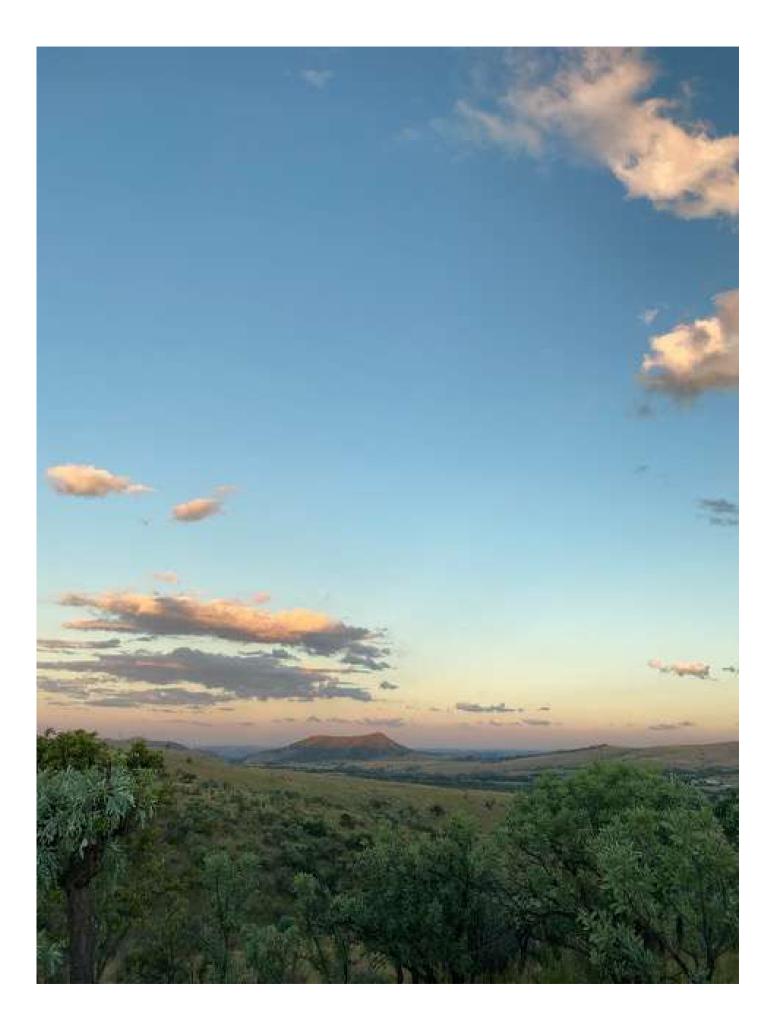
SPRING EQUINOX CREATIVITY GATHERING 22 - 25 SEPTEMBER

