shirt
Daily Class: Yin or Yoga Nidra or TRE (all optional)
Sound Journey with magical sound healer, Courtney Ward
Transport to Restaurant, Tips for boat crew and all drivers

Retreat Price Excludes

Flights to Maputo, drinks and snacks, additional excursions or
extra launches, visas (if required), Mar e Sol staff tips.

Some Good to Know Info and Finer Details

Non Refundable Deposit of R8 000 payable to secure your place

Second instalment of R8 000 payable 1 March 2026

Final amount R6 800 payable 1 April 2026.

Payment to T E Bownes, Nedbank Hout Bay, Current Account 1676

035532 Ref:Name/Dolphins Send POP to

taniab@celebratingfreedom.co.za or 083 3266352

*** Note: If only 7 people in total a surcharge of R1 100 will be added**



1. This retreat is a women only retreat
2. All activities and additional excursions are optional
3. These are wild dolphins, very accustomed to swimming with humans, but their interaction is never guaranteed. Angie Gullan, our Dolphin Whisperer (underwater photo above left,) has been doing research with this pod for over 30 years. Launches are weather dependent. Fees are not refunded if consistent bad weather does not allow for launches. Funds are donated towards Angie's lifetime research with these amazing marine mammals.
4. It is advised that you be able to use a snorkel and mask before this trip and are comfortable swimming in the ocean. Angie will take us for snorkelling practice in the ocean with our safety talk.
5. Wetsuits are advised (hiring R100 per day or bring your own). They keep you warm between swims, help with buoyancy and boat entry and protect from stinging cells.
6. Please check your nationality's visa requirements for Mozambique.
7. Transport will collect us at Maputo Airport Wednesday afternoon 27 May (approx 2 pm) and ensure we are at the airport on 3 June for the return flight to CT (leaving around 1.30 pm)

I am so excited to offer this Dolphin Delight Retreat once again. Swimming with wild dolphins is in itself life changing. When combined with the inner work (TRE, Sound Journey, Yin and Yoga Nidra), plus time to simply "be", the result is a beautiful shift towards greater awareness of both self and others. As they say....life is for living, so let's live it.... in greater joy!

