CONSCIOUS BLOSSOMING

Where Leadership Meets Nature's Wisdom

Find your true nature in nature

KAMALA KAROO SANCTUARY · 23 to 27 April 2027

BARRYDALE, WESTERN CAPE, SOUTH AFRICA

Facilitated by Jill Manson · Hosted by Terry de Vries

Why Conscious Blossoming?

Conscious Blossoming isn't a retreat where nature is just the backdrop, it's the teacher. Every root finding its way around a stone, every bloom that opens only when it's ready, is already doing the exact thing you came here to remember how to do.

Sit with nature long enough and it stops being scenery. It becomes a mirror, quietly showing you where you've been holding back, where you're ready to open, and what's been waiting under the surface to grow into the light. This isn't about escaping into nature. It's about finally being seen by it.

Rooted in Nature, Guided by Wisdom

This retreat creates the ideal conditions to listen deeply to your own inner truth, often buried under stress, routine or expectation. When we drift from that truth, life doesn't always announce it, it just gets heavier. Nature doesn't struggle this way; a seed grows exactly toward what it's meant to be, guided by something greater than its own effort. When you return to relationship with something living that already knows the way, you can feel your way back to the path that was always meant for you.

Meet Your Hosts

Jill Manson · Facilitator

With 25 years in nature-based healing, Jill is the founder of the Flowerscape Method, using flowers and mindfulness to help people find their truth. An NLP practitioner, she has guided retreats and leadership journeys around the world with compassion and creativity.

Terry de Vries · Host & Co-Facilitator

An intuitive healer, yoga teacher and sound healer known globally for her work with labyrinths, Terry has spent 27 years in healing work, weaving labyrinth walking, sound and ceremony into deep emotional healing that awakens the authentic self and reconnects us with nature.

Your Soul Investment Includes

4 nights & 5 days' accommodation in the luxury wellness sanctuary Kamala Karoo
and the following experiences:

The Flowerscape Method

The ongoing essence of this retreat an experience of communication with,
and guidance from, the intelligence of the botanical kingdom of this place.

Sacred Ceremonies

Labyrinth Walking

To walk a labyrinth is to walk a sacred pilgrimage, a walking meditation to release stress, grief and trauma, find clarity, and boost creativity.

Cacao Ceremony

A heart-opening ceremony, honouring an ancient plant medicine as we set intentions for the days ahead.

Nature's Wild Places

Each day we step out into the wild beauty that surrounds us, from quiet coastline to ancient indigenous forest and hidden mountain streams. We walk slowly and in silence, breathe deeply among the trees, and let the rivers, rocks and open skies remind us of our own natural rhythm. These are places that ask nothing of us except to arrive, soften and simply be, and in that stillness something within us begins to bloom.

Foraging, Stars & Soul

We gather blooms from the land and let our hands create freely, finding a quiet kind of meditation in working with flowers. As night falls beneath the vast Karoo sky, we come together in gentle, heartfelt circles to explore the unseen patterns and threads that shape our lives. Around the warmth of a sacred fire, under a blanket of stars, we release what no longer serves us and reach deeply into the quiet, sacred soul of who we truly are. It is a time to open, to reflect and to rediscover the beauty that lives within us.

As Well As...

- Delicious and wholesome meals daily
- Infra-red sauna sessions and saltwater pool swims
- A tea ceremony with breathwork
- Fire ceremony with smudging, and a closing sound healing bath
- Snacks, teas, coffees and refreshments throughout
- Morning bodywork, mindful movement and meditation (optional)
- A gift bag and journal

Post-Retreat Support

Your growth doesn't end when the retreat does. You'll receive:

- A one-on-one online support session with your choice of facilitator (45 min)
- Access to a private online community of retreat alumni
- A one-hour group coaching call, one month after the retreat
- Exclusive content & resources to integrate your new insights

Your Soul Investment

R24 500 pp - private room (4 available)

R20 500 pp - sharing, twin room (3 available)

R12 500 pp day visitor - own accommodation sourced

A preferential local rate is available to South African citizens and residents.

The Practical Details

What's Not Included

Travel to and from Kamala. We suggest hiring a car from Cape Town or George airport; George may be the shorter drive.

