

# LION'S GATE WOMEN'S DAY RETREAT

WITH THE NEST



## RETREAT OVERVIEW

**The Lion's Gate Portal** is a cosmic event that occurs every year between July 28 and August 12, and peaks on August 8 (8/8). According to astrologers it takes place when the sun is in Leo, the Earth, Orion's Belt and the star Sirius are lined up, which is activated by the rising of the star Sirius.

Sirius is one of the brightest stars in the sky and is known as the Spiritual Sun.

Our ancestors believed that the Sirius occurrence was the gateway to heaven and the home of higher vibrational beings.

In Egyptian cosmology, the Lion's Gate is the dawn of a new year and a period where they set new resolutions for the future. The Dogon Tribe of Africa affirmed this practice in their sacred indigenous practices that display a wealth and expertise of wisdom and knowledge about the cosmos.

Furthermore...

The number 8, as per numerology stands for infinity and abundance

The high-frequency Lion's Gate 88 Portal energy is powerful and should only be used to open our energy centres, inspire new ideas, raise our consciousness, and enhance our ability to receive healing knowledge from the light and cosmos

### **What to Bring:**

Yoga Mats

Bottled water

What to wear :

Comfortable attire for easy movement

## ACCOMMODATION PACKAGE ITINERARY

### Day 1 (Tuesday 8th August)

**3pm - 5pm:** Arrival, and check-in

**5pm - 6pm:** Lion's Gate opening ceremony

**6pm - 7:30pm:** Golden Link/Chain graduation ceremony

**7:30pm:** Dinner

### Day 2 (Wednesday 9th August)

**8am - 9am:** Breakfast

**9am - 9:15am:** Introductions and room checkout

**9:15am - 10am:** Anesu and Banesa | Morning practice and official opening: healing the feminine divine

**10am - 11am:** Morning Sessions: 1) Kundalini yoga: 108 Sun salutations 2) Power Vinyasa 3) Breathwork and Meditation: Morning Sadhana

**11am - 12pm:** Inclusivity in yoga & decolonising the practice talk + Q&A

**12pm - 2pm:** Lunch and relax

**2pm - 3pm:** Afternoon sessions: 1) Yoga & African contemporary dance 2) Emotional release with hip openers 3) Somatic dance and movement

**3pm - 4pm:** 1) Restorative Yoga 2) Sound Healing Journey 3) Yoga Nidra

**4pm - 5:30pm:** Mindfulness walk and closing ceremony

**5:30pm:** Depart

## NIGHT PACKAGE ITINERARY

### Tuesday 8th August

**4pm - 5pm:** Arrival (NIROX Gate 3) and shuttle to FARMHOUSE58

**5pm - 6pm:** Lion's Gate opening ceremony

**6pm - 7:30pm:** Golden Link/Chain graduation ceremony

**7:30pm - 9pm:** Dinner

**9pm:** Depart

## DAY PACKAGE ITINERARY

### Wednesday 9th August

**8am - 9am:** Arrival (NIROX Gate 3) and shuttle to FARMHOUSE58

**9am - 9:15am:** Introductions and room checkout

**9:15am - 10am:** Anesu and Banesa | Morning practice and official opening: healing the feminine divine

**10am - 11am:** Morning Sessions: 1) Kundalini yoga: 108 Sun salutations 2) Power Vinyasa 3) Breathwork and Meditation: Morning Sadhana

**11am - 12pm:** Inclusivity in yoga & decolonising the practice talk + Q&A

**12pm - 2pm:** Lunch and relax

**2pm - 3pm:** Afternoon sessions: 1) Yoga & African contemporary dance 2) Emotional release with hip openers 3) Somatic dance and movement

**3pm - 4pm:** 1) Restorative Yoga 2) Sound Healing Journey 3) Yoga Nidra

**4pm - 5:30pm:** Mindfulness walk and closing ceremony

**5:30pm:** Depart

## PRICING

### NIGHT ONLY (Tuesday 8th August)

R935

[Book Now](#)

\*Includes all night experiences and dinner

### DAY ONLY (Wednesday 9th August)

R850

[Book Now](#)

\*Includes all day experiences and lunch

### OVERNIGHT PACKAGE

#### STANDARD ROOM

Single: R3145  
Sharing: R4890

[Book Now](#)

#### DELUXE ROOM

Single: R3445  
Sharing: R5190

[Book Now](#)

#### PREMIUM ROOM

Single: R3845  
Sharing: R5490

[Book Now](#)

\*Includes 1 night accommodation, with all meals (breakfast, lunch and dinner) and all retreat experiences

