HEAL YOURSELF

17:00 - 19:00 | FEB 19 | THURSDAY

- Abdominal Detox Massage with Marissa Brendel — R1000 | 60 min
- Tarot Readings with Modern Muse — R400 | 30 min
- Psychic Readings with Taryn Nightingale — R550 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Rebozo Cocoon with Yuliya Petsch — R900 | 60 min
- Life Alignment with Wendy Summers — R500 | 30 min

10:00 - 19:00 | FEB 20 | FRIDAY

10:00 - 13:00
- Abdominal Detox Massage with Marissa Brendel — R1000 | 60 min
- Reiki with Ancoise van Zyl — R650 | 45 min
- Tarot Readings with Jaimie Pratt — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Emotional Release & Channelling with Kylie Nel — R777 | 45 min
- QI Astro Code Healing. The Emotion Code with William Boyd — R800 | 60 min
- Energetic Recalibration Healing. Soul Plan Readings with Dr Markus van der Westhuizen — R450 | 30 min
- Money Alchemy Sessions with Mary J Fourie — R400 | 30 min
- Psychic Readings with Taryn Nightingale — R550 | 30 min
- Rebozo Cocoon with Yuliya Petsch — R900 | 60 min
- Bushman San Healing with Kenny-lee Basson — R1000 | 60 min

13:00 - 16:00
- Reiki with Aimee Leigh O'Shea — R 850 | 60 min
- Tarot Readings with Modern Muse — R400 | 30 min
- Psychic Readings with Dannie Quilitzsch — R400 | 30 min
- Life Alignment with Wendy Summers — R500 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Holistic Medicine Consultations with Dr. Megan Lange — R550 | 30 min
- Astrology Readings with Margarita Celeste — R400 | 30 min
- QI Astro Code Healing. The Emotion Code with William Boyd — R800 | 60 min
- Energetic Recalibration Healing. Soul Plan Readings with Dr Markus van der Westhuizen — R450 | 30 min
- Anti-aging & Cellular Regeneration Session with Karl Gong — R1311 | 45 min

16:00 - 19:00
- Hypnotic Healing with Caroline Langjahr — R780 | 60 min
- Tarot Readings with Jaimie Pratt — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Psychic Readings with Taryn Nightingale — R550 | 30 min
- Human Design with Nadine Schneider — R750 | 45 min
- Ayurvedic Head & Face Massage with Mishkah Gool — R500 | 30 min

GOOD VIBRATIONS

18:30 - 21:30 | FEB 19 | THURSDAY

- 21+ 18:30 - 20:00 Hapé Ceremony with Tanya Mukani *R455*
- 20:30 - 21:30 African Healing Sound Journey with Nkosenathi Koela *R347*

07:30 -22:30 | FEB 20 | FRIDAY

- 07:30 - 08:30 Musical Mantra with Taruni & Param
- 09:00 - 11:00 Cacao Ceremony & Ecstatic Dance Heart Journey with Erika Kibar *LIVE DJ SET | R380*
- 11:30 - 13:00 Elemental Sound Healing with Antoinette Bishop
- 13:30 - 15:30 Shamanic Sound Healing Journey with Yliral Trujillo
- 16:00 - 18:00 Vivation Breathwork with Crussen *R422*
- 18:30 - 20:00 Tandava with Valentina Leo
- 20:30 - 22:30 BLISSIPLINE & Yeyo Sceletium with Karen Justine

07:00 - 23:30 | FEB 21 | SATURDAY

- 07:00 - 08:00 Morning Movement with Crussen
- 08:30 - 10:30 Gong Bath & Blue Lotus Ceremony with Phillippa Schmulian, Kylie Nel & Karl Gong *R396*
- 11:00 - 12:30 Healing Sound Journey with Janet
- 13:00 - 14:00 Chakra Dance with Aewon
- 14:30 - 16:00 The FloatSpace Experience with FloatSpace & KDB
- 16:45 - 18:45 Sound Bath with Chris Roland
- 19:30 - 21:00 BlissDance with Valentina Leo *R380*
- 21:30 - 23:30 Ritual: An Embodied Dance & Sound Journey Experience with Julie Grant & Matteo Rivetto *LIVE DJ SET*