What to Bring

Walking shoes • sun hat • sunblock • mosquito repellent • torch or headlamp • warm clothing • rain gear • swimsuit
beach towel • rock pool or river shoes

Retreat Times

Arrival: Friday 23 April, check in by 2pm
Departure: Tuesday 27 April *(Freedom Day)* from 12pm

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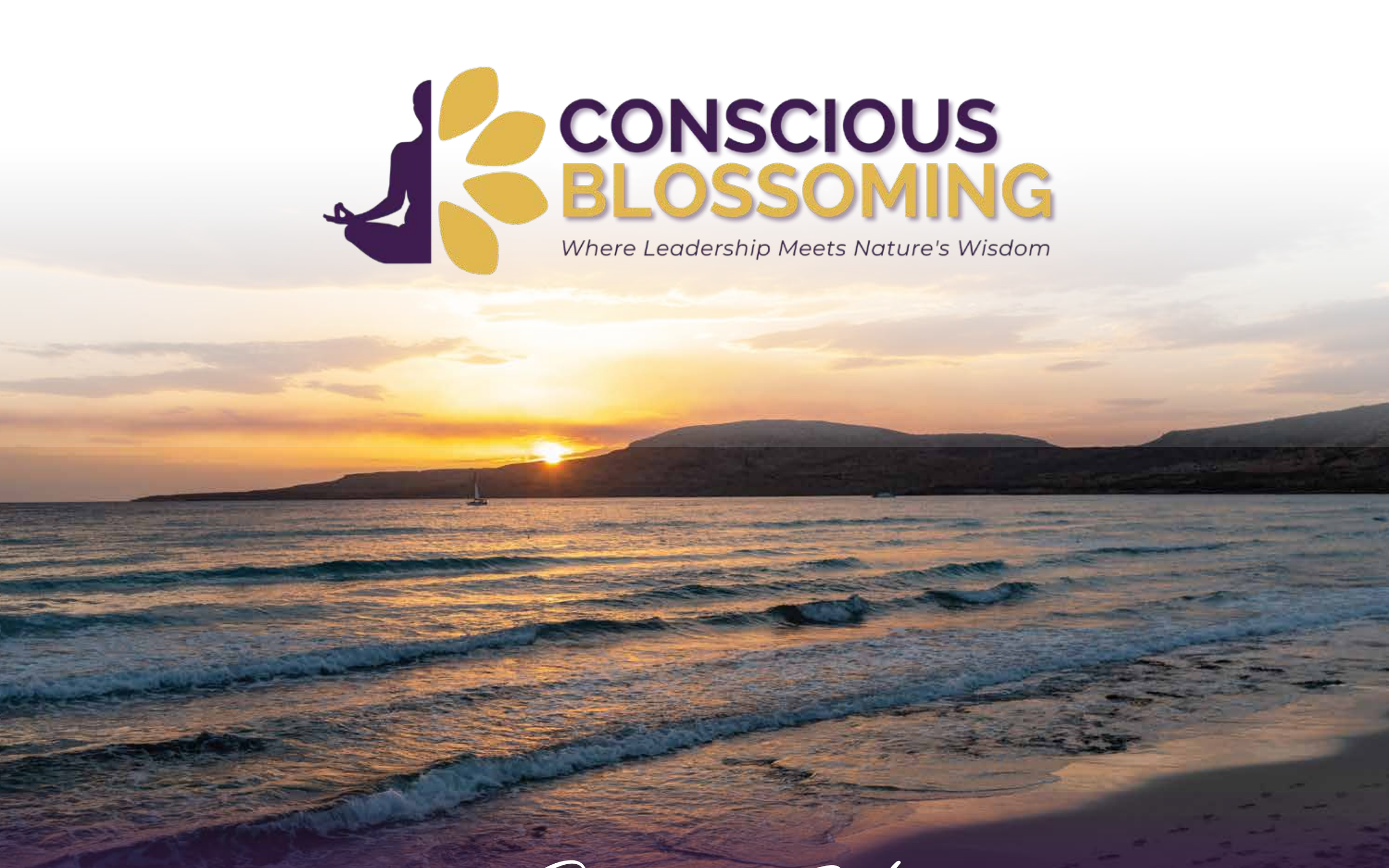

Contact Us

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ON SITE SPACES ARE LIMITED · MIN. 7, MAX. 10 SOULS

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