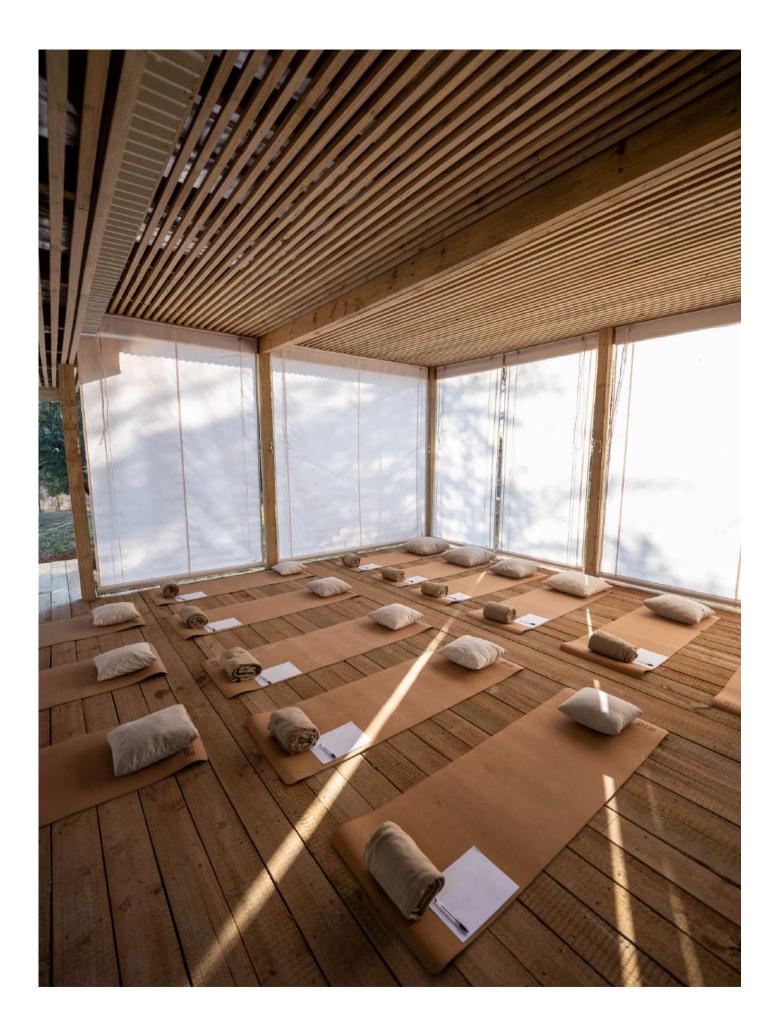


# FETCH YOUR LIFE FOUNDATION presents the inaugural **SPRING EQUINOX CREATIVITY GATHERING**.

A carefully curated weekend programme of guided artistic exercises, reflections and activities - both collective and in solitude - hosted in the countryside oasis of FARMHOUSE58 in the Cradle of Humankind.

The weekend will be facilitated by **Msaki** (art, visual journaling, song), **Khnysa** (breathwork), **Keith Kunene** (Life By Design) & **Lesego Mapeka** (Epic Hikes).

FETCH YOUR LIFE is focused on discovering ways to encourage people to move towards their purpose, aligning consciousness and creativity, with the hope of seeing people thrive in their true nature as creative, dynamic and expansive beings, directly connected to SOURCE.



The SPRING EQUINOX is an excellent time to prioritise balance, with day and night being exactly equal. The programme has a considered ebb and flow that allows for maximum activation, healing, renewal and reflection in a short space of time. The 7 sessions include the themes:

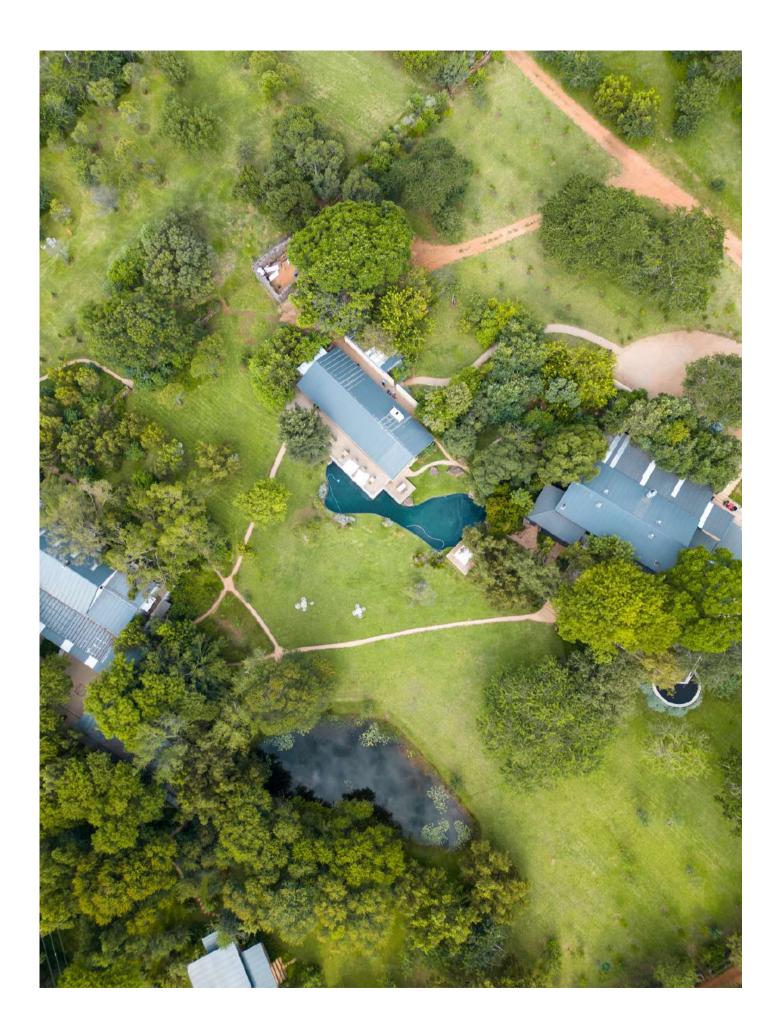
- Being
- Breathe
- Beginning
- Breaking Bad
- Building
- Believe
- Belong