08:30 - 11:30 | FEB 22 | SUNDAY

- 08:30 - 09:30 Chakra Balancing Movement & Sound with Dannie Quilitzsch
- 10:00 - 11:30 The Art of Deep Rest: From Silence into Sound with Tulua Wellness Cape Town

HEAL YOURSELF

10:00 - 19:00 | FEB 21 | SATURDAY

10:00 - 13:00
- Tarot Readings with Modern Muse — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Holistic Medicine Consultations with Dr. Megan Lange — R550 | 30 min
- Life Alignment with Wendy Summers — R 500 | 30 min
- Astrology Readings with Margarita Celeste — R400 | 30 min
- QI Astro Code Healing. The Emotion Code with William Boyd — R 800 | 60 min
- Energetic Recalibration Healing. Soul Plan Readings with Dr Markus van der Westhuizen — R450 | 30 min
- Money Alchemy Sessions with Mary J Fourie — R400 | 30 min
- Psychic Readings with Taryn Nightingale — R550 | 30 min
- Rebozo Cocoon with Yuliya Petsch — R900 | 60 min
- Bushman San Healing with Kenny-lee Basson — R1000 | 60 min

13:00 - 16:00
- Reiki with Ancoise van Zyl — R650 | 45 min
- Hypnotic Healing with Caroline Langjahr — R780 | 60 min
- Tarot Readings with Jaimie Pratt — R400 | 30 min
- Tarot Readings with Havannah Baker — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- QI Astro Code Healing. The Emotion Code with William Boyd — R800 | 60 min
- Energetic Recalibration Healing. Soul Plan Readings with Dr Markus van der Westhuizen — R450 | 30 min
- Psychic Readings with Taryn Nightingale — R550 | 30 min
- Ayurvedic Head & Face Massage with Mishkah Gool — R500 | 30 min

16:00 - 19:00
- Anti-aging & Cellular Regeneration Session with Karl Gong — R1311 | 45 min
- Reiki with Aimee Leigh O'Shea — R850 | 60 min
- Tarot Readings with Jaimie Pratt — R400 | 30 min
- Crystal Healing with Phillippa Schmulian — R350 | 20 min
- Psychic Readings with Dannie Quilitzsch — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Emotional Release & Channelling with Kylie Nel — R777 | 45 min
- Holistic Medicine Consultations with Dr. Megan Lange — R550 | 30 min
- Astrology Readings with Margarita Celeste — R400 | 30 min
- Money Alchemy Sessions with Mary J Fourie — R400 | 30 min

10:00 - 13:00 | FEB 22 | SUNDAY

- Abdominal Detox Massage with Marissa Brendel — R1000 | 60 min
- Reiki with Ancoise van Zyl — R650 | 45 min
- Hypnotic Healing with Caroline Langjahr — R780 | 60 min
- Emotional Release & Channelling with Kylie Nel — R777 | 45 min
- Psychic Readings with Dannie Quilitzsch — R400 | 30 min
- Acupuncture with Gideon le Roux — R600 | 30 min
- Tarot Readings with Havannah Baker — R400 | 30 min
- QI Astro Code Healing. The Emotion Code with William Boyd — R800 | 60 min
- Energetic Recalibration Healing. Soul Plan Readings with Dr Markus van der Westhuizen — R450 | 30 min
- Anti-aging & Cellular Regeneration Session with Karl Gong — R 1311 | 45 min
- Human Design with Nadine Schneider — R750 | 45 min
- Ayurvedic Head & Face Massage with Mishkah Gool — R500 | 30 min
- Life Alignment with Wendy Summers — R500 | 30 min

STONE HALL *R920*

18:30 - 21:00 | FEB 20 | FRIDAY

- 18:30 - 21:00 Banquet Dinner with Kolossal Hospitality, Lubanzi Wines & giuliette price

Welcome drinks and arrival canapés will be served from 18:30, with dinner beginning promptly at 19:00. This is an add on ticketed experience.

