

Shanti-Chi
presents

THE FEMININE RISE SOLSTICE GHANA RETREAT

Repair and Reclaim



BOOK NOW!

dates: Friday 14th - Friday 28th December 2018

email: chicreations@shanti-chi.com or call 0758 222 8967

Join Kindred feminine melanin rich spirits in beautiful Ghana at Legassi Gardens on a hill outside Accra during the December solstice 2018, weaving healing tales of power and magic, with programme leader Griot Chinyere.

**Please call or email to agree your payment plan
Deposit of £300 must be paid by Wednesday 30th May 2018**

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**The Feminine Rise
Ghana Retreat**
Reconnect and Realign

The Feminine rise retreat is going to Ghana for the December solstice 2018: Hip Hop Amen Ra! This unique 13-day solstice programme utilises ancestral knowledge and wisdom to heal mind, body and spirit. By engaging in a daily practice of Chigwa, fire dancing, writing & drawing meditations, we can unblock and clear pathways, encouraging good health and spiritual well-being, enabling us to vision our purpose and walk our path. We will stay in a beautiful apartment at Legassi Gardens where tasty nutritious meals will be available, making this an holistic experience on the Mother land.

Normal price £1550

includes Daily Chigwa practice, fire dancing tuition, writing & drawing meditations. flight, transfer from and to airport, accommodation and breakfast. Drumming, farming & excursions to Aburi, Shai Hills, Dodowa falls

FIRST Deposit of £300 must be paid by Wednesday 30th May 2018

Early bird £1450

For early bird you must be paid full by 30th September 2018

Programme leader

Griot Chinyere
in partnership with Legassi Gardens

Please call or email to agree your payment plan

Connect with your inner power to unifest that which you vision

“Yes please and thank you, I am so worth it!”

Dates: Friday 14th - Friday 28th December 2018

Only 12 places available, book early to avoid disappointment!

**chicreations@shanti-chi.com - 0758 222 8967 - www.shanti-chi.com
Legassi Gardens - www.legassigardens.com**

Payment plan



The Feminine Rise Ghana Retreat Reconnect and Realign

Bank details:

Name:				
Payment Due Date	Normal Amonunt Due £	Amount Paid £	Early bird Amonunt Due £	Amount Paid £
30th May	300	300	300	300
30th June	250	550	300	600
30th July	250	800	300	900
30th August	250	1050	300	1200
30th September	250	1300	250	1450
30th October	250	1550		

HSBC

Shanti-Chi

01389874

400225

Ref: FRR (add your name)

YOUR JOURNEY TO GHANA

Thank you for making a reservation with us. We look forward to sharing quality healing and spiritual time with you.

Please Note:

Please note it is a good idea to reduce and or eliminate as much as possible sugar, dairy, meat and fish in take in the weeks 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 December to end of January Ghana experiences 'HARMATTAN', when dry winds blow from the Sahara. I would suggest you exercise and develop good breathing practice and build your stamina. Exercise more, walk more, breath deeply. Harmattan 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.*

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.

1. Light, loose, comfortable cotton clothes: helps air to pass, and cooling
Tops for chilly evenings, 'going out' outfit for looking fly.
2. Comfortable sandals, flip flops and house slippers: for the shower and or the tiled floors which can be cold!

3. Torches, or rechargeable lamps, ready to use: 'wind up' are best, especially for night, in case of 'light off'
4. 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

5. Light rain-coat/ jacket WITH A HOOD, umbrella
6. Cotton handkerchiefs or face cloths
7. Sunglasses, reading glasses
8. Comfortable boots/ shoes/ wellingtons for walking and visiting farms
9. Nutmeg- (chew or boil a tiny bit to halt a 'running' belly.)
10. Thyme- (boil tea for upset stomach, bowel cleanser.)
11. Rosemary and Lavender
12. Bring your first aid kit
13. Sewing things - needle and thread
14. Camera
15. Mobile phone that can use a Ghana 'chip'- check with your phone company
16. Ear plugs - a number of local charismatic churches everywhere, some raise the volume on Sunday!

Essentials:

- 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.
- If you choose not to take vaccinations then you will need a letter from your doctor/solicitor stating you are responsible for your own well being
- 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.

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.



The Feminine Rise Solstice Ghana Booking Form 2018



Great uprising highly favoured feminine melanin rich divine Energy! Divine thanks for choosing to be a part of this amazing experience. We invite you to develop your spiritual growth in Ghana during the December solstice 2018. Thank you for your interest in preserving, promoting and celebrating our divine chi energy! Ise!

Please ensure you have read all information in the pdf file and had a conversation with Griot Chinyere before completing this booking form and committing to this unique boombastic adventure in Ghana.

PLEASE COMPLETE

Forename:

Surname:

Address:

Contact Number:

Email Address:

Please state any and all Medical conditions:

Please state any and all medication you are on and any possible effects:

What is your profession?

Pass time activities?

Where did you hear about this retreat?

What do you hope to achieve on this retreat? (go onto another sheet if you need)

Are you committed to completing this retreat?

Further information

VENUE: Legassi Gardens, Ghana

RETREAT DATES: Friday 14th – Friday 28th December 2018

DEPART LONDON - Date 14th December 2018

RETURN LONDON - Date 28th December 2018

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

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!**

Signature:

Date:

We will be picked up from the airport and driven to our apartments at Legassi Gardens. 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, Please ensure you have read the information pack. Any questions call **0758 222 8967**

Divinely yours Griot Chinyere Xxx