



INSINGIZI
EAT · PLAY · RELAX



Pure-Self-Care ♥ *Holistic 5 day Retreat*

6th November to 11th November 2022
with Deborah Prosser & Jane Smith

Your Pure-Self-Care Retreat embodies:

Crisp sunrise mindfulness movement- being yoga, meditation and breathwork

Delicious, plant based meals to support your cleansing process

Purify, nourish and balance with body-care spa treatments;

Explorative and reflective processes in nature to quieten the mind

and experience the renewal of your body, mind and soul.

Your Facilitators

Deborah Prosser



My motivation for doing the work I do is seeing people motivated to grow and live deeper, richer lives. Through my years of learned and practised skills, I have weaved a holistic approach to health and mental care. Taking care of the physical body; Colon Hydrotherapy cleans up the colon setting the foundation for subsequent practises to grow healthy roots be that of a physical or emotional nature. Creating a plate of delectable flavours from nature's palate of living foods is a cultivated practise. Practises that give me great joy in sharing. Yoga, breathwork and meditation support mind, body and soul. Ceremony practises remind us to acknowledge and celebrate the gift of life.

Jane Smith



Over the past twenty odd years I have been committed to the exploration and enquiry of mindful awareness. This has enabled a close working relationship with local and international trainers and teachers. Facilitating and assisting in this work has taken me to all major cities in South Africa as well as Mauritius, Zimbabwe, United States, and France. I am a member of the School of Practical Philosophy and this informs my approach. I offer my mentorship in Meaningful Conversations. I believe nature is our greatest teacher. Reflecting your true essence through gentle, supportive feedback. I am privileged to facilitate these teachings in Stillness In Nature Retreats.

Features

Venue – iNsingizi Lodge & Spa



Amid the lush backdrop of KwaZulu-Natal's picturesque terrain, you'll find iNsingizi Lodge & Spa tucked away in a beautiful secret valley. Nestled in the rolling hills of Eston/Mid-Illovo, iNsingizi Lodge & Spa offers an unrivalled African bush experience of rich, diverse eco systems where one is embraced by natural beauty in stillness, making this a perfect place to retreat.

Accommodation



The Food



Plant based meals
Dairy-free, sugar-free, gluten-free.
Meals are freshly prepared embracing all the qualities and vibrancies that the diversity that fresh foods offer.



- Start the day with a fresh lemon and ginger tea
- A gut-health probiotic, a herbal detox tincture, a parasite cleanse
- Vegetable juices are freshly prepared
- The kitchen uses nuts and seeds
- Added digestive health includes fermented foods and beverages

Mindful Movement with Deborah Prosser



Kundalini Yoga- meditation and breathwork

These morning practises gently invite the body to move at your level of comfort. The meditation practises support in quietening the mind and relaxing the body. The breathwork together with the yoga and meditation, elicits a further deepening into relaxation and stillness.

Skill level: beginner / intermediate

A Sacred Ceremony honouring yourself

We begin the retreat with a sacred ceremony wherein you will set your intention for this cleansing time in stillness.

Body Care treatments

Colon Hydrotherapy

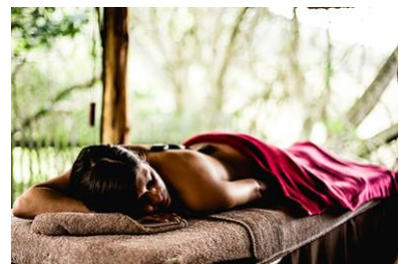


To support your body in its cleansing process, you will experience **2 x 45 minute treatments** that will cleanse and hydrate your colon. These treatments will be undertaken by Deborah, a professional, qualified practitioner.

Spa Treatments



45 min Hand and arm or Foot massage bringing deep relaxation to the body and mind.
45 min Full-body stress relief massage supporting the body in its cleansing process.



Stillness In Nature with Jane Smith



Nature reflects to all of us the greatest divine mystery, your landscape, your Souls essence, your truth and what is being called forth right here, right now, naturally emerging from the divine within you. As we gently explore life, our opinions, thoughts and feelings with an open heart through participating in Stillness In Nature Retreats we are gifted with the profound realization of how simple and wonderful life is. And in that we are given the ability to move forward in life with ease and grace.

Meaningful Conversations with Jane Smith



A Meaningful Conversation with Jane is wherein one is held with reverence and sacred attention. This safe space allows one the freedom to naturally be present with what is being called forth from deep within you. This voice, that wishes to be spoken, will emerge and be heard with compassion in this unknown organic Meaningful Conversation. 45 minutes mentoring session.

What to expect on this 5-Day Retreat



- Whole, fresh foods that will assist with your cleanse
- 5 Mindful Movement yoga, meditation and breathwork
- 2 Colon Hydrotherapy Treatments
- 1 Full Body Massage
- 1 Hand or Foot Massage
- Facilitated, Stillness In Nature sessions
- 1 Meaningful Conversation Mentor session
- A Sacred Ceremony
- Free Form Dance on the Lakeside
- Conversations that matter around the open fire
- Journaling and Writing
- Creativity with Nature
- Forest Walks, Wetlands, Birding, Animals and Plants in their natural environment
- Free time

"When you feel a peaceful joy, that's when you are near truth" - Rumi

Benefits of this Retreat

A deep cleanse of the body, mind and soul.

Description

Dates: November 6th to 11th November

Arrival: 2pm

Departure: 10:30am

Destination: Eston/Mid-ilovo iNsingizi, Kwa Zulu Natal (*Directions are on the last page)

Focus of Retreat: A cleansing retreat for the body and mind

Gender: All genders

Price and payment

Standard Room package R 13800.00

Luxury Accommodation package R 14960.00

***50% DEPOSIT SECURES YOUR PLACE!**

Booking Forms to fill in on booking your place on the retreat

What is included in this package?