FOREST STAGE

16:00 - 00:00 | FEB 19 | THURSDAY

- 16:00 - 16:30 Opening Ceremony
- 16:45 - 17:15 Yasmin Ezzideen
- 17:35 - 18:20 Roaman
- 18:45 - 19:30 Jade Olivia
- 20:00 - 20:45 Botanicas
- 20:45 - 22:15 DanTempo
- 22:15 - 00:00 Billy Cosmic

10:30 - 23:45 | FEB 20 | FRIDAY

- 10:30 - 11:30 Cosmic Piano with Jeffrey Munks
- 11:45 - 12:30 Seth Tabatznik
- 13:00 - 13:45 Mishy Kope
- 14:15 - 15:00 giuliette price
- 15:30 - 16:15 Coasters
- 16:45 - 17:30 Bam Bam Brown
- 17:45 - 19:15 Sol Damba
- 19:45 - 20:45 Improv Show & Jam with the Improv Cart
- 21:00 - 22:30 Late Night Comedy with Nik Rabinowitz, Tats Nkonzo, Keenan Cerff & Christie Van Niekerk
- 22:45 - 23:45 The Kwagga

07:30 - 00:00 | FEB 21 | SATURDAY

- 07:30 - 08:30 Float into Bliss: Floating Sound Bath Journey with Antoinette & Ylinel *Bring a blow-up mattress or floaties*
- 10:00 - 12:00 ANIMA
- 12:00 - 14:00 DJ Ra Mava
- 14:15 - 15:00 Ilitha lelanga Marimba Ensemble
- 15:30 - 16:15 Native Young
- 16:30 - 17:30 Rivertones
- 17:30 - 19:30 Crussen
- 19:45 - 20:45 TribalNeed
- 21:00 - 22:30 Holy Funk
- 22:30 - 00:00 Bruce Willis

10:00 - 16:00 | FEB 22 | SUNDAY

- 10:00 - 12:30 dj low
- 12:30 - 15:30 Chris de Vos
- 15:30 - 16:00 Closing Ceremony

THE RESTAURANT

09:30 - 17:00 | FEB 20 | FRIDAY

- 09:30 - 11:00 Nootropic Coffee Alternatives to Fuel your Brain & Day with Nicola Bentley
- 10:45 - 13:00 Journey into Slacklining with Britt & Jeff
- 12:30 - 14:00 The Alternative Way with Alex Skeate
- 15:30 - 17:00 Ritual of Me Tea Blending with Tea Master Jessica Bonin

09:30 - 17:00 | FEB 21 | SATURDAY

- 09:30 - 11:00 Foraging Walk with Cullen
- 10:45 - 13:00 Journey into Slacklining with Britt & Jeff
- 10:00 - 11:30 Ayurvedic Masterclass with Ayurveda with Claudia
- 13:00 - 14:30 The Medicine of Joy Chocolate Workshop with Nicola Bentley
- 18+ 16:00 - 17:00 Wine Tasting with Lubanzi Wines *Retreat Yourself's Official Wine Sponsor*

10:00 - 11:00 | FEB 22 | SUNDAY

- 10:00 - 11:00 FeedmeSlowly with Nicholas

Nourish'd Café & Juicery joins Retreat Yourself for the first time, presenting a vibrant pop-up restaurant set along the riverbank beneath the oak trees. With full waiter service from Thursday to Sunday, you can expect their iconic vegetarian and vegan juices, smoothies, sandwiches, bowls and more. Fresh, colourful, and crafted with Nourish'd's signature plant-based, feel-good flair.