FARMHOUSE58 Facilities include:

- Shuttle from NIROX Sculpture Park

- Sala Space for breathwork, yoga and meditation.
- Newly-installed outdoor gym and sauna.

• Quality dining experiences at The Lapa, The Shed & The Boma, with emphasis on the fresh produce as grown in the Agri-Garden. • Homemade fermented beverages, ice-teas, garden infusions. • Hiking trails around the kopjes, including routes to our waterfall and dams



#### Programme:

### Friday Welcome - Optional

- 14h00 17h00
- Initial engagement with **Msaki** at sunset
- 18h30: Collective Dinner

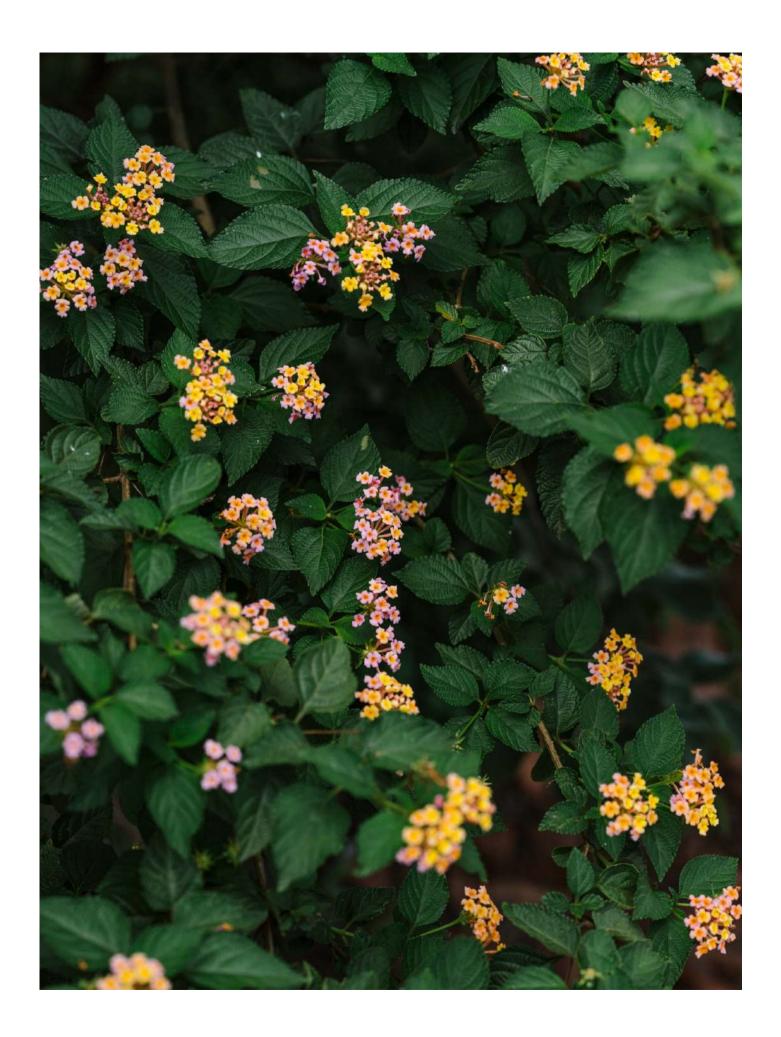
# Saturday

- 07h00: SESSION | Breathwork with **Khnysa**
- 08h00: Breakfast
- 13h00: Lunch
- 14h30: SESSION | Breaking Bad with Msaki
- 17h00: Free Time
- 18h00: Dinner at The Boma

• Guests to receive Creativity Pack including **Moleskin** diaries & stationery