- Accommodation
- Meals - 5 breakfasts, 4 lunches, 5 dinners
- 5 days of Detox supplementation
- Herbal teas, fresh water and fermented beverages
- 5 Mindful Movement- yoga, meditation and breathwork
- 2x 45min Colon Hydrotherapy Treatments
- 1x 45min Full Body Massage
- 1x 45min Hand or Foot Massage
- 45min Meaningful Conversation Mentor session
- Facilitated, Stillness in Nature sessions
- A Sacred Ceremony
- Free Form Dance on the Lakeside
- Conversations that matter around the fire
- Journaling and Writing

- Creativity with Nature
- Forest Walks, Wetlands, Birding, Animals and Plants in their natural environment
- Swimming
- Free time

What is excluded from this package

Transport
 Additional body treatments and mentoring facilitation
 Non-alcoholic beverages other than that on offer
 Airport transfer
 Travel insurance
 Flights costs
 Visa fee
 Additional activities not included in the itinerary

Optional Extras over and above what is included in the package

Meaningful Conversation mentor session with Jane Smith
 Colon Hydrotherapy Treatments with Deborah Prosser
 Spa Treatments:
 Full Body massage
 Neck, back and scalp massage
 Full body salt glow
 Aromatherapy body cocoon

Not allowed on the retreat

Alcohol
 Recreational drugs

What to bring

Comfortable clothing
 Outdoor and in-door shoes
 Rain jacket and umbrella
 Towel
 Journal and pen
 Torch
 Water Bottle
 Bird Books & Binoculars & Other books of interest
 Wi-Fi Dongles
 Swimming Costumes
 Hats
 Small blanket / shawl
 A sense of humour and an open heart

Itinerary

Arrival Sunday 30th October

14.30	Registration
17.00	Meet and Greet
18.00	Dinner
19.00	Intention setting ceremony

Monday 31st October

06.00	Sunrise Mindful Movement (yoga, meditation, breathwork) Reflective journaling
08.00	Breakfast
10.00	Stillness In Nature sessions
11.30	Tea

12.00 Stillness In Nature sessions
13.00 Lunch
14.00 Body Work treatments (Full body massage, hand or foot massage, colon hydrotherapy
Meaningful Conversation session with Jane
Free time
18.00 Dinner
19.00 Conversations that Matter around the fire

Tuesday 1st November

06.00 Sunrise Mindful Movement (yoga, meditation, breathwork)
Reflective journaling
08.00 Breakfast
10.00 Stillness In Nature sessions
11.30 Tea
12.00 Stillness In Nature sessions
13.00 Lunch
14.00 Body Work treatments (Full body massage, hand or foot massage, colon hydrotherapy
Meaningful Conversation session with Jane
Free time
18.00 Outside fireside dinner under the stars with story telling

Wednesday 3rd November

06.00 Sunrise Mindful Movement (yoga, meditation, breathwork)
Reflective journaling
08.00 Breakfast
10.00 Stillness In Nature sessions
11.30 Tea
12.00 Stillness In Nature sessions
13.00 Lunch
14.00 Body Work treatments (Full body massage, hand or foot massage, colon hydrotherapy
Meaningful Conversation session with Jane
Free time
18.00 Dinner
Fireside conversations that matter

Thursday 3rd November

06.00 Sunrise Mindful Movement (yoga, meditation, breathwork)
Reflective journaling
08.00 Breakfast
10.00 Stillness In Nature sessions
11.30 Tea
12.00 Stillness In Nature sessions
13.00 Lunch
14.00 Body Work treatments (Full body massage, hand or foot massage, colon hydrotherapy
Meaningful Conversation session with Jane
Free time
18.00 Dinner
Free movement dance by the lake
Farewell Fire ceremony

Friday 4th November

06.00 Sunrise Mindful Movement (yoga, meditation, breathwork)
Reflective journaling
08.00 Breakfast
09.00 Sharing with closing of the retreat
10.30 Home

ENQUIRIES: deborah@restanddigest.co.za
www.insingizi.co.za | www.restanddigest.co.za



REST & DIGEST
WITH DEBORAH PROSSER



MEANINGFUL
CONVERSATIONS
— with Jane Smith —

Directions to iNsingizi Lodge & Spa:

Please note: Do not use GPS or Google to find us!

From Pietermaritzburg

Take the N3 to Durban
Take the left Umlass/Umbumbulu R603 off-ramp
Turn left onto R603-Umbumbulu road , and drive for 25kms
Pass Tala Ranch on your left
Pass Caltex garage
Take Mid Illovo turn-off. Insingizi sign is together with Mid Illovo sign
Travel 8.8km to the next iNsingizi sign
Turn right here onto the dirt road and continue 0.5km to next sign
Turn left at iNsingizi sign and follow the signs. This is the start of our long driveway
From our entrance to the Lodge it's 5kms

From Durban

Take the N3 to Pietermaritzburg
Take the left Camperdown off-ramp
Travel for approx 4kms
Turn left onto R603-Umbumbulu road , and drive for 23kms
Pass Tala Ranch on your left
Pass Caltex garage and the Eston turn off
Take Mid Illovo turn-off. Insingizi sign is together with Mid Illovo sign
Travel 8.8km to the next iNsingizi sign
Turn right here onto the dirt road and continue 0.5km to next sign
Turn left at iNsingizi sign and follow the signs. This is the start of our long driveway
From our entrance to the Lodge takes approximately 15 minutes traveling at 30km/hr
Speed limit is 30km/hr when travelling on our Reserve Roads