VITALITY VILLAGE

07:00 - 19:00 | FEB 20 | FRIDAY

- 12:00 - 13:00 Sauna & Cold Plunge Journey with Sam Smuts & Kylie Brons *R380*

07:00 - 19:00 | FEB 21 | SATURDAY

- 09:30 - 11:00 Coffee Rave with Connect Club
- 12:00 - 13:00 Sauna & Cold Plunge Journey with Sam Smuts & Kylie Brons *R380*

Drop-in sauna & cold plunges available. Visit Vitality Village to explore all offerings.

SOUL CENTRE

18:30 - 23:00 | FEB 19 | THURSDAY

- 18:30 - 20:30 Sound, Yin & Blue Lotus Ceremony with Janet's Planet & The Luminous Lotus *R411*
- 21:00 - 23:00 Heartbreak Poetry Workshop with Catharsis Art Events

08:00 - 20:30 | FEB 20 | FRIDAY

- 08:00 - 09:00 You Are What the World Needs Now. Reading & Writing Journey with Dannie Quilitzsch
- 09:30 - 11:00 Conscious Connected Breathwork with Talitha & Lucie
- 11:30 - 13:30 The Ultimate Breakthrough Experience with Brett Shuttleworth & Joe Van Niekerk **Men only*
- 14:00 - 16:00 LovEros Desire Laboratory for Couples with Valentina Leo *R756 per couple*
- 16:30 - 18:00 B.E.R.N Method Emotional Release & Somatic Breathwork with Jeanie Jadias
- 18:30 - 20:30 Cacao, Fire & Breath with Jo Lovesay *R455*

07:00 - 22:00 | FEB 21 | SATURDAY

- 07:00 - 08:30 Tai Chi & Breath with Oliver Sutton
- 09:00 - 10:30 The Architecture of Love with Shelley Lewin
- 11:00 - 13:00 Yin Yoga & Intuitive Clay Creation with Chareldi Muller *R361*
- 13:30 - 15:00 Symphony of Self. Human Design meets Cosmic Piano with Nadine Schneider & Jeffrey Munks
- 15:30 - 17:00 Mens Initiation with Valentina Leo **Men only*
- 17:30 - 19:30 TOUCH Temple for Lovers with Suskia *R703 per couple*
- 20:00 - 22:00 Pleasure Manifestation Ritual with Leen S

09:00 - 12:00 | FEB 22 | SUNDAY

- 09:00 - 10:00 Untamed Dragon. Light Body Activation with Thrive with Marsha
- 10:30 - 12:00 Chanoyu. A Traditional Matcha Tea Ceremony with Tea Master Jessica Bonin

VILLAGE CINEMA

Enjoy a variety of feature films, family-friendly movies, kids' movies, and documentaries, screened from Thursday to Sunday. Visit the Village Cinema for the full schedule.

YOASIS

18:00 - 19:00 | FEB 19 | THURSDAY

- 18:00 - 19:00 Grounding Yoga with Nandi

06:30 - 18:15 | FEB 20 | FRIDAY

- 06:30 - 07:30 Secret Sunrise
- 08:00 - 09:00 Breathe & Flow with Dr. Anesu Mbizvo
- 09:30 - 10:30 Grace in Motion Flow with Usi
- 11:00 - 12:00 Fusion Vinyasa Yoga with Elaine Seidel
- 12:30 - 13:30 Laughter Yoga with Wendy Cooke & Jason Engledoe
- 14:00 - 15:00 African Jazz Inspired Flow with Esethu Numa
- 15:30 - 16:30 Tantric Hatha Yoga with Leen S
- 17:00 - 18:15 Yin Yang Yoga. Flowing into Calm with Mandy & Carla

06:30 - 20:30 | FEB 21 | SATURDAY

- 06:30 - 07:30 Secret Sunrise
- 08:00 - 09:00 Safe Space. Yoga & Binaural Beats with Aewon & Christie
- 09:30 - 10:30 Vinyasa Flow with Joëlle Sleebos
- 11:00 - 12:00 Kundalini Yoga with Ginette de Fleuriot
- 12:30 - 13:30 Power Yoga with Myles Within
- 14:00 - 15:00 Dynamic Vinyasa Flow with Darja O'Donnell
- 15:30 - 16:30 Yin Yang Yoga Flow with Shanti Quinn
- 17:00 - 18:00 Hatha Yoga with Bella Pinto
- 19:00 - 20:30 Fire Dancing & Flow Arts Workshop with GoFlowYourself *R595*

