

RETURN TO SELF

Healing RETREAT

RETREAT ONE



This Retreat is **your invitation** to pause, return inward, and rebuild **the sacred relationship you have with yourself**.

BEFORE WE:

- Heal trauma
- Build relationships
- Expand business
- Enter deeper spiritual, psychedelic or shamanic work

WE MUST:

- Feel safe within ourselves
- Reconnect deeply with the body
- Regulate the nervous system
- Access internal awareness
- Begin removing the blocks that keep us stuck

Return to Self lays the *baseline capacity* for all **future transformation and healing**.

THE FOUNDATION OF INNER SAFETY

Return to Self is the **first of four experiences** in a *unique transformational series*, created to support **deep personal, emotional and spiritual reconnection**.

Many of us move through life in survival mode. *Over-functioning, numbing, striving, performing, managing and carrying more than **the body was ever designed to hold***.

This **two-day immersive retreat** in **Johannesburg** offers a **deliberate pause** from the noise, pressure and overstimulation of daily life.

Set in a **peaceful, nature-based environment** with limited signal and fewer distractions, you will be invited to **slow down, reconnect with yourself**, and **begin releasing the internal blocks** that keep you feeling *stuck, anxious or disconnected*.



WHAT YOU WILL EXPERIENCE

Through **reflective self-development, body-based practices, nature connection, healing ceremony, and intentional group process**, you will be *guided* toward greater self-awareness, emotional regulation, and inner steadiness.

This experience includes:

- Guided self-development processes
- Nervous system regulation practices
- Nature-based grounding
- Healing ceremony
- Cleansing water ritual rooted in African spiritual tradition
- Workbook for reflection and integration
- Connection with like-minded individuals
- Personal access to **Nikki** and **Dodzi** in an intimate retreat setting
- Post-retreat consolidation
- Discount on the next retreat in the series
- Optional deeper intensive experience available



A SACRED RETURN INWARD

Africa has long been a profound source of spiritual wisdom, ancestral healing and energetic restoration. This retreat honours that lineage while welcoming all religions, beliefs and backgrounds with respect, reverence and openness.

You will be supported in exploring what it means to become ready to receive — whether in healing, relationships, abundance, purpose, career, business or the deeper relationship you have with yourself.

This is a **homecoming to the self** beneath the stress, the armour, the survival responses and the old patterns.



Clear, connect and

RESTORE

Venue: Peninsula on the Vaal

MEET YOUR FACILITATORS



Nikki Munitz
Self-Esteem Guru and
Wellness Coach



Dodzi Agbenafa
Shaman and
Spiritual Guide

consulting@nikkimunitz.com

Spaces for **Return to Self** are *intentionally limited* to elevate the *depth, intimacy and integrity* of the experience.

Secure your place today.

BOOK NOW