



GRIEF RETREAT

Held by Nature. Gently supported.



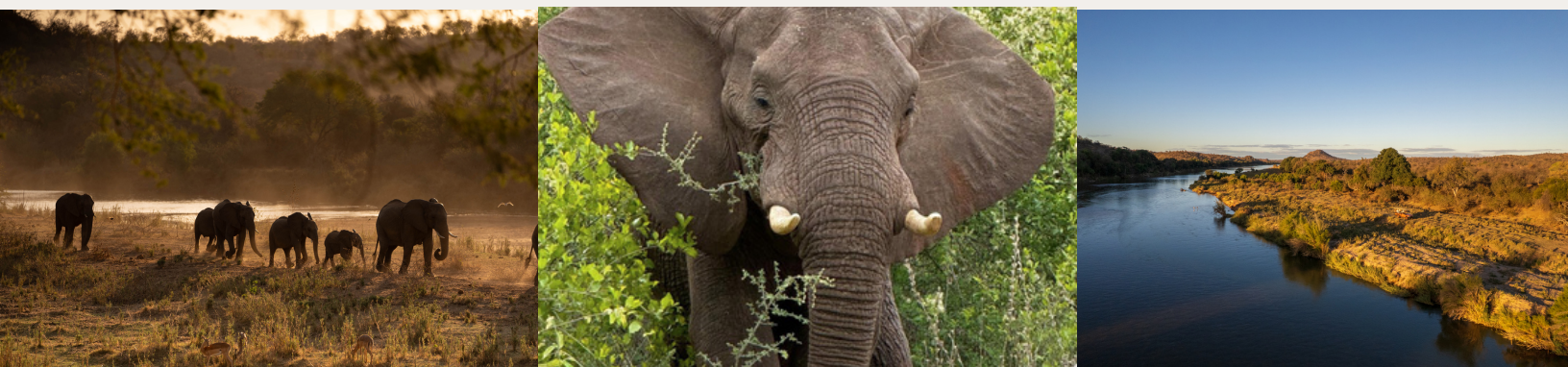
GREEN UMBRELLA
retreats

Grief is not only the loss of a loved one; it can also arise from the quiet endings within us, a chapter closing, an identity shifting, a life once imagined now asking to be released. This intimate retreat, limited to just ten participants, offers a safe and private sanctuary to honour whatever form of grief you carry.

Set deep within the wilderness of the Greater Kruger Park, with the lodge reserved exclusively for our group, you are invited to slow down, be gently held, and allow space for grief to move, soften and transform.

25–30 June 2026

Sashwa River of Stars, Greater Kruger
National Park



Setting the scene

Inspired by the spiral found throughout Nature, symbolising cyclical renewal and the eternal connection between the physical and spiritual realms, this retreat honours the continual ebb and flow within each of us. As we move through these rhythms, we are guided back toward the light, deeper interconnection, and a felt sense of belonging within the greater cosmos and all living beings.

INCLUSIONS

- Accommodation for 5 nights in a private single room
- Seasonally plant inspired meals
- Healthy cold/warm beverages
- Airport meet and greet and transfers
- 1 channelled reading with 1 follow up healing and supportive session with Nolene
- Daily facilitated group sessions and circles
- A nurturing foot bathing ritual and massage at the Wellness Center
- Use of the contemplative/meditative specially curated on-site spaces
- Time out in our relaxation wildlife watching hide
- Wholeness facilities: gym, infrared sauna, yoga spaces, swimming pool
- Daily guided gentle yoga /movement /meditation sessions
- Safari drives and wilderness walks accompanied by an experienced guide
- Laundry service

EXCLUSIONS

- Additional massage and other holistic spa offerings
- Sashwa team gratuities at your discretion
- Flights to and from Hoedspruit Airport





Your experience

This retreat offers a private intuitive reading with Nolene, followed by a supportive one-on-one healing integration session, alongside facilitated optional group circles and gentle processing spaces. Guests are invited to reconnect with their bodies through gentle yoga and guided somatic movement practices, while deep restoration is supported through healing experiences in Nature, including guided wildlife walks and safari drives. Evenings unfold beneath the vast African night sky around the campfire with the sounds of Nature all around. Ample solo time allows for quiet reflection in the retreat's many sacred spaces, while a dedicated on-site spa offers massages and an infrared sauna for further rest and renewal. Just like the river flowing in front of the lodge, all activities and experiences are optional and you are encouraged to follow your own rhythm with nature as your guide.