08:00 - 12:00 | FEB 22 | SUNDAY

- 08:00 - 09:00 Belonging as Blessing, Yoga & Poetry with Christie
- 09:30 - 10:30 Soulful Harmony. Yoga & Live Music with Kathleen Booyse & Micho Cosmo
- 11:00 - 12:00 Ancestral Flow with Khanya

KIDS CLUB

09:00 - 18:15 | FEB 20 | FRIDAY

- 09:00 - 09:30 Kids Club Registration & Sign In
- 09:30 - 10:00 Jungle Jump & Jive. Animal Movements & Music
- 10:30 - 11:30 Nurture Nature with Mother Nature. Craft Crowns, Leaf Insects & Mandalas with Natural World Treasures
- 11:30 - 13:00 Playful Haven: Beading, Arts & Crafts, Games & 'Quiet Time' Reading
- 11:30 - 13:00 Teen Scene. Body Art & Henna
- 13:00 - 14:00 Art Wall Opening Ceremony
- 14:00 - 14:30 Playful Haven: Beading, Crafting, Reading, Games
- 14:30 - 15:30 Clay Creation. Shape, Mould & Design your Own Medallion
- 15:30 - 16:00 Playful Haven: Beading, Crafting, Reading, Games
- 16:00 - 17:00 Roller Disco Decorate & Bedazzle *Bring a hat, mask or item of clothing*
- 17:00 - 17:30 Playful Haven: Beading, Crafting, Reading, Games
- 17:30 - 18:15 Survivor Camping Challenge. Test your strength, speed & brains

09:00 - 18:15 | FEB 21 | SATURDAY

- 09:00 - 09:30 Jungle Jump & Jive. Animal Movements & Music
- 09:30 - 10:30 Playful Haven: Beading, Arts & Crafts, Games & 'Quiet Time' Reading
- 10:30 - 11:30 Amazing Race. Retreat Yourself Scavenger Hunt
- 11:30 - 13:00 Playful Haven: Beading, Arts & Crafts, Games & Art Wall
- 11:30 - 13:00 Magic Show & Face Painting
- 13:00 - 14:00 Nurture Nature with Mother Nature. Create eco-friendly bug homes using recyclable materials
- 14:00 - 15:30 Playful Haven: Beading, Crafting, Games
- 14:00 - 15:30 Teen Scene. Trinkets & Treasures Workshop
- 15:30 - 16:30 Family Moments Pamper & Relax. Mix your own blend of aromatic hand lotions
- 16:30 - 17:30 Playful Haven: Beading, Crafting, Games
- 16:30 - 17:30 Bubble Bonanza
- 17:30 - 18:15 Campfire Treats. Decorate delicious s'mores

Supervised play area closes at 17:30.

RED TENT

18:00 - 21:30 | FEB 19 | THURSDAY

- 18:00 - 19:30 Grounding into Her with River Leo
- 20:00 - 21:30 Song Circle with Keshia Lee

09:00 - 22:00 | FEB 20 | FRIDAY

- 09:00 - 10:30 Sacred No with Annika Lipp
- 11:00 - 12:30 SOUNDCASM with Tarynn O
- 13:00 - 14:30 Healing Mysteries of the Womb with Nicky Sliawu
- 15:00 - 16:30 Love your Vulva. Soft Self De-Armouring with Olivia Crow
- 17:00 - 18:30 Radical Feminine Embodiment with Annette Müller
- 19:00 - 20:30 Conscious Contraception & Conception with Rona Mirimi
- 21:00 - 22:00 Dance your Wild Self with Sasha Dol'gina

