

RESOURCE. RECONNECT. RESET.

Lumminos

the re-source yourself retreat

3-Day Women's Retreat

6 - 9 March 2025

Gwahumbe Game Lodge & Spa
KwaZulu-Natal, South Africa



Re-Treat & Re-Source Yourself

This is an in-person experience designed specifically for YOU - the kind of woman craving quality time to pause, reflect, reset, and reconnect with herself and other like-minded, genuine women.

As women we have learned to live in the unknown, to navigate the uncertain, to move with the unrelenting pace of change, to juggle demands, to nurture, to love, to parent and to perform to the highest levels of excellence across the span of our personal and professional roles.

In magnificent, tranquil surroundings you will get the unique opportunity to receive and share practices, resources and tools to explore what it means to be a wholehearted woman living and courageously leading in today's world.



*Give us your time for
three days and we'll give
you back your body,
mind and spirit.*

Definition of Resource

"All the materials available in ourselves and our environment which are accessible, feasible and culturally sustainable which help us to satisfy our needs and identify our wants."

reasons to
step in

01

reflect

Reflect on your year to date and set aside your roles and responsibilities to focus on YOU.



02

immerse

Immerse yourself in nature and draw inspiration and creativity from the surroundings.



03

play

Step into a few easy, gentle, and playful movement experiences with the sole purpose of energising your body, cultivating fun, joy and vitality.



04

participate

Participate in discussions and reflective learning sessions themed around the ten guideposts for wholehearted living.

Build skills for empathy and self-compassion while loosening the grip of perfectionism and burnout.

Discover rituals, habits, tools, and practices to bring you more joy, ease, clarity, connection, and wholeness.

Reconnect with yourself to cultivate a more sustainable, satisfactory, and resourceful way of **being** in your world.





TESTIMONIALS

Feedback and gratitude from past retreat attendees

I wanted to spend and invest time on myself and I did this and more. I loved the silent walks, journaling, sound journey, the workshop elements, dancing, time to sleep in and learning from other incredible professional women on how to become a wholehearted person. I can't recommend this retreat enough.

– BOITUMELO

This retreat was a gift to myself to withdraw from the world and focus on me. To reinvigorate my body and mind and have clarity to plan for the year ahead. And I definitely achieved that.

– RENIRA

My intention was to truly resource not just my tired body but also my spirit and mind. That expectation was met as I left feeling energized and full of peace.

– KRISTY

This was a necessary slowing down and switching off for a few days which brought a new perspective into my life. It was like pressing the pause button before hitting play again to close the year on a power high!

– EMY

This was my first ever retreat experience. All my expectations of what this could be were exceeded. The experience was beautifully designed with great attention to detail while still being creatively flexible. Connecting with and tuning into other women's experiences was powerful. My tribe just got a whole lot bigger!

– TRACY

I loved the retreat themes because each spoke to a holistic approach of being a woman - professional, personal, mother, wife, daughter etc.

I loved the emphasis on wholehearted women and cultivating practices.

I left with an action plan on where to start.

– KATLEGO

This retreat exceeded my expectations. I was looking to reset and take a break from a busy life, not only did I get to do that, but my mind, body and soul were also rejuvenated.

– SANTHANA

I needed to rest and also find my joy again – both intentions were fully met.

– LORETTE





“

Almost every woman I encounter tells me a story of depletion and a quiet yearning for **safe spaces, beautiful places, and authentic faces** where she can put down her mask, catch her breath and return to herself, maybe to even experience joy, freedom and community. I know because I'm one of these women. I've spent the last 3 years travelling the world attending a variety of retreats. Here, I offer you the gems of my discovery. - *Julia*

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“With an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

Brené Brown | ATLAS of the HEART



Location

GWAHUMBE GAME LODGE & SPA

This retreat will be hosted at **Gwahumbe Game Lodge & Spa** located in Mid-Illovo, part of the greater Gwahumbe Valley - just an hour's drive from Durban in KZN, South Africa.

The Program

What you need to know for now

Fly in to Durban International Airport. It is a 60-90 min drive to the lodge. An airport shuttle can be arranged.

Arrival at Gwahumbe:
Thurs, 6 March at 12 noon.

Checkout:
Sun, 9 March from 12 noon.

If you'd like to stay on further, please book with Gwahumbe.

Each day will offer a series of themed activities:

Movement experiences including Nia dance, mindfulness, walks, game drives, sound bathing, reflection and group learning discussions, breath work, body treatments, and of course time to relax, chat, eat delicious food and rest.

On payment, the full program will be shared with you.



INVEST IN YOURSELF

R16 500 pp

Package rate, excl. VAT

This investment includes:

- 1 Three nights accommodation - enquire into the single or sharing room rate.
- 2 All meals and teas over three days.
- 3 Several facilitated learning, reflection and discussion sessions, and all learning resources and materials.
- 4 Game drives.
- 5 A generous Re-Source Yourself Retreat gift pack and room drops.
- 6 Daily Nia dance and mindful body & breath movement practices.
- 7 45min massage / spa treatment.
- 8 A sound journey experience.

This investment also includes one Post Retreat Circle Back connection.

This is an exclusive, once off experience and numbers to attend are limited.

Early booking is highly recommended.

Full payment will secure your participation.

To reserve your booking contact Gwahumbe directly at info@gwahumbe.co.za.

To find out more about the retreat itself, contact julia@lumminos.co.za.