Your Facilitators



Nolene Berry

Spiritual Medium and healer



Michelle Schoon

Family counsellor and group facilitator



Adele Sinisterra

Travel and experience co-ordinator





Nolene Berry

For many years, my work as a medium has grown naturally through word of mouth, without the need for advertising. Each session is offered within a softly held, protected space where clients are welcomed with care, respect and calm presence.

The first ten minutes of the session are devoted to channeling loved ones who have passed on. During this time, clear confirmations and validations come through, offering reassurance that the connection is genuine and aligned with those in spirit. This is followed by a quiet, heartfelt prayer, allowing the space to settle fully before the session unfolds.

I am deeply grateful for this gift and approach my work with humility and sincerity. It is my purpose to support those moving through grief and loss, offering comfort, clarity and a sense of peace through connection with their loved ones beyond the veil.

-Nolene

Testimonials

"I am a scientist and have always been sceptical about mediums. After a devastating loss I was recommended Nolene and in my grief I reached out. There are no words to describe the impact of the clarity and comfort she has given me. What she knew about my life was accurate without us having had any conversation. I now grieve with peace in my heart because via Nolene I have been able to connect with those I have lost. I am no longer a sceptic, instead I feel privileged to know Nolene and benefit from her incredible gifts."

"I communicate with my many departed loved ones every six weeks and have done so for five years already. It's been phenomenal how accurate, gentle and caring Nolene is. Her gift has been the greatest gift for me!"

"I met nolene a few years ago when I needed her guidance, clarity and the most incredible validations that are always so accurate.

This has been the most amazing experience. I feel so grateful to have such a rare and incredible earth angel in my life.

I trust Nolene with my heart and soul and am so blessed by her compassion, kindness, psychic gifts and love for all."



Your investment in yourself

- \$ 3400 for a standard garden suite with shower- 5 available
- \$ 3850 for a luxury garden suite with shower and bath- 2 available
- \$ 3850 for a luxury river view suite with shower- 2 available
- \$ 4000 for a premier luxury river view suite with shower and bath- 1 available

All suites are priced on a private, solo basis to ensure individual privacy and care. As spaces are limited, room allocation is confirmed in order of receipt of your booking and deposit payment.

How to book

Contact:

- Adele – Retreat to Africa
- Email: adele@retreattoafrica.com
- Tel: +27 82 951 5145

PAYMENT TERMS AND CONDITIONS:

A 50% non-refundable deposit confirms your place on the retreat. The final balance is due 60 days before departure

We accept payment by electronic bank transfer (EFT) or Mastercard/Visa. If you are paying by credit card there is a 3% extra charge added on the total cost. You are welcome to contact us to arrange a payment plan if you prefer to pay in more than 2 instalments.

Cancellation: Your 50% sign up deposit payment is non- refundable. From 1-60 days prior to the departure date of your trip your balance of payment cannot be refunded as at this stage we will have paid all our suppliers.

We therefore highly recommend you take out travel insurance cover in case you need to cancel your trip.



Need to know

Where does the retreat start?

Starts and ends at Hoedspruit Airport, with daily flights from Johannesburg or Cape Town (Safair, Cemair, Airlink).

What about safety in a Big Five reserve?

The lodge sits on 5 hectares of fenced natural habitat—safe to walk around.

What is the weather like?

June is winter and dry in Greater Kruger. Days: 23–26°C (73–79°F), nights/dawn: 6–10°C (43–50°F). Warm layers recommended for safari.

What should I pack?

A suggested list will be sent before departure.

Will there be internet connectivity?

Connectivity will be available in the lodge and rooms.

Flight, visas and vaccinations

- Flights: Arrange your own; consider arriving 1–2 days early to adjust.
- Visas: Not required for most Western countries.
- Vaccinations: No mandatory shots. Malaria risk is low in winter; consult your doctor if needed.

Vaccinations: No mandatory shots. Malaria risk is low in winter; however we recommend you consult your doctor.

Do I need medical and travel insurance?

Medical insurance (with repatriation) is mandatory. Travel/cancellation coverage recommended. Policy details must be sent before departure.

Can you assist with additional travel planning?

We can help with prior or ongoing bookings—please contact us.

