



## SOUL QUEST: A JOURNEY OF SELF RETURN

*A return, not to who you were, but to who you are.*

A 4-day wilderness passage to reconnect with yourself, guided by nature integration healers, Zuzanka and Lolla.

This intimate journey is held in the embrace of wild landscapes. It offers a space that supports you in meeting yourself with courage and compassion to step across the threshold into renewal.



## THE INVITATION

The challenge is emotional and spiritual with a deep emphasis on healing rather than survival.

*Bare / Unfiltered / Transformational*

Together we'll explore:

- Facing yourself with honesty to release what feels stuck
- Softening into stillness to listen to your heart
- Opening to the wisdom of Mother Earth to step into belonging
- Carrying that wisdom back into your life and community

## THE HEART OF THE JOURNEY

- Healing Lost & Stuck Selves
- Nature as Anchor
- Sacred Meets Practical
- 4-Day Program for Modern Life

## OUR PLACE IN NATURE

**Boscia African Farm • Omomas, Namibia • 22002**

About 2.5hrs south of Windhoek Airport, Boscia African Farm rests in the stillness of Namibia's savannah.

You'll be allocated a private room – a simple, comfortable space to rest and restore. For the duration of the Quest, the farm becomes ours alone, a safe and welcoming place to soften and reconnect with yourself in nature.

*View Space* 

## MEET YOUR FACILITATORS



### *Lolla*

A Wilderness Guide whose path began in nature conservation. Her journey has deepened into exploring sacred landscapes and their power to reveal our true selves. She guides journeys and ceremonies that reconnect people with the simple, profound truths of the natural world.



### *Zuzanka*

A Wilderness Guide whose love of wild places drew her from corporate facilitation into rites of passage and transformational work. Guided by a deep calling to partner with Mother Nature for healing and renewal, she now leads wilderness journeys, mentors individuals, and supports growth through archetypes and personality profiling.

## 4 DAYS AT A GLANCE

### Day 1 Arrival & Intention

Arrival, welcome, and guided preparation. Step into ritual and shape the intention that will carry you into your Quest.

### Day 2 Deepening Connection

With the guidance of your facilitators, you open to the rhythms of the land and prepare for your time alone.

### Day 3 The Solo Quest

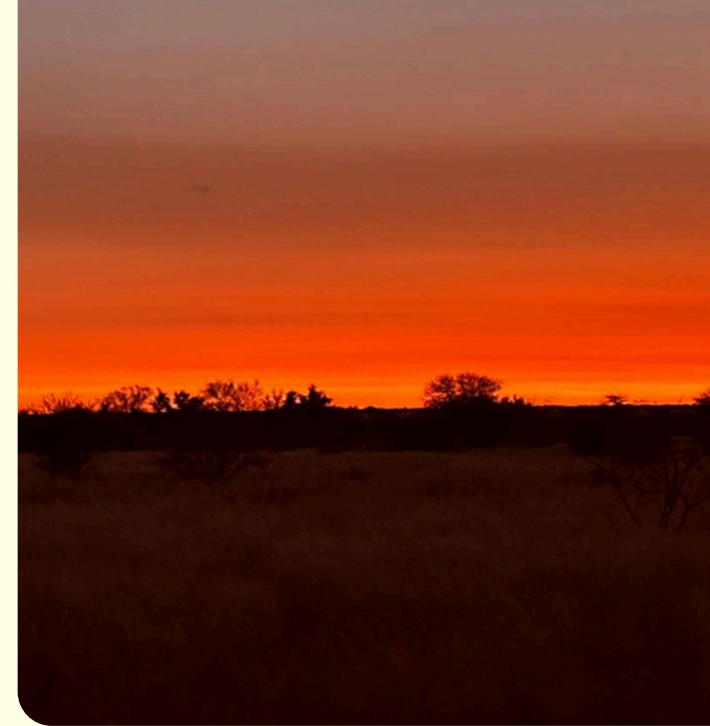
You step alone into nature. Here, emotions find space, truth reveals itself, and even discomfort becomes a doorway to deeper awareness.

### Day 4 Integration & Return

You return to the circle. Guided integration grounds your vision and helps you weave your insights into daily life and community.

### Nourishment

Meals throughout will be vegetarian, chosen to gently support the body and complement the spiritual journey.



## YOUR INVESTMENT

All guidance, facilitation, activities, and full-board meals, as described in the programme, are included.

**Shared Double Room €930**

(All travel and other personal gear are not included)

Upcoming Dates 2026

March 11 - 14

August 17 - 20

*Register Here*