



A COLLABORATION BETWEEN:

consciouslead — and —  JILL MANSON
FLOWER JOURNEYS

Thank you for your enquiry for more information on the Conscious Blossoming retreat happening on the 15 to 18 August 2025 in Sedgfield, Garden Route South Africa

The total cost for the retreat is

- R18 500pp private room ensuite
or
- R16 500 pp sharing in a twin room (with one other person)
or
- R12 500 pp for day visitors (own accommodation sourced - delegates are requested to arrive in time for breakfast or join the early morning body work sessions stay till the after dinner session is concluded)

The investment above includes the following:

- **3 nights and three days accommodation** in a 4 star boutique guesthouse venue called In Toto (see a video of the venue here <https://youtu.be/dWFHYHLBYel>)
- **Daily and ongoing personal development sessions with three facilitators: international conscious leadership experts Dale Allen and Trevor Stevenson, and flower communication expert and nature intuitive Jill Manson.** These sessions involve daily in-depth exploration of the self, guided personal practices, and transformative experiences. They aim to address and overcome stuck states or unwanted personal patterns, with a focus on returning the body and mind to a state of ease, mental relaxation, inspiration, clarity, and renewed energy. This includes the powerful and unique Flowerscape experience facilitated by Jill where you will experience a communication with and guidance and messages from the intelligence and wisdom of flowers and other elements from the Botanical Kingdom that is unique to your life and personal story or mental emotional and spiritual path and state.
- **3 x delicious and wholesome meals daily**
- **Snacks, teas, coffees and refreshments during all processes**

- **Morning bodywork and mindful movement sessions and meditations (optional)**
- **Gift bag**
- **Journal**
- **All nature based guided talks walks activities and excursions which include:**

- ✓ **Biowise biomimicry excursion**

Biomimicry is a journey of remembering and reawakening to our true nature; reconnecting with our planetary home. This guided walk in the Knysna forest is educational, inspirational and immensely thought provoking and humbling and allows us to see and apply Nature's patterns and strategies that we may re-establish a deep, meaningful relationship with Life on Earth and find our way back to belonging.

- ✓ **Silent mindful beach walk at sunset with night rock pool gazing**

Silent walking meditation on the beach finishing off with a fun and exhilarating sunset hike to the top of the famous Gerickes point and sundowners with a magnificent view.

This is a natural wonder, a coastal spot known for its unique rock pools, fossilized dunes, and iconic sandstone formation resembling a crouching lion. The area offers stunning views, opportunities for wildlife viewing especially at low tide when the rock pools are accessible and snorkelling is a wonder! With the full moon having been on 9 August we should still have enough moonlight (weather depending), providing an amazing opportunity to see the ocean life in all it's glory by looking into a rock pool in the pool of light from your headtorch or handheld torch. This provides such a view into these pools filled with life.

- ✓ **Guided, fun-filled indigenous forest bathing and walk in the Robberg Coastal corridor**

This enlightening and deeply connecting and grounding walk in the nature reserve includes forest bathing in the belly of the ravine and a dose of *laughter yoga* under a giant yellow wood tree called Gandalf.

- ✓ **Botanical creative play workshop**

Using a basketful of farm foraged flowers picked and chosen by you at a magical flower farm along with other nature elements and vessels, engage in a mindful and inspiring session of artistic expression of self through flower arranging led by Jill Manson

- **Post-Retreat Support: YOUR GROWTH DOESN'T END WHEN THE RETREAT DOES.**

PARTICIPANTS RECEIVE:

- ✓ One-on-one online therapy or support session with your choice of any one of the three facilitators (45min)
- ✓ Access to a private online community of retreat alumni
- ✓ A one-hour group coaching call one month after the retreat
- ✓ Exclusive content and resources to help integrate new insights into daily life

Not covered in the cost

- Travel costs for you to get to the retreat and home again
(a shuttle can be arranged for you from the airport in George to the venue and back on day of departure to In TOTO if required at a cost of approx R600pp)
- Alcohol (please bring your own if you wish to partake in a glass or two at dinner or around the fire in the evenings)

Please remember to pack the following in to bring along with you:

- Pen/s
- Mosquito repellent
- Walking shoes
- Sun hats
- Headtorch/Torch and batteries (phone torches will not work well on the nightrock pool experience)
- Yoga mat if you wish to use your own otherwise, we will have one for you
- Raincoat/Umbrella
- Sunblock
- Something warm to wear
- Swimming costumes
- Beach towels
- Rockpool shoes or river walking sandals (sneakers will suffice however they may get wet)

Retreat times and dates:

- Arrival and check in at IN TOTO Sedgefield please by 11am on Friday 15 August 2025 as we start the program at 12pm
- Retreat ends at 2pm on Monday 18 August 2025