• 10h00: SESSION | Let There Be You: Visual Journaling with Msaki

• 19h00: Fireside Songs Under the Night Sky with **Msaki** 



# Sunday

- 09h30: Breakfast
- 13h00: Lunch
- 18h30: Release Session at the Lake
- 19h00: Harvest Dinner with Share

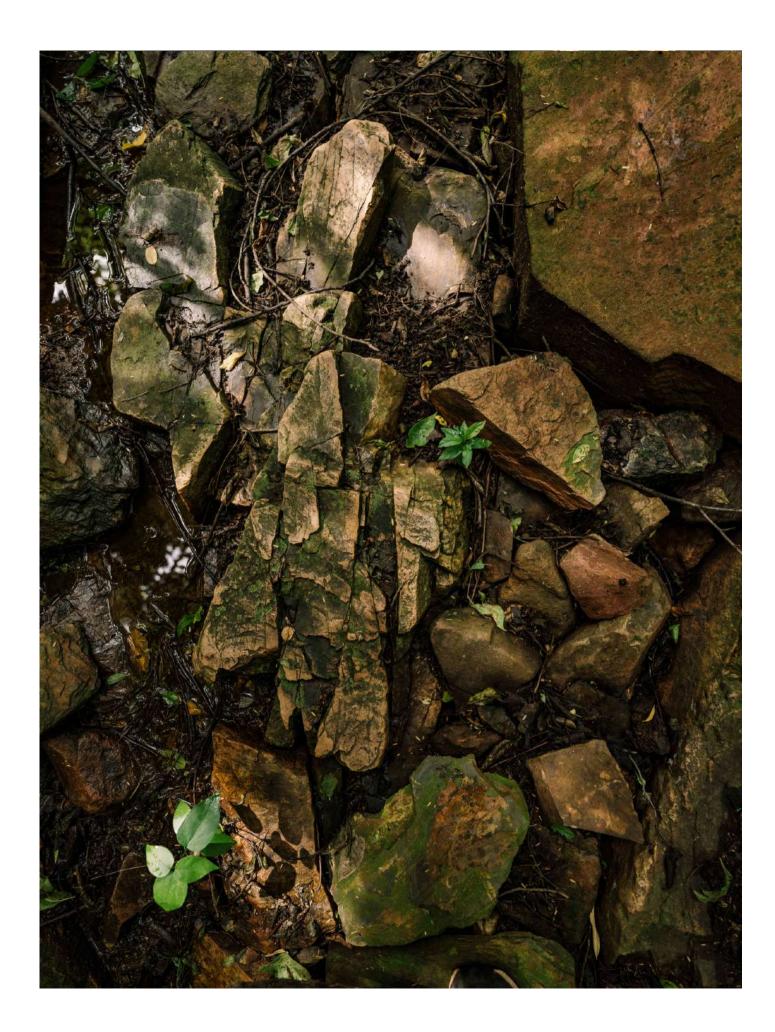
# Monday

- 09h30: Breakfast
- 11h00: Depart

• 07h30: Slow Contemplative Waterfall Hike with Lesego Mapeka

• 11h00-13h00: SESSION | Believe with Keith Kunene

• 14h00-16h00: SESSION | Building with **Keith Kunene** 



#### Pricing:

- 2 nights: Saturday & Sunday Night

# Standard Room

Single: R9,360 Sharing: R15,300

# **BOOK HERE**

or R2,490 sharing

# **BOOK HERE**

• Price includes accommodation, Saturday lunch & dinner, all meals on Sunday and all programmes & activities throughout the weekend

