

**SHANTI-CHI**  
presents:

**Nne Agwu  
Storytelling  
Sacred Village**

**GHANA 2024!**

**23rd Oct. to 6th Nov.**



Share your gifts  
find purpose &  
generate  
community spirit



**Griot Chinyere  
WELCOMES  
You to Nne  
Agwu**



A sacred space  
exclusively for the  
melanin rich!



**TO FIND OUT MORE...CONTACT**  
**whatsapp: +447582228967**  
**<https://www.shanti-chi.com/ghana-2024>**  
**[info@shanti-chi.com](mailto:info@shanti-chi.com)**





reclaim recentre reconnect realign

# Ghana 2024

price list	14 day pass retreat & excursions
Adults 18 plus	£1800

Nne Agwu storytelling healing village will hold a safe sacred space for we souls living in melanin rich bodies to realign with our divine vibrations, recentre our shakras, reclaim our privilege, reconnect with the power of Mother Earth, restore meaning to life & remember our purpose.

Dates 23rd October to 6th November 2024 - Volta Region Ghana

Price includes:

1. Accommodation- 2. Waterfall, Monkey sanctuary, Shrine & Mountain walk - 3. Delicious healthy ital Food - 4. Creative workshops: Storytelling, Role play, Art - 5. Pre retreat detox - 6. Medicine journey - 7. Open, Close & Clearing ceremonies - 8. Affirmative debates & discussions - 9. Traditional Drumming - 10. Village Welcome ceremony - 11. Meet Village elders - 12. Palm wine tasting - 13. Well-being pack - 14. Excursions entry and transportation - 15. Ancient healing dance movement  
The Magic of this land is an additional priceless bonus

## Payment Details

Email: [info@shanti-chi.com](mailto:info@shanti-chi.com) to arrange payment plan  
£600 Deposit by 30th April 2024- payment plan available  
Full payment by 30th August 2024

Name: Nne Agwu Constitution,  
sort: 400415, a/c: 02178540  
Ref: (YourName) March2024

This is for souls seeking spiritual growth & healing.

DREAM TEAM:

Nne Agwu, Shanti-Chi, AyoolasFruitofLife, KiyogaBluu, AGAtours





# Shanti-Chi presents Nne Agwu Retreat

## **JOURNEY TO GHANA**

Thank you for making a reservation with Shanti-Chi who are working with partners Tanyigbe Atidze Elders, The guardians of Nne Agwu, Tokokoe Chieftains, Denygba Forest Regeneration, Nne Agwu Management, KiyogaBluu, Ayoolas Fruit of Life and AGA Tours. We look forward to sharing quality healing and divine times with you, in our safe sacred space.

## **HOW TO BOOK**

- Read TERMS OF USE on the webpage: <https://www.shanti-chi.com/terms-of-use>.
- Complete a booking form found: <https://www.shanti-chi.com/ghana-2023> webpage
- Return booking form to [info@shanti-chi.com](mailto:info@shanti-chi.com) with deposit
- Book your flight with Aga Tours
- Check visa requirements
- Apply online for Visas: <https://ghanahighcommissionuk.com/london-offices>
- Give yourself 3 weeks minimum before flight date to apply for visa

## **Essentials:**

- You will need a valid passport with at least 6 months left
- You will need a valid visa and travel documents for immigration clearance.
- You will need a Yellow Fever Vaccination Card showing that you have been vaccinated.
- Or
- You will need a letter from a health practitioner or notarised letter from a solicitor or a self written exemption letter stating you are responsible for own health, your spiritual practice forbids the ingestion of the ingredients found in said vaccines. You could state you have allergies for said ingredients etc.
- You are advised to have appropriate travel insurance which includes medical insurance.

## **Health Guidance Notes:**

*Please note we strongly suggest you eliminate as much as possible alcohol, sugar, dairy, meat and fish from your diet at least 6 weeks before your flight to Ghana. It will help as an insect repellent, protect your well-being and support your good health*

during this time. Drink plenty bitters such as neem leaf, cerasise, rice bitters, bitter leaf and any others you know. Eat plenty dark green leaves (spinach, kale, corriander, basil, rocket, cavollo nero, cabbage, leaves from cauliflour etc) Make them into a smoothie. These green leafy veg in their raw state will detox and clean out toxins from, the colon. Drink as much as possible during the 6 weeks leading up. Water is to keep you hydrated and flushed. Hydration flushes out bacteria and prevents deseases taking a hold of the body. “I like to fast 24 hours before I travel to Africa”. Griot Chinyere

I strongly suggest daily exercise of mind, soul and body with regular walking round the block or to the park/forest/woods/along a beach/up a hill, day or night; stretching with friends or solo, dancing around the living room, martial arts, breathwork etc. These exercises help build stamina and core sstrength

The price includes a 7 day detox which we will do together 6 weeks before the Nne Agwu reetreat.

### ***Preventative reciepes for on the Motherland to keep you safe:***

1. Nutmeg- (chew or boil a tiny bit to halt a ‘running’ belly.)
2. Thyme- (boil tea for upset stomach, bowel cleanser.)
3. Rosemary and Lavender to sooth bites
4. Bring your first aid kit

### ***Spray blend***

In a 1 litre spray bottle of water pour 10ml of lemon grass essential oil, a small drop of natural soap and drop of garlic oil or clove into the water bottle. Use this to spray your room, space, tent, and clothes. Carry an empty spray bottle with you, carry essential oils in your suitcase though I do believe you are allowed to carry 10ml liquids in hand luggage.

