

SHANTI-CHI PRESENTS:

Nne Agwu  
Storytelling Family

GHANA 2023!

16th to 30th September 2023

Wishing to be with you on the motherland, ISE!

WHERE ARE WE GOING?

Nne Agwu have hired a whole forest for our village to taste what it could be like living on the motherland as a villager for 14 days in Forest Portal, Central Region.

FIND OUT MORE...

We run weekly village Zoom meetings to answer any questions regarding the trip to Ghana and your stay at the Nne Agwu village!

Time: 7pm

Meeting ID: 872 6553 2050

Passcode: ghana2023

A healing space for  
exclusively melanin  
rich beings!



We have a long term aim to  
create a permanent  
Nne Agwu village!



07582228967  
<https://www.shanti-chi.com/ghana-2023>  
info@shanti-chi.com





Shanti-Chi  
Presents  
**Nne Agwu Equinox**  
**GHANA 2023 RETREAT**

**Reconnect and Realign**

The Nne Agwu family retreat is going to Ghana for the September Equinox 2023: Hip Hop Amen Ra! This unique 14-day equinox programme utilises ancestral knowledge and wisdom to heal the mind, body and spirit of families and individuals. By engaging in daily practices of ancient village lifestyles we can unblock and clear pathways, encouraging good health and spiritual well-being, enabling us to vision our purpose and walk our path with joy in our hearts and a skip in our step. We will stay in a beautiful Portal Forest Estates where we learn to live connected to nature in a safe spectacular environment, making this an holistic Mother land experience for all the family.

**Normal adult price £2900**

**Discounted Price £2700**

includes Storytelling, Oral tradition, Drumming, Singing, Healing Ritual, Chigwa, Fire Dancing, Writing, Drawing, Meditations.  
flight, transfer from and to airport, accommodation and breakfast.  
Farming & excursions to Cape Coast, Kakum National Park.

**Deposit: £500 by 30th January 2023**

**Full payment by Friday 30th June 2023**

**Programme leaders**

El Djeli Chinyere

in partnership with Shanti-Chi, Portal Forest Estates, AGA Tours, OAHF  
& a host of wonderful djeli's, artists, healers, practitioners

Connect with your inner power to unifest that which you vision

**"Yes please and thank you, I am so worth it!"**

**Dates: 16th - 30th September 2023**

**Book early to avoid disappointment!**

[chicreations@shanti-chi.com](mailto:chicreations@shanti-chi.com) - 0758 222 8967 - [www.shanti-chi.com](http://www.shanti-chi.com)

Portal Forest Estates [www.portalforestestates.org](http://www.portalforestestates.org)

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**Reconnect and Realign**  
Embrace the Nne Agwu Village Spirit

**GHANA 2023**

**14-DAY PASS PRICES**

<b>14-DAY PASS TO FOREST PORTAL</b>	<b>£500 Deposit b4 30th January 2023</b>	<b>£750 Deposit b4 30th February 2023</b>	<b>£900 deposit b4 30th March 2023</b>
Adult 18 years plus	£2700	£2700	£2900
Peeps 7 to 17 years	£1800	£1800	£1930
Childs 6 years & under	£900	£900	£965

**FULL PAYMENT by 30th JUNE 2023**

**Email: [info@shanti-chi.com](mailto:info@shanti-chi.com) to arrange payment plan**

price includes: return flight, airport transfer in Ghana, exclusive access to magical forest & all: talks, lectures, performances, workshops, activities, artists, facilitators, excursions, and a safe place to call home on the motherland. This is a **melanin rich** spiritual cleansing experience. Reconnect, Reclaim & Recentre!

**Venue:** Forest Portal, Central Region, Ghana

**Dates:** Saturday 16th to Saturday 30th September 2023



Bank details:

HSBC

Nne Agwu

02178540

400415

Ref: NAG2023 (add your name)



## **JOURNEY TO GHANA**

Thank you for making a reservation with Shanti-Chi who are working with partners AGA Tours, Portal Forest Estates & Kweku Donkoh. We look forward to sharing quality healing and divine times with you.