YOUR RETREAT FACILITATORS



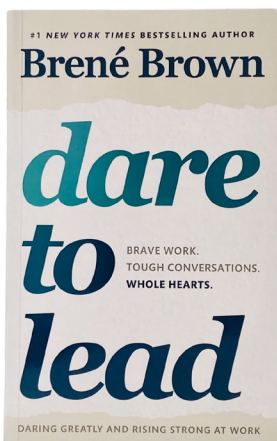
Designed and facilitated by professional coach, keynote speaker and Certified Dare to Lead Facilitator™ of Dr Brené Brown's courage-skillset work, Julia creates immersive, inclusive, fun and transformative retreat experiences which provide multiple, bespoke opportunities for people to step in, to pause, reflect, learn, and to deeply connect with themselves and others so they can step out and forward into their lives and workplaces feeling refreshed and refocused on what matters most.

Rebounding from burnout and seeking greater professional autonomy and personal meaning, Julia started Lumminos Coaching, a full-service coaching and leadership development consultancy, in 2008.

She is very happily married to Vaughan and is an aunt and stepmother to young adults, a NIA Black Belt trained dancer, intrepid traveller and somewhat obsessive learner. She loves her three Maine Coon cats Sabba, Cara and Chandi, reading, cycling, spotting birds and all things related to good connection, conversation, food, culture and non-peaty whisky. She has a big heart for sharing communication and courage skills in corporates, businesses, communities, and schools. She does not eat coriander, ever.

Julia Kerr Henkel

COURAGE CARE AUTHENTICITY

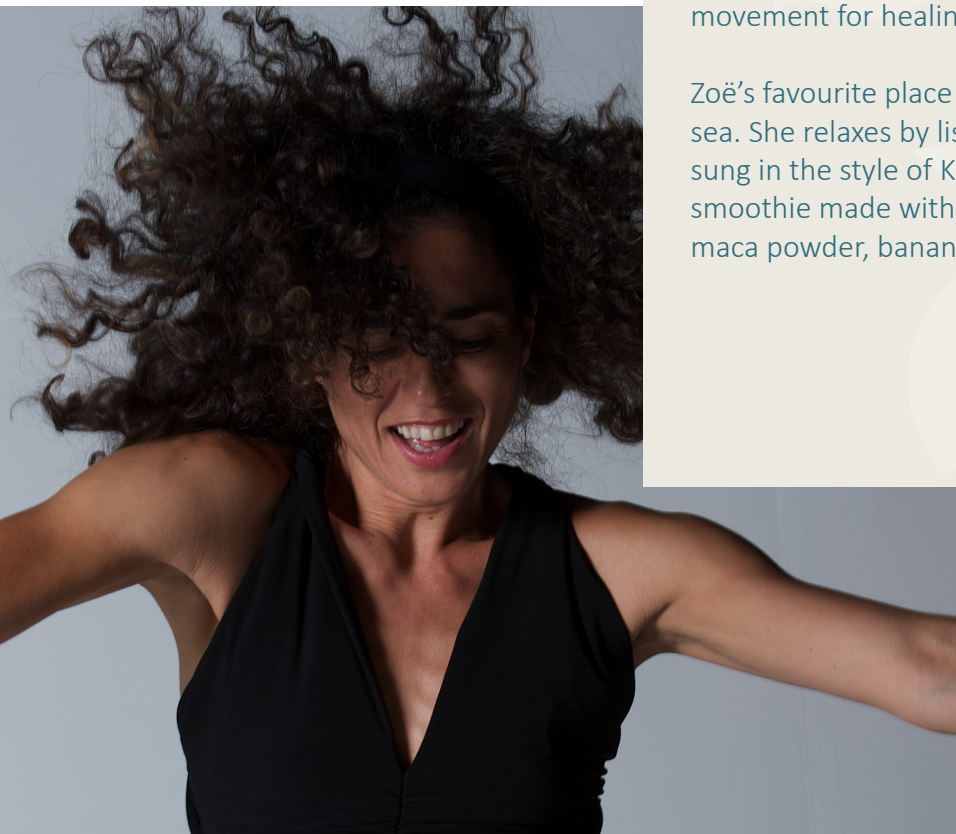


In March 2019, Julia studied with Brené Brown in Texas and is one of her Certified Dare to Lead™ Facilitators.



Zoë Katakuzinos

MOVEMENT MUSIC MAGIC



YOUR RETREAT FACILITATORS

Zoë is a First-Degree Black Belt Nia Instructor. Zoë's purpose is to live a deeply sensuous and connected life using the body, music, and movement as her guide and teacher. She encourages people to open up to sensation, to feeling, to healing, to playfulness and imagination. Zoë is the founder and visionary of studioLife where she teaches Nia, guides free dance, creates choreography, and facilitates movement experiences.

Zoë also has a degree in Computer Science and develops and deploys custom software solutions for a leading scrap-metal recycler and waste-management solution company in her home town of Johannesburg. She loves the combination of logic and creativity in both her computer work and her movement art.

Zoë is trauma informed and as a breast-cancer survivor and mother of two, she is currently studying to assist people in using movement for healing and well-being.

Zoë's favourite place to be besides the dance studio is in the sea. She relaxes by listening and meditating to Sanskrit mantras sung in the style of Kirtan and her favourite meal is her signature smoothie made with avocado, double-cream yoghurt, cocoa nibs, maca powder, banana and honey which she eats everyday.

Zoë is a Nia Black Belt Instructor, Software Developer and owner of studioLife where she teaches the joy of movement to women of all ages and levels of fitness.

For bookings contact

Gwahumbe

info@gwahumbe.co.za

+27 82 347 6536

For more information on the retreat contact:

Julia Kerr Henkel

+27 83 602 1425

julia@lumminos.co.za

www.lumminos.co.za