09:00 - 21:00 | FEB 21 | SATURDAY

- 09:00 - 10:00 Soft Movements of Awakening with Esethu Numa
- 10:30 - 12:00 Birth Your Life as Art with Nicolene Burger
- 12:30 - 14:00 Red Tent. A Current of Feminine Wisdom with Valentina Leo
- 14:30 - 16:00 Teen Wisdom with Alona Gorak
- 16:30 - 18:00 Emotional Body Wisdom with Olivia Crow
- 18:30 - 20:00 Embody Your Inner Sangoma with Khanyisile Felicia
- 20:00 - 21:00 La Loba Dance of the Wild Wolves with Dr Mojo

08:30 - 12:00 | FEB 22 | SUNDAY

- 08:30 - 10:30 Walk on the Wild Side. Waterfall Hike with Tarynn O
- 09:00 - 10:30 Peace on Earth Begins at Birth with Ruth Ehrhardt of True Midwifery
- 11:00 - 12:00 Closing Sisterhood Song Circle & Community Picnic with Sarah Lee Beckett

The Red Tent serves as a resting space open to women of all ages for the duration of the festival. It will be open from Thursday at 18:00 to Sunday at 12:00.

BEAUTY WAY SWEAT LODGE *R487*

19:00 - 21:00 | FEB 19 | THURSDAY

- 19:00 - 21:00 The Beauty Way Sweat Lodge

07:00 - 17:00 | FEB 20 | FRIDAY

- 07:00 - 09:00 The Beauty Way Sweat Lodge
- 15:00 - 17:00 The Beauty Way Sweat Lodge

07:00 - 17:00 | FEB 21 | SATURDAY

- 07:00 - 09:00 The Beauty Way Sweat Lodge
- 15:00 - 17:00 The Beauty Way Sweat Lodge

07:00 - 09:00 | FEB 22 | SUNDAY

- 07:00 - 09:00 The Beauty Way Sweat Lodge

A suggested donation of R487 per person supports the practical costs of holding the space and ensures the continuity of this work. No one is turned away for lack of funds.

THE ROLLER RINK

18:00 - 19:00 | FEB 19 | THURSDAY

- 18:00 - 19:00 Unwind: Mobility Medicine with Morgan Cloete

07:00 - 23:00 | FEB 20 | FRIDAY

- 07:00 - 08:00 Qi Gong & Tai Chi with Gideon le Roux
- 07:00 - 08:00 Trail Run with Ryan Sandes
- 08:00 - 10:00 Yoga & Hike with Stefanie Dohrmann
- 08:30 - 09:30 Mobility with Ryan Sandes
- 10:00 - 11:00 Spicy Sculpt with Keshia Brake
- 11:30 - 13:00 Duo Acro Yoga with Acro Cape Town
- 13:30 - 14:30 Pilates & Barre Burn with Mara Gwinner
- 15:00 - 16:30 Path of Light. A Yoga Chakra Journey with Melissa Brake & Lara Roux
- 17:00 - 18:00 Barefoot beats with Teva Scarborough
- 18:30 - 20:30 Roller Disco with COCO
- 20:30 - 23:00 Roller Disco with NADIA RAYA

07:30 - 23:00 | FEB 21 | SATURDAY

- 07:30 - 08:30 Qi Gong with Gideon le Roux
- 07:30 - 08:30 Trail Run with Lekker Trails
- 08:00 - 10:00 Yoga & Hike with Stefanie Dohrmann
- 09:00 - 10:00 Sweat with Steve Uria
- 10:30 - 11:30 Sculpt 90s with Marcus Viljoen *90s dress up*
- 12:00 - 13:00 The Daily Movement Dance Journey with Jen & Holly
- 13:30 - 14:30 Kicking Clouds with Lilo & Jed
- 15:00 - 16:15 Nia with Jill & Svenja
- 16:45 - 18:00 Swing Dance 101 with Cape Town Swing
- 18:30 - 23:00 Roller Disco with Grooveleigh

