

# *Spirit of Africa*

*Join us on the adventure of a life time and let the warmth, passion, wildness and magic of Africa into your Heart and Soul. Once you have been touched by the Magic and Beauty of what Africa has to offer, life will never be quite the same again ...*

*If you feel the calling contact Adrian  
0400424417*

*[www.SpiritofAfricaJourney.com](http://www.SpiritofAfricaJourney.com)*

# *Spirit of Africa*

*A 21 day Spiritual Journey to  
South Africa, Namibia,  
Botswana and Zimbabwe*

*You are invited to join us on a journey of a lifetime to explore, discover, meet and embrace the magic and beauty of Africa*

*24th August-14th September 2019*

# Spirit of Africa

## What should you expect by joining this 21 day journey?

This Spirit of Africa Journey has been created to give you a very unique, powerful and memorable experience. Each day there will be a wonderful blend of activities, adventures and experiences to give you a deeper connection to your own inner spiritual journey and also a connection to the deep spirit of Africa.

On this special and carefully created journey you should expect, and will receive, a variety of very interesting, educational, insightful, soul nourishing, positively challenging and wonderful experiences and opportunities to deepen your spiritual awareness, understanding and knowledge. Each day we will offer and support you to go into your heart and soul and sometimes go out beyond your comfort zone to experience some incredible opportunities and experiences that will help you to grow and transform - physically, emotionally, mentally and spiritually.

With Adrian's skill and expertise in group work and spiritual investigation and practice, and with his many friends and connections in Africa, you will not find a journey like this being offered by anyone else. This 21 day journey has been created and filled with a wonderful blend of amazing people, places and experiences to expand and fill your heart and soul and mind. From walking and exploring sacred Table Mountain and its surrounds in Cape Town, visiting sacred caves with ancient cave art, to walking, boating and driving safaris and visiting an African orphanage, your days and hours will be filled with fun, adventure, surprise and intrigue.

With all the planning and creating and communication that will happen between now and the first day, our journey really does begin well before we meet up in Cape Town on Saturday 24th August. It will end (if it ever does) with our final flight out of Namibia to Johannesburg, South Africa, three weeks later. Oftentimes, these sort of spiritual journeys connect people in very deep ways and life long connections and friendships are often forged.

Part of this journey is about you stepping in and out of your comfort zone and finding what you need for yourself, to support you in deepening your spiritual life. You will certainly get lots of opportunities to do this. As we travel from one place to the next, we will be sharing our experiences with one another and sharing some of what is going on for us in terms of our own personal growth. The meal times are also a great time to share and get to know each other. With everything from basic camp food to some lovely restaurant dining, you will get to share in a great range of food experiences; some at a table, and some out in the wilderness.

## Getting to and from South Africa

Depending on where you are departing from, there are several options on how to get to South Africa. Ideally it would be good if you could arrive a day or more before our start date, which is Saturday 24th August 2019. This way you can be nice and fresh and ready to go.

If you are travelling from Australia there are several options and the flight times and costs vary depending on which airline you use. If you want the shortest route and time - then flying from Sydney or Perth direct to Johannesburg (JNB) and then onto Cape Town is the best option. Flights from Sydney to JNB can be as short as 20 hours. The cost for a return economy ticket is around the \$2,000 - \$2,400. There are cheaper options with longer flights via Singapore and other countries; however, these flights can take up to 30+ hours. And if you are not one already, it might be worthwhile joining a frequent flyer club to save your voyager points.

If you are flying from the USA or another country, check with your local travel agent for the best options.

The final flight that we take as a group will be from Namibia to Johannesburg on Saturday 2nd September. From there you can stay in JNB, make your way home or head off to another destination. Remember to prepare your itinerary to match the dates and times of this tour for best results.

## Travel in South Africa, Namibia, Botswana & Zimbabwe

We will be using recommended and licensed buses, coaches, taxis and airline companies during our travel and will experience a range of travel experiences, from high comfort to somewhat 'bumpy and wild' experiences. Some of the roads in Africa can be a little on the wild-side and very dusty, especially out in the areas away from large towns or cities. If you have any travel sickness concerns, it may be worth bringing along some travel sickness tablets. Ginger is also very good. The internal flights that we take will be economy class, so our luggage weight should be kept to the required weight (usually 20kg's).

The less you pack the less you have to carry, and remember, you may wish to buy things as we travel about and you will have to fit those into your pack too.

As Africa can be a dangerous and challenging place, where thieves sometimes target visitors, it is highly recommended that you stick to the laws, guidelines and recommendations and do not take any unnecessary risks that could pose a threat or endanger you or anyone else. Let's all aim to have a safe and happy journey together and make this a very safe and memorable journey.

Whatever your travel arrangement are, you will be required to send Adrian a copy of your flight times and details at least 12 weeks before our starting date in Cape Town.

