

The Drama Lama Mama, in collaboration with Kalkfontein Guest Farm, Kalkfontein Karoo Hiking Trails and GAAF Yoga Studio, Mindfulness Retreat.



Refice me in Terra Siti

(Refresh me in the land of thirst)

The Karoo's name is derived from the Khoisan word meaning, 'land of thirst'.

This journey started with me as a mother, wife, teacher... having a thirst for more. Nothing could quench my desire for something I did not know the identity of. Life has convinced me so many times that certain things would bring my being into serenity. This, however, was not true. I therefore started my journey of self-reflection. The aim was to figure out what would make the drought in my being endurable.

Only TWO things came to mind: The arts and my roots, the Karoo.

The arts, theatre, brought about an appreciation, letting that which you live inwardly, be placed in the vulnerability of the outside. To embrace the realness, the unconditional presence of being human. Without judgement. Just the universal realisation of, I am raw, I am mother, I am wife, I am friend, I am teacher, I am human, I am flawed.

Only when we accept these things can we begin to accept each other's humanity. Accept our own humanity.

For each mother, wife, friend...to begin this journey of embracing and accepting our own flawed humanity, we need to be present in a safe space that can assist us in this healing.

This safe space for me is the Karoo.

It is where I ultimately strive to be the best version of myself. It is where I reflect, where the arts and my soul meet. Where my roots are planted deep within the barren landscape of thirst. "For you are dust, and to dust you shall return."

I find myself in a constant conundrum of how to bring the Karoo and the arts together, taking into consideration that this is not the only ball I will have to hold in the air. The other balls of being a mother, wife, friend also need time in the air. But what if...this doesn't need to be one of the balls? What if this could just be the resting place for all the other existential parts of my humanity? What if all these circles of emotion and purpose could

find a resting place once in a while and that it did not need to constantly feel the overwhelming spinning that just contributed to this feeling of feeling overwhelmed. Heaven forbid that I should get rid of some of the balls and then assume that my humanity would be at rest. They form part of my humanity, my entirety. The balls that I keep in the air need to rest as well, they need to find their rest in my inwardness.

Therefore, I have vowed to connect and reflect and nurture the resting place. The core of my flawed self. For myself, and for all the balls that are spinning in the air.

I am inviting you to do the same.

Contact me if you would like to join:

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Refice me in Terra Siti Retreat Programme

(Refresh me in the land of thirst)

Day 1: Arrival at Kalkfontein Guest Farm between 12:00 and 14:00. At 15:00 we walk the Dassie trail of 4,5 km. As soon as the sun starts to set: sun set yoga session. Journals are handed out for the week's reflection.

Day 2: We start our journey on the Blue Wildebeest trail of 9,4km until we arrive at the mountain house. Afternoon activity: Pottery. Sunset activity: yoga. We sleep at the mountain house for the next 2 evenings.

Day 3: The trail for the day is the most challenging, but breath-taking. The Klipspringer trail is 6.2 km but will keep you invested for at least 5 hours. Afternoon activity: Rest and appreciate the tranquility of the Karoo. Read a book, take a nap, do as you please 😊 . Sunset activity: Sunset yoga. This is also the last night at the mountain house.

Day 4: We head down the mountain, back to where we started, following the Kudu trail of 11kms. Afternoon activity – Macramè Workshop. After our last sunset yoga session, in an atmosphere of gratitude, we prepare for our last long table dinner together, under the Karoo milky way,

Day 5: Goodbye, I hope that you are not thirsty anymore and that your soul is now a resting place for all the things that make it worth your while to roam this planet.

Surely we will meet again.

Go have a look at www.kalkfontaingasteplaas.co.za to appreciate the beauty our hosts have to offer. You can also follow them on Facebook @KalkfonteinGasteplaas

COSTS

- R4200 per person (includes accommodation for 4 nights, yoga sessions, all meals, hiking trails, workshops)

DATES:

6 – 10 October 2022

● Only 6 per group

- Group or individual bookings are accepted.
- Subject to availability and weather permitting (yoga)
- 50% deposit to ensure your place.
- Outstanding balance to be paid one week before arrival.
- No refund policy on deposits or final paid amounts.
- Meals provided
- 450 km from Cape Town, situated close to Merweville, Fraserburg and the Karoo National Park.
- Hiking Trails are Green Flag accredited.
- No experience needed for sunset yoga sessions. Please bring own yoga mat.
- Please remember swimming costumes as there is a splash pool as well as a hot tub at the mountain house.