

MARCH 2012 NEWS

It gives me great pleasure to be writing about the last magical retreat that my co-facilitator Tania BOWENS and I ran in Ponta Do Ouro, Mozambique.

2012 has been called the year of magic and it certainly proved to be correct regarding this last retreat. Tania and I seem to work together effortlessly and as a result the day came to leave for Durban and I (Madam-Last-Minute) flung some clothes into my suitcase, packed a little work bag, said my teary good-byes to my beloved Crystal, Onyx and Sox (my cats) and off I went.

We met, as always, at King Shaka Airport and soon it felt as if I was surrounded by 11 friends; some were total strangers, others were indeed friends and 3 ladies were returning for the second and third times. This is testimony to me that these retreats are an experience not to be missed and, according to these ladies, is "value for money". Travel in Africa is not inexpensive so I do have concerns that the cost of these retreats are relatively high ... but apparently not.

The 5 hour bus ride provides sufficient time to rest; get to know one another and catch-up on news with those that I knew from previous trips and from the courses that I teach. People who are now friends that I don't get to see enough of. Once we arrived at the Kosi Bay border, it's a bit of serious business whilst we got our passports stamped and non-South Africans get their visas. I always wonder why border officials are always so surly; no chance of cracking a joke with them ☹.

Then it's up and away over the crazy sand dunes to Ponta Do Ouro. It is here that I truly am able to sit back and relax in the excitement of my guests and in the hands of our expert 4x4 driver. Arriving at our destination, O Lar Do Ouro Guest Lodge is like arriving home. Jan and Terry and their staff offer hospitality that cannot be faulted. The accommodation, although simple, is clean, fresh and comfortable.

Then the fun starts ... snorkel demonstration, fitting of masks, snorkels and fins. 2 ladies appear insecure and frightened and the rest of us immediately move into nurture mode. Seeing this is truly beautiful. Then meditation, dinner, some good wine, fantastic food and off to bed. It's has been a long day.

I have the task of waking people up at 5:30am for their first swim and still today laugh about the reception I got from one lady. As she woke to the melodious sound of the Tibetan Bowl, all I heard was, "Oh F*** ", stumble, stumble and seconds later, saw a big smile.

Because the area had experienced a hurricane just the week before, the visibility in the water was not good but this fortunately improved over the 5 days we spent there.

From the word go, we were blessed by the Dolphins who allowed us to interact with them; not once but twice that day. Our luck continued, as each time we went out, we were entertained by these majestic beings.

As an Animal Communicator, I find these interactions humbling to say the least. These great creatures are willing to interact with us. They allow us into their home, entertain and sometimes, if not always, heal us and then in one sharp squeak (echo location) one of the elders says "we're going" and off they go.

Their communication with me is so clear I feel as if I am sitting in my living room speaking with them. My guests all shared an interest in what they had to say and sharing their conversations with people is always a pleasure. As was the group's willingness to keep their distance as requested by the Dolphins until Angie and Diana (our Dolphin Whisperers) were interacting consciously and the Dolphins felt totally at ease with us. As a result of this, our interactions just got better and better.

Angie and Diana, from Dolphin Encounters, keep an ever present eye that no one breaks the rules by being tempted to touch, dive down or disturb these animals. Mitchel, the skipper, who can be strict as hell and fun in almost the same second, watches us from a safety perspective. Then there is Dallas, the Boat Crew, who has the task of hauling us all back onto the boat. Yes, that includes the skinny ones and the fatties. Most of us fall into the boat like "vrot snoek" and then scramble ourselves onto a seat. Gather ourselves, boobs, bums and all, and then the smile is all one sees; no one, no matter their boat landing, does not smile.

Then we were back at O Lar Do Ouro Guest Lodge for a shower, a 4 course breakfast to die for, a debrief, meditation, art work exercise, therapy session and swim or relaxation. We also enjoyed talks on Marine Conservation and a movie which looked at Dolphin intelligence from many different angles. Tania led us all through late afternoon Nia classes which certainly left me on another massive high. Thereafter, cocktail time, a 3 course dinner, again to die for, and an evening of playing the Transformation Game; a game that allows us to look inwards in a fun manner. We watched the sun set over a beautiful lake in Ponta Malongane; the full moon rising over the sea, some ladies went for a late night skinny dip whilst the rest of us "sensible" ones slept.

Those with enough energy, did a fourth swim the morning we left and were blessed to swim with more Dolphins and even Whale Shark and, as if that was not enough, a bait ball. Just hearing the stories and writing these words makes my heart flutter with excitement.

Sadly, it was time to return home. (Fortunately many of us were returning to our human and animal loved ones which softened the blow.) For many, with the assurance that they would be back in the near future.

For any man, woman or child out there needing an all-in-one package of excitement, nurture, healing and relaxation, I can honestly recommend these retreats.

Next Dolphin retreat with Kundalini Yoga will be in May 2012.

O Lar Do Ouro Guest Lodge
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Love and light
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