### ***Body blend***

300ml of shea butter, 200ml of Neem oil, 100ml of vitamin E oil, three table spoons full of coconut oil and 27 drops of lemon grass essential oil.

### ***Internal and external***

Collodial silver considered as the immortality medicine, can be used internally and externally. Internally it heals the body of bacteria, parasites, and fungal infections. Externally it heals the body of infections, cuts, bruises. It works effortlessly.

*Grate tumeric, ginger and garlic into already hot water. (Not too hot) then let it sit for 30 minutes. when what you need has seeped into the water then drink. It is refreshing and acts as an internal cleanser.*

### ***After the bite***

*Arrow root powder - add small amount of cold water and stir. Then add some hot water & stir into a smooth paste. This paste can be applied onto insects bites. It will draw out the impurities and kill parasites trying to take over the body. It supports healing. It is very Powerful!*

*\*If you are following a healing regime or are on any medication to treat existing conditions respiratory or otherwise, kindly ensure that you consult your health / well being practitioner before travelling.*

### ***Etiquette***

*\*Please avoid bringing clothes you intend to give away, as there are already many second-hand clothes sellers in Ghana and the local fabric industries and tailors are suffering as a result. As a valued alternative, please do bring any educational/ story books or magazines on current philosophy, technology, innovation and folktales for the local community. Things that reaffirm that melanin is rich and an asset to all those who are rich with melanin.*

- 1. Come with an open mind to learn, and not with a colonial mind to teach*
- 2. Ask host how much ought to be before going to market then you can choose if you want to pay more*
- 3. Avoid making empty promises: Learn to listen to peoples woes without feeling the need to solve the problem. Sometimes we can find answers without it costing money. Leave the white savior mentality behind.*
- 4. Always question yourself and your motives for doing things.*
- 5. If you feel empowered about something and want to do something then find a melanin rich organisation already tackling the issue and join them.*
- 6. Remember your manners, people are not your servants or slaves.*
- 7. Respect everyone you meet.*
- 8. If anyone is bringing someone into the village for the day or over night, it must be done with prior agreement & relevant offerings made 48 hours in advance.*
- 9. All Nne Agwu village members are their sisters and brothers keepers. We are all responsible for each other.*



# Shanti-Chi presents Nne Agwu Retreat

10. *Be cautious about romancing, people are looking for someone to get them a passport to Britain. However you may meet your soulmate.*
11. *Nne Agwu is looking for people to join the team to build the village with integrity and divine energy. Speak with Griot Chinyere if you wish to live on the Motherland*

**Ultimately you are responsible for your own health and well-being. And we are here to support you!**

## **What to bring with you**

Here are a few suggestions for what to **bring with you**. This is not an exhaustive list, so please think of what essentials you will need to make you more comfortable while here, in Ghana.

- I. Light loose comfortable cotton clothes: Trousers, long sleeves tops, long skirts and dresses, head wraps, big rimmed hats and sun glasses to shade from sun and prevent insect bites to face, cotton face clothes to wipe sweat, cotton gloves, socks and knickers.
- II. Comfortable walking boots for hikes, sandals for keeping cool, flip flops for the shower wash room, wellington boots for farm visits and slippers for inside wear.
- III. Rechargeable lamps and torches: wind up are best especially for the night.
- IV. Light rain-coat/ jacket WITH A HOOD. Umbrella for shade and rain
- V. Solar power packs for recharging, though there will be 7 days without phones.
- VI. Essential oils are great as the scent remains on the clothes and continues to work. Lemon grass essential oil (2 x 10ml), Neem oil (200ml), bitter leaves (Neem, lemon grass), spray bottle (1 litre size), garlic (10ml essential and 1 bulb), turmeric, vitamin E oil: ingredients to help with creating recipes for protect
- VII. Small sewing set - needle and thread
- VIII. Ear plugs - for the sounds of the night are joyous!
- IX. Water filters: Aim to drink 2 to 3 litres of water daily.

**IF YOU BRING CANDLES, PLEASE BRING SECURE CANDLE HOLDERS**

# Shanti-Chi presents Nne Agwu Retreat

## How to Bring your Money

- Please note that very few banks will change 'travelers cheques'.
- Bring **Visa** or bank cards as there are many banks with ATM facilities.
- Please note that **Mastercard** credit card ATM facilities are available at certain banks.
- Be sure to get clearance from your bank for using your credit / debit card here to withdraw cash.
- ATM is in Ho 30 mins drive away from Nne Agwu village.
- You will probably spend money on excursion days. We will stop off at ATM

Yo Yo Yo enter the Nne Agwu village: a safe sacred space on the Motherland in nature's embrace. Where we souls living in melanin rich bodies engage in the oral traditions of : storytelling, drumming, rituals, ceremonies, rites and medicine journeys, in order to gain a deeper connection with the divine womb of ceation, or ancestors, the dieties of the natural world and her inhabitants, our spirit guides, ourselves and our purpose.

Come have fun knowing your soul, walk up a mountain, view the heavens, test your resilience, be part of our family, our community, listen to the messages as the river flows and the water falls, emerse yourself in healing, imgest sacred fruits and journey to your core from 16th to 30th March 2024, Volta Ghana.

During the two week programme we will lend our hearts to:

1. Village welcome ceremony
2. Opening and Closing ritual
3. Excursions: Monkey Sanctuary, Waterfalls, Ancient Shrine, Mountain walk
4. Early morning Yoga
5. Traditional Storytelling and creative writing
6. Djembe Drumming
7. Transcendental night walk Meditations
8. Medicine Soul journey Ritual
9. Personal developemnt and Art

Exclusively for those priviledged to be melanin rich.