*Here is to a wonderful journey together - Bon Voyage!*

14. Our policy on drugs and alcohol and cigarettes is that the tour is a drug and alcohol free tour and cigarette smoking is not permitted at any time during the tour.

15. Our payment, deposit and cancellation policy. Once you have expressed your interest in joining this 21 day journey, you will be asked to fill out a booking form and pay a non-returnable deposit of \$500 (or you can pay the full amount or enter into one of the other payment options) to confirm your booking. On receipt of the completed booking form and payment, you will have your place secured. If you are paying the 'early bird' payment (\$9,300), it needs to be paid in full by November 30th 2018. After November 30th, the total price is \$9,997 and is to be paid in full, no later than March 30th 2019. Payment plans are available upon request.

16. If the tour is cancelled by Adrian, you will get a full refund of your deposit and any other payments made. If you cancel anytime within 20 weeks of the start date (Saturday 24th August 2019) you will be subject to a cancellation fee of \$3,000. If you cancel inside 6 weeks of the start date (Saturday 24th August 2019), you will be subject to a cancellation fee of \$6,000 to cover any costs and inconveniences incurred.

17. And this is the last of the policies, procedures, agreements and conditions and is probably the most essential one of all. By signing up for this 21 day *Spirit of Africa* journey you will need to commit to engage, to the best of your ability, to have fun, muck in to help, support others and open your heart, soul and mind to an amazing and wonderful journey.

During the 21 day journey a donation will be given to the Botshabelo orphanage community as a token of our support. If you wish to make a private donation please speak with Adrian and he will help to arrange it.

**By signing up and joining us on this tour, you are stating your agreement and fully agreeing to the policies, procedures, agreements and conditions set out in these pages. Your signature on the booking and personal information form will verify this agreement. If there is anything that you need to discuss with regard to any of the policies, procedures, agreements and conditions on these pages, please contact Adrian to discuss it.**

**By joining this 21 day *Spirit of Africa* journey and using the services offered to you, you are asked to take full responsibility for your body, mind, soul and spirit and by doing so, you hereby formally release Adrian Hanks, and any of the supporters, facilitators, guides or rangers, absolute and completely from any compensation claims, liability or blame whatsoever.**

I am looking forward to meeting up with you in Africa on the *Spirit of Africa* 21 day journey and sharing an amazing time with you. In Gratitude and Joyous Creation, Adrian

All your main meals (breakfasts, lunches and dinners) are supplied; leaving the choice and purchase of snacks and extra's to you. On the days where you have free time, the main meals are not supplied. Non-alcoholic beverages are supplied during the main meal times and because of the spiritual nature of this tour, the consumption of alcohol is not permitted. We cater as best we can for special diets., but sometimes your flexibility will be needed.

Accommodation is twin or small group share with double rooms for couples. Some single rooms may be available. Should you wish to have a single room you will be charged a single room supplement.

One of the special highlights, and there are many, is to go on a 3 day/3 night Walking Safari, with overnight sleep-outs under the stars in the Hluhluwe- Imfolozi Game Reserve in Kwa Zulu Natal. Sleeping bags and back packs will be issued, so there is no need to pack these things. Clothes washing facilities and services will be available during the tour. A suggested list of what to bring will be sent to you once you have booked in. The less you bring, the less you have to lug around and carry with you. Africa is a great place to buy cheap clothing, so perhaps you might like to think about buying some items as you travel about.

Another thing to remember is your personal hygiene and your health and wellbeing. We will do our utmost to look after you, however your responsibility with your own hygiene and health and wellbeing is essential for both you and the comfort of the other participants. There will be many activities where you will need to walk for several kilometres a day and you will need to keep up with the group. You will also need to take responsibility for your own vaccinations (check out what you feel you may require), medication and any other medical or health needs, concerns or issues that you have. All in all, for this 21 day journey, you will need to be in fairly good physical, emotional, mental and spiritual condition. If you get sick or injured we will do what we can to support you, however you may have to be separated from the group. If this occurs we will seek medical, emotional or other support for you as best we can - some of which may be at your own expense.

We will be visiting cultural villages/orphanages and meeting many health and healing practitioners. All these group costs are covered, if you wish to receive a private session with a Sangoma or any other practitioner or healer, this is not covered in the tour cost and will be a private transaction between you and the other person. In Botshabelo, the community orphanage that we will be visiting, a donation will be made by Adrian on behalf of the Spirit of Africa Journey from payments that you make. All other tips for meals and guides are covered. If at any time you wish to donate money or offer a gift to anyone whilst on the journey, please feel free to do so.

## *The Spirit of Africa policies, procedures, agreements and conditions*

Our policies and procedures and agreements and conditions are set out in an easy way so that it is clear what you can expect from us and what we can expect from you.