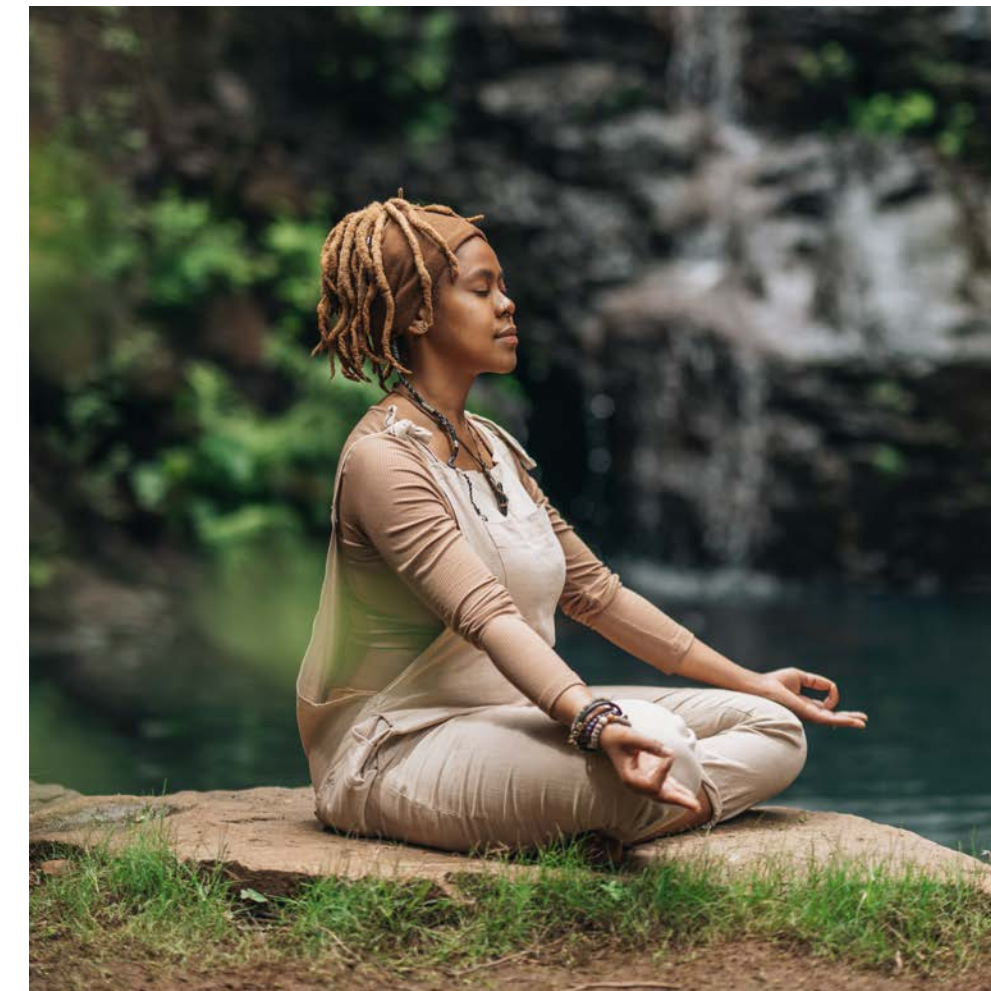
The Nest Space Yoga Studio and Wellness Center, is built around the ethos of inclusivity- showing our community that yoga is for all bodies regardless of color, ability, size, age, gender or sexual orientation. The studio offers daily yoga and meditation classes as well as holistic therapies such as reiki, reflexology, massage and hypnotherapy to their clients and is the first of its kind in South Africa. The Nest Space also consists of a vegan cafe and zero waste grocery offering Nest clients a holistic conscious living lifestyle that is affordable, sustainable and convenient all in one.

The business is co-run by Dr Anesu Mbizvo and Banesa Tseki who both believe that a sustainable lifestyle (both in terms of diet and waste reduction) is no longer a luxury but instead a necessity for the survival and functioning of the plane. Due to this they have made sustainability a key facet to both of their own personal lives and the running of their business.

The Nest Space also provides an inclusive yoga teacher training program focused on decolonizing yoga and increasing the representation of yogi's of colour in the wellness space. The studio has completed 4 successful cohorts so far with over 50 graduate yoga teachers of colour.

Anesu, Banesa and The Nest Space have been featured in The Mail & Guardian, Destiny Magazine and Bona Magazine as well as on Netflix, ENCA, Newsroom Afrika, Power FM and Metro FM for their work to make yoga and conscious sustainable living accessible to people of color and their community as a whole, and the pair were chosen as two of the 200 Mail and Guardian Inspiring Young South Africans for 2023 in the category of Entrepreneurship.

## ABOUT YOUR HOSTS



**Banesa Tseki**



**Anesu Mbizvo**