09:30 - 10:30 | FEB 22 | SUNDAY

- 09:30 - 10:30 Sound, Movement & Mindfulness with Anna Sellmeyer

SECRET DANCEFLOOR

18+

18:30 - 01:00 | FEB 20 | FRIDAY

- 18:30 - 20:00 Sadhu Sensi
- 20:00 - 21:30 RonYka
- 21:30 - 23:00 Skai Lounge
- 23:00 - 01:00 Tulzy

18:30 - 01:00 | FEB 21 | SATURDAY

- 18:30 - 20:30 Meek
- 20:30 - 23:30 The Disco Pirates
- 23:30 - 01:00 Roz

AERIAL YOGA *R217*

18:00 - 19:00 | FEB 19 | THURSDAY

- 18:00 - 19:00 Aerial Yoga with Marisa & Mandy

09:00 - 18:00 | FEB 20 | FRIDAY

- 09:00 - 10:00 Aerial Yoga with Marisa & Mandy
- 12:00 - 13:00 Aerial Yoga with Marisa & Mandy
- 17:00 - 18:00 Aerial Yoga with Marisa & Mandy

09:00 - 18:00 | FEB 21 | SATURDAY

- 09:00 - 10:00 Aerial Yoga with Marisa & Mandy
- 12:00 - 13:00 Aerial Yoga with Marisa & Mandy
- 17:00 - 18:00 Aerial Yoga with Marisa & Mandy

09:30 - 10:30 | FEB 22 | SUNDAY

- 09:30 - 10:30 Aerial Yoga with Marisa & Mandy

RETREAT YOURSELF

www.retreatyourself.co.za
@retreatyourselffestival
retreatyourselffestival

TALK CIRCLE

18:00 - 20:00 | FEB 19 | THURSDAY

- 18:00 - 20:00 Festival Friends: Meet & Mingle with Lekker Chats

09:30 - 20:00 | FEB 20 | FRIDAY

- 09:30 - 10:30 Mushroom Muti with Cullen Taylor Clark
- 11:00 - 12:00 Natural vs. Pharmaceutical Medicine with Dr Skye Scott
- 12:30 - 13:30 Healing Through Grief with Candice Nicolo
- 14:00 - 15:00 Born for This: Your Numerology Blueprint with Cato Vermeulen *Featuring Live Hot Seat Coaching*
- 15:30 - 16:30 Bitcoin: The Future of Wealth & Freedom with Rony Vogel
- 17:00 - 18:00 The Courage to Choose: Finding Agency in a Chaotic World with Pierre du Plessis
- 18:30 - 20:00 Pitch Tank with Ndia Magadagela, Rowan Belchers, Richard Rayne *Hosted by The Curious Exchange*

10:00 - 18:30 | FEB 21 | SATURDAY

Presented by Heavy Chef

- 10:00 - 11:00 Find Your Voice, Find Your Power. Express yourself with Confidence & Authentic Power with Verity Price
- 11:30 - 12:30 Surfing A New Wave Of Doing Business with Dr Roxy Davis. Fireside Chat with Fred Roed of Heavy Chef
- 13:00 - 14:00 Powering Business With Purpose with Ndia Magadagela. Fireside Chat with Fred Roed of Heavy Chef
- 14:30 - 15:30 Make Your Life Your Life's Work with Justin Gomes
- 16:00 - 17:00 Living Life Intelligently (Not Artificially). Panel Discussion with Pierre du Plessis, Bronwyn Williams & Fred Roed of Heavy Chef
- 17:30 - 18:30 WTF: What The Future?! with Dr. Justin Cohen

10:00 - 12:00 | FEB 22 | SUNDAY

- 10:00 - 12:00 Retreat Reflections with Lekker Chats

Purchase add-on tickets online or on-site at Information Station. Subject to availability

goldenhour

Panel Discussion | Meeting Point | Women only | Men only | 18+ 21+ Must be 18 / 21 years or older to attend | Children must be accompanied by an adult