First and foremost, we want this special journey to be something that you remember as a positive, uplifting, insightful, fun and life changing experience. To do this we believe that it is good practice to have some clarity right from the beginning, before you make the commitment to sign up with us for this 21 day *Spirit of Africa* journey.

There will be a group of up to 8 - 10 people travelling together for 3 weeks and everyone's comfort and health and wellbeing is foremost in our minds. To ensure a great journey, for both you and all of the people who choose to join us, we request, and will expect, several things from each person.

1. We request that you stay with the group at all times (especially in the game parks!), apart from the free time that is allocated during the journey. Your inclusion and participation in the activities; including social times and sharing times, are all part of the journey of exploring and discovering both ourselves and Africa on a deeper spiritual level.
2. We also request that you leave the facilitating and guidance to the facilitators and leave your teacher, trainer or facilitator self at home to rest. Along with Adrian, who is a very professional and experienced facilitator, trainer, coach, counsellor and psychotherapist, all of the supporting and guest facilitators and guides are very professional and experienced in their work. Just kick back and leave it all to us.
3. Much of this journey will be about exploring, discovering, transforming and deepening our understandings, our capacities and our growth as human beings; physically, emotional, mentally and spiritually. This will probably mean that we will need to be much more mindful, tolerant, patient, and perhaps, much more forgiving and compassionate with our fellow travelers than usual. You may even require this yourself from others occasionally during the 21 days that we spend together.
4. One of the other things that we would ask from you is that you follow all safety procedures and recommendations from anyone who is holding, leading or working with the group or with you individually. What we do not want, is for anyone to step outside of our safety guidelines and find themselves in any difficult or dangerous situation. The crime rate is very high in Africa and the African animals, and some of the terrain that we will be covering, can be very dangerous.
5. Please disclose to Adrian any snoring, sleep walking, sleep talking, insomnia, sleep apnea or any other thing that you do or have, that might possibly disturb others. If you, or anyone else, disturbs the rest and/or the sleep of other people and they make a complaint, then Adrian will take the responsibility of either moving you or discussing other options or actions to help support and/or improve the overall situation.
6. If you are not well at any point on this journey we will do our utmost to support you in whatever way we can. It will be Adrian's decision on whether you can or cannot do certain activities or visit certain places due to your health condition.

7. This brings us to the question of someone behaving above and beyond the tolerance, patience, acceptance or compassion of the group and/or the facilitators. If, in the very unlikely event of this happening, Adrian will hold the right and the responsibility to ask that person to leave the group. Their participation in the journey may well come to an end. Of course, all possible measures will be taken to avert this course of action, but if, after a certain time, it is deemed that the person or persons are still behaving in a less than acceptable manner, they will be asked to leave. If this occurs, there is a no refund policy and travel will be arranged to get the person or persons back to Johannesburg or Cape Town, South Africa (at their expense).

8. Our insurance policy is very easy. You organize and do your own! This needs to cover your health and wellbeing, hospital cover, travel (such as cancellations of flights) and loss of luggage and personal goods. You must send a copy of your insurance policy to Adrian to ensure that you are covered for the whole of the tour. If you do not have insurance, you cannot travel with us. If at any time anyone is sick or needs medical/hospital attention, all possible actions will be taken to ensure that the person involved is taken care of in the best possible way. If you are unable to be with us for any part of the journey for any reason once we commence, we will do our best to support you. However you will be responsible for your own accommodation, food and care if it is outside of our itinerary and/or agreements and conditions.

9. Our policy on food, drinks, shopping and personal items is that we supply all breakfasts, lunches and dinners along with non-alcoholic beverages (except on the days where free time is allocated) and you supply any other needs that you have.

10. All border fees and entry visas whilst travelling with the group (for Namibia and Botswana), internal travel (domestic flights, coaches, buses, taxi's) and all park and accommodation and facilitation and guide fees are covered. Any side trips, excursions or private sessions or treatments are at your own cost.

11. If you have any physical, emotional, mental, spiritual or medical conditions or ailments that you believe could place you, or anyone else in the group, in any possible jeopardy, danger or difficult situation, we ask that you disclose this on the booking form so that all necessary precautions can be put into place. In this way we can all have a more relaxed and enjoyable journey together. Whilst you are on the *Spirit of Africa* 21 day journey, any health state changes are considered to be synchronistic. You should always consult a qualified healthcare professional with questions about any medical conditions.

12. Travel documents are to be up to date and all necessary visas and entry permits will need to be arranged and included for your tour. PLEASE CHECK with your travel agent for all your requirements. A valid passport with at least 12 months of use before it expires is generally required for overseas travel. A list of all the *Spirit of Africa* participants will be sent out 3 - 4 weeks prior to the start date to familiarize ourselves with the names of our fellow travelers.

13. You will need to sign some 'responsibility release forms' during this journey with some of the people/companies that I work with. This is compulsory for this Spirit of Africa Journey. This means that you are solely responsible for any injuries.