



African HeARTbeat

Align with the pulse of *Nature Unedited*

Zimbabwe, October 13 - 28, 2018
open to maximum 10 participants

ITINERARY

Day 1 ~ Saturday 13 October

Participants arrive in Harare, Zimbabwe. You will be collected from the airport and brought to Amanzi Lodge, a beautiful lodge in true African style, around 30 minutes' drive from the airport. In the evening the group will collect in circle for introductions and a shared meal.

Included meals: (D) dinner

Day 2 ~ Sunday, 14 October

We travel together by privately hired bus to Aberfolyle Lodge in the Eastern Highlands Tea Estate, appx 5 hours drive, including stops. We will stop for lunch along the way. We share our evening meal and follow with an opening circle with Baba Mandaza.

Included meals: (B) breakfast, (D) dinner

Day 3-4 ~ Monday to Tuesday 15-16 October

Retreat days with nature walks, swims and meditation time. We spend time in teaching and ceremony with Baba Mandaza. There will be opportunity for individual readings with Baba Mandaza ~ let us know in advance if you would want to book a reading. You will be expected to make a private donation of \$75 for a reading.

Included meals: (B) breakfast, (L) lunch, (D) dinner



Day 5 ~ Wednesday, 17 October

Following breakfast, we travel to Chimanimani, stopping in the small town of Mutare, where we will buy a quick lunch and do our group grocery shopping for the next two days. We arrive at Frog and Fern Cottages in the late afternoon. We have a relaxed remainder of the afternoon before dining together, enjoying our home-cooked meal.

Included meals: (B) (D)

Day 6-7 ~ Thursday and Friday, 18-19 October

The next two days we will hike through some parts of the Chimanimani National Park. We will hike to mountain tops and enjoy the views and take time to soak our feet in the clear mountain streams. We may swim at the foot of the Bridal Veil Falls and do ceremony together in honor of the waters carrying the sacred feminine energies.

Included meals: (B) (L) (D)

ITINERARY cont.

Day 8 ~ Saturday, 20 October

After an early breakfast we leave Chimanimani and drive appx 5hrs to the entrance gate at Gonarezhou National Park, where we will be met by Ant Kashula and his team. We transfer into open safari vehicles and drive another 2 hours to reach our tented camp on the banks of the Runde River. We ease into camp life before dining under a sparkling starry sky.

Included meals: (B) (L) (D)

Day 9-11 ~ Sunday-Tuesday 21-23 October

The next three days you will be kept in continuous awe by the beauty and power of nature and the exquisite interactions with the elephants (and many other animals).

Daily bush walks and drives guided by Ant and his team of dedicated bush guides. At the close of each day we gather around the fire to share our experiences and the insights from the day.

Included meals: (B) (L) (D)



Day 12 ~ Wednesday 24 October

We leave camp after an early breakfast and drive to Chilo Gorge Lodge with incredible view of the Save River gorge. We arrive in time for lunch and we sink into a different kind of luxury and incredible nature setting, to allow all our experiences of the past 10 days to start sinking in.

Included meals: (B) (L) (D)

Day 13-14 ~ Thursday-Friday 25-26 October

We go out once a day on a guided drive to experience the bush on the eastern edge of Gonarezhou. We notice the difference in scenery and in the animal behavior. We spend the afternoons in circle, working on decorating our private shamanic drums as well as the group drum. We allow our gratitude and deepest experiences to boil up and express itself in our decorations.

Included meals: (B) (L) (D)



Day 15 ~ Saturday, 27 October

We say goodbye to the bush, to our guides and our nature home of the last week for a 6-hour drive back to Harare and back to Amanzi Lodge for our last night as a group.

Included meals: (B) (L) (D)

Day 16 ~ Sunday, 28 October

We continue on our own onward journey.

