



# Soul Revival

## R E T R E A T

24 – 27 SEPTEMBER 2021

### ALL INCLUSIVE 5 STAR EXPERIENCE

Join us for an all-inclusive, luxury experience to revive your mind, body and soul. Package includes 5 star accommodation, 5 star nutritious meals; (full breakfast, lunch and 4 course dinner daily), a 5 star luxury spa treatment; a game drive; a gift bag; art in the garden, twice daily guided meditations; pilates and/or TRE (Trauma Release Exercises) and choose two of the following one on one sessions:

- Body Talk
- Emotion Code
- Scio
- Reiki
- Soul Retrieval
- Past Life Regression
- Tarot Readings or
- Crystal Healing Reflexology.

4 Days of Bliss starting at only R9915.00 per person ALL INCLUSIVE.

# Revive your mind, body & soul

For more information or to book: +27 15 590 0975 | +27 83 808 1046  
info@kilimagamereserve.co.za



# THE EXPERTS

Jenny  
Porteous



## Jenny Porteous– Body Talk and TRE (Trauma Release Exercises)

“For the past 15 years it has been my privilege and passion to guide people through their healing journeys.

Using a combination of unique modalities: Body Talk and TRE (Trauma Release Exercises) and Fascia Release, I am able to facilitate a natural healing process that enables you to heal on every level, physically, emotionally and mentally.

Body Talk is a highly effective healing technique that stimulates and reawakens the body’s natural healing abilities.

TRE (Trauma Release Exercises) uses the body’s natural mechanisms to safely release stress and trauma on every level, bringing you back to a state of calm and relaxation.

Fascia Release is a neuromuscular release that alleviates physical, as well as emotional pain and tension.

These powerful modalities assist with the following, and many more:

- Anxiety and Stress
- Depression
- Chronic Pain
- Illness
- Sleep Difficulties
- Breaking addictions and old patterning’s
- Relationships
- Self Confidence

Unreleased emotions, stress and difficult experiences can create havoc in our lives on a mental, physical and emotional level. I facilitate and support transformational processes for both individuals and groups in order to help release such stresses to bring in a state of balance and well-being.”

For more information visit my website at [www.jennyporteous.co.za](http://www.jennyporteous.co.za)

# THE EXPERTS

Jonathan  
Hartman



## **Jonathan Hartman – Shamanic Healer**

(Soul Retrieval, Past Life Regression, Tarot Readings,  
Crystal Healing Reflexology)

“I am a trained Shamanic Healer & Practitioner, using a combination of Native American, San and Siberian practices.

I have been practicing healing for over 30 years, having taken part in the border war as an army medic and then serving as a paramedic for Brixton Fire & Ambulance Services in the mid – late 80s. These experiences set me on the path towards the discovery of the effects of physical and emotional trauma on the human psyche.

The past 30 years have been spent on a journey to deepen my understanding of body, heart, soul, mind and spiritual healing. I am an intuitive and a deeply spiritual person, who connects with people and I guide them towards healing in a most profound manner.

At my Practice, The Soul Healers, I offer a variety of methodologies with a holistic approach to health and cleansing, encompassing body, heart, soul and spirit.

Shamanic based healing dates back 40 000 years. The definition of the word Shaman is: a teacher or healer, a wisdom keeper of knowledge who takes people to a door and encourages them to enter.

At the Soul Revival Retreat I will lead you in daily guided meditations in the mornings and evenings as well as offer one on one sessions. The methodologies you will be able to choose from include: Aura and Chakra Cleansing and Healing, Meet your Power Animal or Spirit Guide, Soul Retrieval, Past life regression, Tarot Readings and Crystal Reflexology Healing.”

**For more information about the experiences I have to offer  
please visit my website at [www.thesoulhealers.co.za](http://www.thesoulhealers.co.za)**

# THE EXPERTS

Sherri  
Mostert



## **Sherri Mostert – Emotion Code & Pilates**

“I would like to introduce myself and share a little about my history and the healing I do. I have been in the healing industry for most of my life, involving myself with Pilates, Exercise Rehabilitation, Massage Therapy and Emotion Code Energy Healing.

I love working with people, from physical point of view, helping people with chronic and acute pain using exercise rehabilitation, and from an emotional point of view with energy healing.

I am going to be sharing with you on this Retreat – Emotion Code Therapy and Pilates Stretch, Release and Relax Classes.

What is Emotion Code? The Emotion Code is a bio-energetic healing technique that frees the body of the weight of negative emotions. Releasing these emotions (with the use of magnets) results in transformational experiences, helping to release pain, remove emotional baggage that no longer serves you, and helps you to move on from the past. Therefore, becoming a better version of yourself.

Pilates including Stretch, Release and Relax Classes will also be available. This flexibility technique is a way to open your muscles as well as encourage relaxation through breathing exercises.”

**For more information please email Sherri at  
[sherri.mostert@gmail.com](mailto:sherri.mostert@gmail.com)**

# THE EXPERTS

Isebel  
van der Westhuizen



## Isebel van der Westhuizen – SCIO

“The SCIO device tests and addresses all areas of stress and imbalances inside of the body, similar to that of a virus scan on a computer. It tests over 10 000 items, then identifies and rectifies energetic stressors. Imbalances can be identified 5 years prior to any symptoms appearing.

