



*Rewilding*  
WOMEN'S  
RETREAT

APRIL 4TH - 7TH

3 NIGHTS / 4 DAYS

ACCOMMODATION & CAMPING OPTIONS AVAILABLE





*There is a woman within you  
waiting to be uncaged, untamed,  
wild & free.*

Take off your shoes, let down your hair.  
Swim in fresh mountain water & reconnect with the part of you calling out to be  
**WILD & FREE.**

Join Thongo Lifikile & Lisa Lifetrain on a 4 day / 3 night retreat.  
Connecting with the land, Yoga, ixCacao & Breath.  
San Pedro hike & Ancestral healing.

Accommodation & Camping available.

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APRIL 4TH - 7TH - 1 HOUR FROM CLARENS

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REWILDING







THE WILD IS CALLING...  
WILL YOU ANSWER THE CALL?







Thongo & Lisa have been facilitating ceremonial & ancestral work for well over a decade. They hold a deeply sacred space and help humans re-connect with themselves, the earth and their ancestors. If you are seeking a space to heal, shift & find yourself again these two medicine women will hold you.



Lisa creates safe and sacred spaces in which humans can connect to their magic and magnificence.

A ceremonialist, Kuchina, Body-work, Breath-work facilitator, Yoga InstructorDJ & Ecstatic Dance. Trauma Informed facilitator.

The spaces in which she creates offer profound transformation, awakening and returning back to love.

Lisa is a story teller, sharing ancient wisdom. She helps humans discover their own stories, truth & path.



Thongo Lifikile walks a path, anchored in understanding around New Earth Frequency.

She is trained in the use of traditional African medicines and associated modalities.

She has also spent time initiating with sacred plant medicines, including Psilocybin and medicines from South America.

She works with and honors the sacred plants and holds a deep space of integrity and safety.

# FACILITATORS





APRIL 4TH - 7TH 2024

# RE-WILDING RETREAT



*Let us sing  
with our  
sisters &  
howl with  
the moon...*

## ALL INCLUSIVE

3 Nights / 4 Days

2 Meals Per Day

Camping - R6900

Accommodation: R7900

San Pedro Hike, African Steam,  
Ancestral work, Yoga, Breath-work,  
ixcacao & community.

Join Thongo & Lisa as they take you on  
a curated journey in the wild.

Sleep in a cave, hike the mountains and  
re-connect with nature.

## IS THIS RETREAT FOR YOU?

Have you been feeling the calling to get out  
of the city? Looking to get back to nature?

This retreat is for women who are looking at  
coming back home to themselves and their  
wild nature.

This is a curated journey in which we allow  
you the space to reconnect with your spirit  
in the Witterburg mountains - 1 hour from  
Clarens.



*This is an  
opportunity  
to reawaken  
to your true  
nature*