

Secret of Contentment Retreat

18-22 September 2019

South Africa



Imagine the noise replaced with silence; the busyness replaced with peace. Arriving at a secluded retreat in the tranquility of nature at the base of the Cederberg Mountains where the next four days will be spent disconnecting completely as we discover once again the most essential connection within. All the unnecessary voices (and electronics) that so easily distract are absent. And in this silence a new awareness grows. This is a time in which we'll intentionally become aware of the presence of our Abba. Consenting to those divine movements beyond words, beyond definition – the direct, intimate and tangible experience of God.

*"Therefore, I will now
allure her,
and bring her into the
wilderness,
and speak tenderly to
her."
Hosea 2:14*

The intention is that this experience will be more than a break in your usual lifestyle, but rather, we want to help you cultivate the habit of daily awareness. Everyday, two meditation sessions will be led, morning and evening. It will consist of both a short teaching and an actual practice of meditation.

Meaningful conversation, good food, hiking in beautiful nature and swimming are some of the other activities to look forward to...perhaps a tea or wine tasting session at a local farm ;)



Price:

R3 650 /person (\$280) sharing in a Double Unit (2 DBL bedrooms & 2 bathrooms)

R4 450 /person (\$320) sharing in Single Unit(1 DBL Bedroom & 1bathroom)

****Limited number of each unit, so on a first come first served basis****

Included:

- Accommodation for 4 nights in a Single or Double Unit incl.:
 - private spring water Jacuzzi • en-suite bathroom • king-size bed • cotton percale linen • towels • indoor fireplace • outdoor kuru (braai) • views over the valley • fully equipped kitchen • braai utensils • 2 bags of fire wood on arrival • taps fed with spring water • ice
 - All meals (prepared by a professional caterer) incl. coffees/ teas/cooldrink (please bring your own alcoholic beverages)
- *If you are coming on your own, but would like to make use of the 'per person sharing rate' we will do our best to match you up with another individual, otherwise a single occupancy surcharge will apply.****

Testimony from previous retreat:

"There is good teaching and there is being loved. And it is in being loved where the lessons go deepest. Learning a practice is a gift that keeps giving. What a difference to have someone take you by the hand and not leave you alone to wonder and struggle, but clarifying the practice by hearing questions asked and answered in real time.

From the teaching on Centering Prayer simply presented, to the impromptu conversations, the beautiful music, the unbelievable friendships that were formed, Andre and Mary-Anne gave us access to their experience, their keen minds, but most of all, their hearts. This will easily go down as one of the most beautiful experiences that I had the privilege to be part of. And it was just plain fun! What a blast!

Britt Hanson, Zeeland, MI, USA"

Spaces are limited to 20 (only 12 spaces left), so book as soon as possible to avoid disappointment:
R1000 deposit secures your place.

To book contact Shelley:
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