Included meals: (B)



Accommodation List

13 & 27 October ~ Amanzi Lodge, Harare – www.amanzi.co.zw

14-16 October ~ Aberfoyle Lodge, Eastern Highlands Tea Plantations, Hauna, – www.aberfoylelodge.com

17-19 October ~ Frog and Fern Cottages, Chimanimani – www.thefrogandfern.com

20-23 October ~ Gonarezhou Bush Camp, Gonarezhou National Park –

24-26 October ~ Chilo Gorge Safari Lodge – www.chilogorge.com

Reading

The Elephant Whisperer ~ by Lawrence Anthony

Elephantoms ~ by Lyall Watson

Mystery of the White Lions ~ by Linda Tucker

Websites

www.zimparks.org/parks/national-parks/gonarezhou/

www.mandaza.org

www.antonellabargione.com

Background to this journey

Very soon after moving to Zimbabwe in 2001, friends introduced Marietta van der Werff to Gonarezhou National Park and she continued to visit the park frequently thereafter. In the early days she experienced first-hand the elephants' defensive, sometimes even aggressive behavior towards humans, learning that it was caused by many years of human-induced trauma like poaching, hunting and culling.

In 2012, Marietta and Antonella Bargione, by then both certified Journey healing practitioners, organized a retreat for Journey Practitioners to Gonarezhou with the intention of working with the elephants there to help them heal from their emotional wounding. Marietta and Antonella were soon to discover that it was actually the elephants themselves who had called them to Gonarezhou to communicate both the pain and the teachings of the Great Mother and to open up a channel of healing for humans ready to return to natural law. The elephants became their teachers and incredible encounters and communications ensued.

Marietta on our time at Gonarezhou:

This retreat offers a unique chance of spending uninterrupted time in “Nature Unedited”. Blend seamlessly into the ancient wilderness, observe and become part of its timeless story. Experience life in the wild as it chooses to unfold around you, while at the same time being spoilt in ultimate bush comfort, hosted by professional guide Ant Kashula and his team. During this retreat we can expect wildlife – and because of the energy focus of the retreat, especially elephants – to venture close to camp. Our host Ant Kashula will mentor us on how to safely interact with wildlife, and during our walks and drives he will share from his bottomless knowledge and deep love of this place. From camp we will venture out on walks and drives to explore the area and meet our true teachers and mentors – the elephants. Nothing in nature can be predicted, but one thing is certain: this experience will leave you changed and a richer person on a deep level ...



FAQ

Malaria ~ Gonarezhou is considered by the World Health Organization to be an area of risk to malaria infection. While we will be there at the peak of the dry season and there will be very few mosquitos, it is still advisable to take prophylactic medication to prevent contracting malaria. Please obtain this medication in your country prior to flying to Africa. Please consult your health care professional for the best medication for you.

Entry visa Zimbabwe ~ Passport holders of most non-African countries are required to obtain a visa at the point of entry into Zimbabwe. Note that passport holders of a few countries are required to apply for a visa in advance. The cost for single entry visa is USD 30 paid cash in US dollars, but there are a few exceptions, see the weblink below. Your passport must have 6 months validity from the date of entry and have sufficient empty space for the visa. Visa costs are not included in the journey price. For more detailed information see <https://www.victoriafalls-guide.net/zimbabwe-visa.html>

Money Zimbabwe ~ Zimbabwe uses US Dollars as its main currency. You will only require a small amount of cash to buy a few meals, possibly some souvenirs and tips. We estimate that \$200.00 - \$300.00, better in small denomination, should be sufficient for your personal needs. Credit cards will be accepted in the major lodges, notably Amanzi Lodge and Chilo Gorge Lodge, but not in rural shops or markets.

Tips ~ A tip kitty contribution of USD100 per tour member is included in your payment. This covers tips to drivers, guides and accommodation. It does not include tips at restaurants for meals not included in the itinerary.

Costs

The investment for the Journey is US\$5350.00 for which a non-refundable deposit of \$1000 is required on booking, a further payment of US\$ 2000 by 1 July 2018, and the balance of \$2350 by 1 August 2018
SPACE IS LIMITED.

Reservations are made on a FIRST COME, FIRST SERVED basis. A deposit is required to reserve your place on the tour.

If the balance is not received 7 days after its due date, the reservation is subject to cancellation.

Full details of the journey are in the **Terms & Conditions** document.

All pictures courtesy of previous participants.

This Journey is open to maximum 10 participants...
Will you be one of them...?

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