Deluxe	Premium
Room	Room
Single: R9,900	Single: R10,620
Sharing: R15,840	Sharing: R16,560

• Additional Friday night accommodation, dinner & breakfast R1,745 single



# Practitioners **KHNYSA**

UMZIBA... UMZI is house and MBA is life force, energy, prana...

We will begin by observing and moving the breath in a guided active breathing meditation.

KHNYSA Sisonke Papu, a.k.a. Sisonke Papu is iGqiRha - traditional healer, storyteller and multi-disciplinary artist from Mthatha, South Africa. KHNYSA's work seeks to mediate modes of traditional healing and traditional music as repositories of knowledge in the South African context by exploring spatial, emotional and spiritual temporalities and by engaging ideas of the everyday, the real and imaginary, dreams and memory, the unseen as well as the mythical, ritual, sonic and cosmic.

KHNYSA is the founder of ISPILI Network, a transmedia and creative platform dedicated to exploring the creative economy of the Eastern Cape through social programs and online content dedicated to the preservation and transmission of indigenous knowledges and collective healing.



#### Practitioners **MSAKI** FETCH YOUR LIFE FOUNDATION

MSAKI is a consummate student and devotee of creativity. She is passionate about examining and sharing creative principles that can be utilised across different media and artistic practices. She breaks down and illustrates these principles with practical examples and prompts to solidify the concepts.

MSAKI has a wealth of training and experience in Graphic Design, Creative Direction (Illustration & Copywriting), Fine Art (Painting, Drawing & Installation Work), Film (Music for Picture and Advertising), Film Photography (Black & White, Hand Colour Processing and Alternative Techniques Curation), Digital Art & Video Directing, Art Department and Prop-Making, Music Composition, Production & Songwriting.



# Practitioners **KEITH KUNENE** LIFE BY DESIGN

Exploring the connection between the conscious & subconscious mind, and the physical body, which propels us to move through space, to ultimately fetch our lives with purpose. Through two engaging talks and hands-on worksheets, the aim is to amplify awareness by delving into life-transforming methods of self-connection, nurturing a life lived from the core outward, thereby igniting a desire for results that are deeply intertwined with one's purpose.

KEITH is a LIFE DESIGNER on a mission to help self-enterprising humans create a life by design through purpose, play, and prosperity. As a transformation agent, Keith is methodical in revealing the concealed divine potential within us, igniting human possibility through paradigm design, equipping individuals with the tools to carve out an internal landscape conducive to self-creation no matter what is happening outside.

Trained by the Proctor Gallagher Institute, Keith embraces the art of Thinking Into Results through the mentorship and guidance of Haley Carlson. Keith's journey continues, centered on personal growth and helping others forge lives filled with intention and fulfilment.



#### Practitioners LESEGO MAPEKA

Lesego Mapeka founded EPIC HIKES, a business focused on conscious and transformative hiking experiences in Africa.

His journey began when he found himself stressed and at risk of depression, and he discovered that hiking and being outdoors helped him cope. He soon started hiking every weekend and during the week, seeking out hidden gems and meeting like-minded individuals on the trails. This led him to organise weekend getaways with friends and EPIC HIKES was born.

EPIC HIKES is unique because it focuses on encouraging guests to connect with themselves, others, and nature in a mindful and meaningful way. The hikes have been described as a safe space where people from all walks of life can find a space between an exhale and an inhale, gazing at a vista or looking inwards for a brief and quiet moment in nature.



