

NAMIBIA · 2026

Slow Alchemy.

A GUIDED CREATIVE RETREAT TO RETURN TO INNER ESSENCE & INSPIRATION

DATES
02 - 09 October 2026

LOCATION
Boscia African Farm



“

The landscape is not a backdrop here. It is part of the process.

- NICOLENE BURGER, CREATIVITY DOULA & RETREAT HOLDER

”

THE INVITATION

Seven days of listening to yourself again.

Overstimulation, an endless list of to-dos, and urgency, somewhere in all of it, the quieter signals of intuition and rhythm get harder to hear, and the sense of what you actually want becomes muted.

Slow Alchemy

is a creative transformation process curated to guide you back to your inner voice. Held in the vast stillness of the Namibian bush, through art-making, embodiment, and reflection, you'll move through what's been building beneath the surface.



WHO THE JOURNEY IS FOR

This retreat is a perfect fit, if you:

- are moving through burnout, anxiety, or emotional overwhelm
- feel stuck, heavy, or far away in your creative process
- carry grief, a transition, or a decision that needs room
- are tired of performing and want to hear yourself again
- long for silence, nature, and a slower pace of living
- want creative and somatic tools that travel home with you

You don't need to be an artist, only the willingness to meet yourself honestly— Everything else, including the paint, is provided.

THE METHOD

What awaits you.

Slow Alchemy uses creative and embodied processes as tools for self-awareness, emotional integration, and nervous-system regulation — a way of transmuting what has gone still in you into movement again.

A TYPICAL DAY WILL LOOK LIKE



Multimedia Art-making

Intuitive, process-led work across materials. No skill required — the page is for emptying, not impressing.



Embodied Expression & Somatic Release

Movement, voice, and body-based practice that lets the body speak first, and finish what it started.



Shadow & Inner Child Work

Gentle, guided meetings with the parts of you that have been waiting — held with emotional and relational intelligence.



Visualisation, Journaling, Mapping

Turning what surfaces into language and shape so you can navigate with clarity long after the week ends.



Stillness & Integration

Unstructured time. Silence, sky, slow walks. The land does its share of the work.



YOUR GUIDE

Nicolene Burger

MULTIMEDIA ARTIST · PERFORMER · CREATIVITY DOULA

For over a decade, Nicolene has explored the connection between creativity, embodiment, and personal growth through visual art, immersive performance, and guiding others through life's transitions.

At the heart of her work is a belief that creativity is not reserved for artists, but a deeply human capacity for healing, self-discovery, and transformation. Through intuitive, experiential practices, she creates spaces that help people reconnect with themselves, navigate change, and find a soft renewal within themselves.

THE JOURNEY

RETREAT HELD IN ENGLISH

Everything you need to know

DURATION

2 - 9 October 2026
7 nights

GROUP

8-10 Participants
Intimate and warm atmosphere

ACCOMMODATION

Boscia African Farm
Shared or private rooms

FOOD

Fresh, regional & organic meals
Breakfast and dinner are included daily on the farm
(vegan + veggie available)

Lunch available @ R190 | €9.50
Participants are welcome to bring snacks

YOUR BUDGET & ROOM OPTIONS

Rates include the facilitation fee: all sessions, guidance, and art materials with Nicolene + breakfast & dinner across the full seven days

	<i>Standard</i>	<i>Deluxe</i>
Sharing	R17,722 / €904.50	Sharing R19,808 / €1,009.50
Single	R19,528 / €995.50	Single R22,160 / €1,128.50

Pay before 21 August 2026, get 10% off accommodation rate

INQUIRE WHEN BOOKING

- There is a shuttle option from the airport available at an additional cost; otherwise, your own rental car will have to be organised from Windhoek.
- Nicolene offers a free 15-min discovery call up to one week before the retreat. Book at burgernicolene3@gmail.com or +27 84 6736182



Nothing here happens fast. That's the point.

Now is your moment.

SECURE YOUR SPOT
INFO@BOSCIA-FARM.COM



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