### **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
- With a copy of the passport page with your name and other details
- Check if you need a visa, that will depend on what passport you have
- Apply online for Visas: <https://ghanahighcommissionuk.com/london-offices>
- Collection of visas: Ghana High commission 13 Belgrave Square, London SW1X 8PN
- If you are travelling with children & or young people make sure their travel documents are in order

### **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.
- You will need a positive PCR test
- If you choose not to take vaccinations or get tested then you will need a letter from a health practitioner or notarised letter from a solicitor stating you are naturally immuned, or responsible for own health or that your spirituality does not allow you to take in whatever ingredients are in the vaccine or test, or you have allergies etc.
- You can write a letter of exemption outlining why you are exempt, naming any of the above
- Check health guidelines wrt vaccination requirements.
- You are advised to have appropriate travel insurance which includes medical insurance.
- If you plan to conduct research you will need to seek the relevant approval before arrival.
- If you are travelling with a 2 year old or younger you can sit them on your lap. You will still be liable to pay airport taxes.
- Taxes are included except where local airport taxes are collected at check-in time

### **Health Guidance Notes:**

*Please note it is a good idea to reduce and or eliminate as much as possible sugar, diary, meat and fish in take in the months leading up to leaving for Ghana. It is just a suggestion as it will help as an insect repellent and support your good health during this time. Also drink bitters as much as possible during the lead up. "I like to fast 24 hours before I travel to Africa". Griot Chinyere*

*Also note that from around the beginning of April to end of September is rainy season, though the sun will shine warm on the face, and the bones will feel the heat of the rays. I would suggest you exercise and develop good breathing practice and build your stamina. Exercise more, walk more, breath deeply. The end of rainy season has been described as a mystical time of year. A time when the ancients are dancing for our consciousness to be "woke". Where necessary please ensure you have appropriate and adequate treatments, suppliments and herbs. All weather conditions can be full joyed so lets prepare for an amazing stay.*

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

*\*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 saver mentality behind.*
- 4. Always question yourself and your motives for doing things.*
- 5. If you feel impassioned 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. Respect everyone you meet.*
- 7. If anyone is bringing someone into the village for the day or over night, it must be done with prior agreement & the cost needs to be paid 48 hours in advance.*
- 8. All Nne Agwu village members are their sisters keepers and brothers keepers. We are all responsible for each other.*
- 9. Be cautious about romancing, people are looking for someone to get them a passport to Britain. However you may meet your soulmate.*
- 10. Do not rush in to buy land or property. Do your due diligence. Take time to get to know how things run.*

**Ultimately you are responsible for your own health and well-being.**

### **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: helps air to pass and cooling Tops for chilly evenings, “going out” outfit for looking fly.
- II.** Comfortable sandals, flip flops and house slippers: for the shower and or the tiled floors which can be cold!
- III.** Torches or rechargeable lamps, ready to use: wind up are best especially for the night in case of light off moment.
- IV.** Lemon grass, Neem oil, Citronella cream, spray, oil garlic, tumeric, insect repellent, flat candles: as these can protect you from bites and repel mosquitoes and other insects

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

- 1.** Light rain-coat/ jacket WITH A HOOD, umbrella
- 2.** Cotton handkerchiefs or face cloths
- 3.** Sunglasses, reading glasses
- 4.** Comfortable boots/ shoes/ wellingtons for walking and visiting farms



# Nne Agwu Equinox GHANA 2023 RETREAT



5. Nutmeg- (chew or boil a tiny bit to halt a 'running' belly.)
6. Thyme- (boil tea for upset stomach, bowel cleanser.)
7. Rosemary and Lavender
8. Bring your first aid kit
9. Sewing things - needle and thread
10. Camera
11. Mobile phone that can use a Ghana 'chip'- check with your phone company
12. Ear plugs - a number of local charismatic churches everywhere, some raise the volume on Sunday!

