

2022 Reset Retreat

Recovery & Self-care

10 - 13 March 2022

Blanco Guest Farm | Eastern Cape



www.ommysoul.com | www.blanco.co.za



2022 Reset Retreat

Recovery & Self-care

10 - 13 March

The last two years have been **Taxing...**

Trying...

EXHAUSTING!

Mentally, Physically, Emotionally and Spiritually.

We are thrilled to bring you **restorative, rejuvenative** retreats in 2022 at the stunning [Blanco Guest Farm](http://www.blanco.co.za) in the untamed Eastern Cape. Enjoy **good food, fresh air, rest** and **relaxation** as you retreat into **nature** with expert *Guides and Gurus* who can help you **restore balance, feed your soul**, and **nourish your over-taxed mind**.

Cost: R7000pp

EARLY BIRDS (*join before 15 February*)

R 5500 pp

INCLUDES:

Gentle, natural detox (through whole, organic foods))

Meditate with the Elements

Gentle, restorative Yoga

Hike in nature

Accommodation

Drumming

ADD-ONS:

Ayurvedic Health Consult

Massage



www.ommysoul.com | www.blanco.co.za



Balancing Break

Meet us at [magical Blanco Guest Farm](#), tucked away in the tranquil, untamed Eastern Cape. Surround yourself with **nature, wildlife, fresh air,** and **peace and quiet**, while our friendly staff look after and **pamper** you. Unique private and shared rooms available for some much-needed you-time. Enjoy our **rustic fireplace** in the **cushy lounge** with loved ones or in the company of on-site **Lifestyle Design Specialists & Spiritual Architects**.



www.ommysoul.com | www.blanco.co.za



Scrumptious

Soul Food

Enjoy **farm-fresh, locally-grown, organic deliciousness** prepared with *love and care* to tantalize your taste buds and nourish your soul in our **cozy dining room**.

Three hearty meals, a healthy snack and freshly brewed herbal tea and coffee will **refresh** you whenever you need a pick-me-up.

You will have the option to **learn** from on-site Ayurvedic Practitioners how to *create your own balancing meals* to continue your Healing Journey, if you so choose!



www.ommysoul.com | www.blanco.co.za



Restorative Ritual

We understand the importance of supportive habits. Come on a **revealing Journey** with us to discover which simple daily practices can help you reap continued benefits by improving your **immunity**, creating **space** in your mind for the things that really matter, and how to **balance** your unique body in the most beneficial way. Above all,

let's have some fun!



www.ommysoul.com | www.blanco.co.za



Grounding Getaway

What can you expect?

3 Hearty **Meals**, a sumptuous **Snack** & Healthy **Hydration**
Restorative **Yoga** & **Meditation** (Earth, Air, Fire, Water)
Guided Connection with Nature (Balancing, Grounding)
Bush Drives
Bonfire
Drumming Circle
One-on-One Guidance from Gurus
Inner-Exploration
Personalized Daily Rituals, Eating Plan etc (optional add-on)
REST!



www.ommysoul.com | www.blanco.co.za



Guiding Gurus

Elanie Beckett

As regularly featured on Talk Radio 702 and Cape Talk, EL brings more than 24 years of studying **human behaviour, spirituality, illness and disease, plant medicine** and **natural healing** to you in this amazing experience that promises to leave you feeling **educated, enriched** and **empowered**.

Having studied directly with mentors such as *Dr. KP Khalsa, Kate O'Donnell, and BK Shivani* enables **EL** to now bring you the Ancient Teachings of these Masters in a stunning natural environment that is conducive to deep self-discovery.

Ayurveda and Yoga teaches that **we are not broken beings** that need to be fixed. Our original perfection lies inside each of us, ready to be coaxed into the light.

Join us and learn what makes you unique, how your natural tendencies are your **greatest gifts** and how you harness your unique gifts to fulfil your ultimate **Purpose**.



AYURVEDIC PRACTITIONER | YOGA THERAPIST | AUTHOR | SPEAKER

Eddie Humphries

Courtesy of the inimitable *Martha Beck*, **ED** describes himself as a **WAYFINDER**, because we are definitely living in a wild, new world that needs to be discovered, and explored.

Frustrated with conventional religion and thinking, he has spent most of his life searching for the secret to self-mastery; that special knowingness that would bring such consciousness and connection as to lead to a **fulfilling, abundant** and **joy-filled** life.

He believes that we now stand at amazing frontiers, previously obscured by the mists of mysticism from all but the holy few, that need to be recognised, understood, and crossed. He will share with you how the latest research shows how science and meditation can combine to *make anything, and everything, possible!*

Join him, and discover the **most unique wonder** in creation; *that which is within YOU!!*



WAYFINDER/SPEAKER/SPIRITUAL ARCHITECT/HUMAN BE-ING



www.ommysoul.com | www.blanco.co.za



Reserve Rightaway!

We're limiting space... Book today

To ensure everyone's comfort, peace of mind and ample one-on-one access to the Hosts, we are ONLY taking along 12 participants this time.

To book, simply call 054 846 9163 or email
info@blanco.co.za

We can't wait to pamper and spoil you on this epic re-TREAT

Take a sneak peek ...



See it.

CLICK
HERE

Feel it.



CLICK
HERE



www.ommysoul.com | www.blanco.co.za

