

WILD WISDOM WORKSHOPS

Wild Whale Wisdom

with Wynter Worsthorne and Anna Breytenbach

HERMANUS, SOUTH AFRICA

Itinerary: 28th September–1st October

Day 1: Sunday 28th September

Arrive at Hermanus Beach Villa at 12 noon. After you settle into your rooms overlooking Voëlklip beach, we meet up for a light lunch and introductions. We will set the group intentions for the next few days and discuss the flow of the workshop. Noel Ashton will give a brief talk about his work with the Whales of Walker bay before we go to a special viewing of “The Whale Show” at the local whale museum.

After supper we enter the soundscape of the Whale kingdom with music, meditation and a short cliff walk where we start connecting with the bay’s Whales through breath and our sense of hearing. Back at the villa we fall asleep to the sound of the waves and the deep, gentle presence of the Whales relaxing in the ocean outside.

Day 2: Monday 29th September

We start off the morning with a meditation on the beach, greeting the day and of course the Whales. After brunch Wynter and Anna lead you into the theory of Animal communication, addressing the quantum methodology behind it. You will learn how to send and receive messages from the Whales. Practical exercises will help still your mind and open your hearts to the process of communicating with all animals.

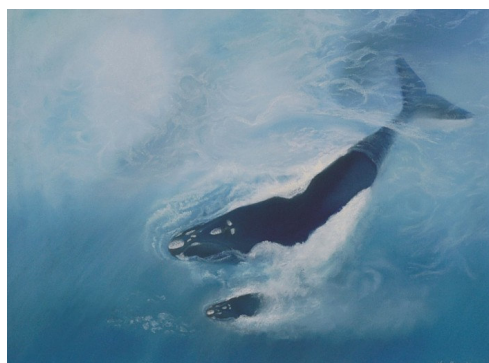
After some time to rest we make our way down to the beach where we start our work with the gentle giants of the sea. We are instructed in field observation and identification tips, and together we create a ritual to “call” the Whales, welcoming them into our hearts and preparing ourselves in readiness to receive any information they have for us.

The subject of this evening’s discussion is about the myths and legends of the Whales and their relationship with humans since the beginning of time. After supper we retire early to bed and ask you to set the intention to remember your dreams during this night.

Day 3: Tuesday 30th September

We rise early this morning for a sunrise ceremony (weather permitting) and some grounding work at Kwaaiwater – a place central to the early peoples’ whale-watching. We share our dreams and any important messages or feelings that came to us during dreamtime.

After brunch we begin active communication with the Whales in our presence, experiencing how we receive information from other species. Afterwards you have some quiet time to relax and journal your experiences here. Later in the afternoon we address how to recognise and release blockages to effective communication. We explore techniques such as mindful breathing and focus. We then embark on a contemplative walk along the cliffs of Hermanus, ending off the day with an animal spirit guide meditation.





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Itinerary contd

Day 4: Wednesday 1st October

On our last morning here, we explore interspecies healing. We also look at environmental and planetary issues, and discuss how to help the Whales and their environment, both physically and energetically. This is followed by a discussion on integrating our experiences and learnings back into our everyday lives.

We end off with a final grounding exercise and group closing. Our time together ends around lunchtime

Please note this itinerary is not set in stone, and may change depending on the weather, the people and most important of all, the whales.

Investment for the Journey: R4 600

Includes:

Shared accommodation at the luxury beachfront Hermanus Villa

All meals and teas/coffees

Workshop with Anna & Wynter

Guiding and presentations by Noel & Belinda Ashton.

Excludes:

Transport to and from Hermanus

All alcoholic drinks and gratuities

Insurances

To Book:

A 50% deposit is required upon booking to reserve your place on the workshop.
Contact info@animalspirit.org for reservations.

For more information about the educational art and conservation work of Noel and Belinda Ashton, visit www.noelashton.com