## How to Bring your Money

- Please note that very few banks will change 'travelers cheques'.
- Bring cash to change at 'Forex Bureaux' or **Visa** cards as many banks have ATM facilities.
- Please note that **Mastercard** credit card ATM facilities are only available at certain banks.
- Be sure to get clearance from your bank for using your credit / debit card here to withdraw cash.
- ATM nearest to Forest Portal Estates is Asikuma 20 mins drive away and Agona Swedru 90 minutes drive away.
- We will aim to stop off at an ATM between Accra and Portal Forest on arrival.

## Airplane Ticket Information

### FLIGHT ITINERARY

#### Flight London - Accra

Saturday 16th September 2023

#### Flight Accra - London

Saturday 30th September 2023

### Flight notes

- Your return Flight arrives at Heathrow airport but you depart from Gatwick.
- Please note that seat preferences are subject to availability.
- Since airline fares can change at any time, please confirm your reservation as soon as possible.
- Specific rules and restrictions may apply to this fare.
- Taxes are included except where local airport taxes are collected at check-in time
- Baggage allowance for your flights will be 1 Pc (23 kgs) + 7 Kgs hand luggage per person. Please do online check in 24 hrs prior to departure. Please sort out all visa requirements before your travel.

The airport we leave from and the exact times of departure and return will be given in June 2023 to those who have made their commitment to attend.

## **Retreat Information**

Visa are to be applied for 90 days or less before the flight date. Make sure it is at least 30 days so you can gather information and or deal with any problems that may arise in good time. As of June 2023 you can begin to make visa applications. If you plan to stay longer it maybe useful to buy a 12 months visa.

The Retreat package includes -

- \* Free airport pickup.
- \* 2 tours transportation and entrance fees.

Vegan healthy and delicious cooked and raw meals are available in the village.

We will also provide a programme of workshops and journeys for you to engage with for your health and well-being. Artists and facilitators from both diaspora and Mother land. A comprehensive programme will be available closer to the time.

After the initial welcome, you will have the freedom to enjoy your 14 days of timetabled activities or abstain. Nne Agwu staff are friendly and experienced.

## **RETREAT ITINERARY**

This is flexible and subject to updates as needed:

Forest Portal Estates  
16th September  
Arrival + Welcome

17th - September  
Free days - Settling in

18th September  
Cape Coast

19th - 25th September  
Nne Agwu Storytelling family retreat: Detailed programme to come

27th September  
Kakum National Park

29th September  
Packing a preparing to leave

30th September  
Airport



# Nne Agwu Equinox GHANA 2023 RETREAT

## INFORMATION & INTINERARY

I trust this sets out everything, let me know if I have missed or misinterpreted anything crucial 😊

Any requirements that need tending to please always refer to Nne Agwu staff and volunteers in the first instance [info@shanti-chi.com](mailto:info@shanti-chi.com)

Nne Agwu melanin rich indigenous family let us use this time to step out of our comfort zone and go deeper into who we are and what we can do to maintain divine cosmic order.

### NOTICE

It is important that you commit to the duration of the retreat. To reap maximum rewards, complete all tasks set. We will be running to a timetable which will be sent you in due course. We work on the basis of a **can do will do attitude!**

We will be picked up from the airport and driven to Portal Forest Estates. This is included in the price.

Book early to avoid disappointment! If you are interested then please register your interest NOW! <https://www.shanti-chi.com/the-feminine-rise>

Please send your completed form to [info@shanti-chi.com](mailto:info@shanti-chi.com), Please ensure to read the information pack. Any questions email [info@shanti-chi.com](mailto:info@shanti-chi.com). Read TERMS OF USE on the website.

Divinely yours Griot Chinyere Xxx

Let us be present to our love light!

Divinely yours

Griot Chinyere

We have a long term aim to create a circle of love we call village from the ground up. This work will begin next year after the 14 day equinox forest retreat.