The unique combination of Biofeedback applications and micro-current stimulation has proven positive in the following areas:

- Allergies
- Enzyme Imbalances
- Detection and Reduction of Stress
- Muscular re-education from injury, muscle weakness or dystopia
- Reduction of pain
- Healing of trauma and/or wounds
- Food Intolerances / sensitivities
- Nutrition, vitamin and mineral deficiencies
- Toxicities
- Inflammation
- Bacteria, Virus, parasites, fungal infections
- Mental and emotional states
- Behavioral patterns and problems
- Hormone imbalances
- Environmental & other stress factors

Clients find the Biofeedback experience relaxing, soothing and beneficial and may experience one or more of the following:

- Ability to relax more quickly. Deeper state of relaxation during sleep.
- Easier to fall asleep and remain asleep.
- Improved general health. Increase in the amount of calmness.
- Reduction of anger. Less fearful. Fewer anxiety attacks.
- Amelioration of sorrow. Reducing the depth of depression.
- Heightened muscle mobility.
- Enhanced mental clarity. Better focus to attention.
- Deeper concentration and enhanced memory.

# THE EXPERTS

Kim  
Paxton



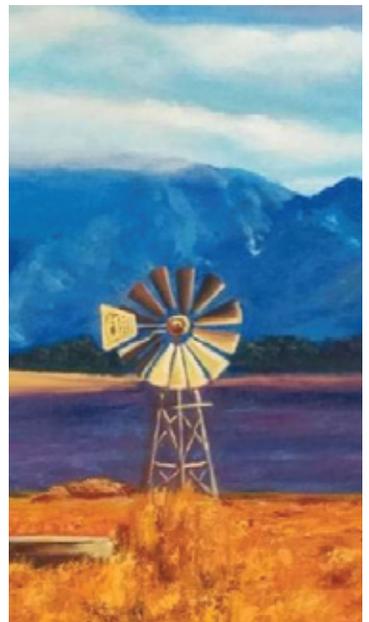
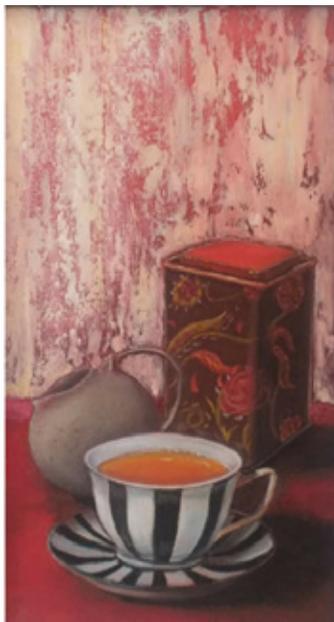
## Kim Paxton – Art Therapy

“I am a qualified Architectural Technician and I have attended many courses in different styles of art and techniques. I am an artist and have a small art studio that I run from my home. It is in this space that I have learned the most about the benefits of art as a form of therapy. I strive to create a safe environment that encourages exploration with no judgement.

At the Soul Revival Retreat, we will create a Vision Board using an art journaling method. Creating a Vision Board of the future that you would like to have will help you in two ways:

First, engaging in the process of the Vision Board will help to shift your focus away from your anxious thoughts.

Second, once your Vision Board is created, it will serve as a reminder of your hope for the future and by focusing on these desires will help you to manifest the outcome you would like.”



# THE EXPERTS

Lolette  
Smith



## Lolette Smith – Reiki Therapy

Contrary to what some people believe, Reiki is not a religion. The word ‘Reiki’ means Universal Life Energy. Reiki is a natural healing energy that was developed by Mikao Usui in Japan in the early 20th Century.

Reiki works on the principal of harmonising mind, body and soul by way of balancing the energy centers within us. Reiki Practitioners use their hands to allow positive energy to follow through the body of the recipient. This positive energy brings about healing and relaxation. It even causes cells to regenerate within the body. It brings about mental, physical and emotional healing. Reiki is also a wonderful means of receiving relaxation therapy.

Sceptics have tried to debunk the efficacy of Reiki, however there is Scientific proof that Reiki is truly powerful. Research was funded by Torsten A. Lange, who is the founder and Director of the Reiki Academy in London. He approached a reputable laboratory in Switzerland where extensive and complicated tests were conducted to establish what happens to the quality of tap water from Switzerland and London before and after Reiki.

Many, many tests were done, and the results were always the same. The quality and purity of the water was remarkably improved after each Reiki treatment. There was always only positive change. Can you imagine the effect Reiki has on our bodies, bearing in mind that 80% of our body mass consists of water? Four different Reiki frequencies were applied, and in each case, the improvement was phenomenal.

I would be honoured if you would come and enjoy the blessing of a revitalising Reiki Session with me during the Soul Revival Retreat in September 2021. Come and experience the calming and refreshing flow of positive energy. I look forward to meeting you.

**For more information please email Lolette at  
[tranquilrevival@yahoo.com](mailto:tranquilrevival@yahoo.com)**