

Spirit of Africa Journey 2023

Join me 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.

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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 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 whole being. 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 safari's and visiting an African orphanage, your days and hours will be filled with fun, adventure, surprise, and intrigue.

Oftentimes, these spiritual journeys connect people in very deep ways and lifelong connections and friendships are often forged.

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 19th August. It will end (if it ever does) with our final night at a Safari Lodge near Johannesburg, three weeks later.

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 share some of what has been going on for us in terms each day of our own personal growth.

The mealtimes are 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.

Please check for any Vaccination requirements or polices to and from your country. I will keep you up to date with any requirements for the counties we are visiting.

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 so before our start date, which is Saturday 19th August 2023. This way you can be nice and fresh and ready to go. I can help you with that too.

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 (JB) and then onto Cape Town is the best option. Flights from Sydney to JB can be as short as 20 hours. The cost for a return economy ticket is around the \$2,000 - \$2,600. 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.

I have a travel agent who can help you out. Just let me know.

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

We all fly economy with our internal flights. I book all these, so you will need to let me know if you have any special needs - EG food diets.

Travel in South Africa, Namibia, Zimbabwe, and Botswana

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 is, 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!

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 mealtimes and because of the spiritual nature of this tour, the consumption of alcohol is not permitted, although, given that we are all adults and can make up our own minds, the occasional glass of beer or wine at the end of the day might be a nice thing to do. We cater as best we can for special diets.

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 and support the local economy!

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.

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 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 the people who choose to join us, we request, and will expect, several things from each person.

- 1. We request that you always stay with the group (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 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 psycho-therapist, all 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 travellers 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 we 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 apnoea, or any other thing 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. This brings us to the question of someone behaving 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).

7. Our insurance policy is very easy. You organise 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 (at your own expense).

8. 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 you have.

9. All border fees and entry visas whilst travelling with the group (for Zimbabwe, 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.

10. 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.

11. 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 travellers. We will do some Zoom calls too.

I trust you will be in agreeance with all that is written. When we all have the same understanding and agreements, it makes for a much more harmonious and pleasant journey. Thank you.