



AFRICAN BIODANZA FESTIVAL 2023

“Biodanza In the Heart of Africa”

“Movements of the Soul”

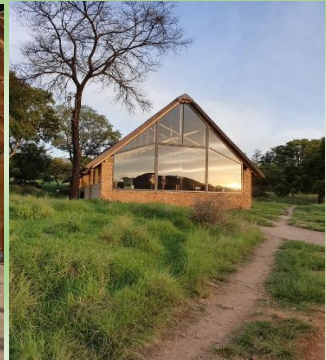
- Dance in a glass chapel overlooking a lake watching the buck and zebra walk by!!!
- Meditate under a star lit African sky!
- Join the drumming circle around the fire under the African sky
- Join us for a Sunset Lake Cruise
- Unwind in the morning with a Stretch Class
- Party the night away at our African Theme Party- Dress up in your best African clothes
- Walk through the nature with zebras, buck, impala, all around you
- Sit on a rock in silence and absorb the energy of African soil...
- And if you want to immerse in nature, go for a hike or hire a bicycle, or swim in the dam or in the pool.

Venue:

Cradle Moon Lakeside Game Lodge, Muldersdrift, Gauteng. (44minutes from Johannesburg and Pretoria)

Come join us at Cradle Moon Lodge in the Heart of Africa for an unforgettable 4 - day experience!!!

The Cradle Moon Lakeside Lodge is located near the Cradle of Mankind and is an ideal setting.



Come join us in this gathering at the unique venue that resonates with the rhythm of Africa in the heart of Africa, at the origins of humankind!!!

Dates:

Friday, 15 December 2023 to Monday, 18 December 2023.

(Check in **from 2pm** on 15 December 2023 and check out **by 10am** on the 18th of December 2023.)

Registration Cost

(Vivencias, Morning Stretch Classes, Breathing Classes, Drumming around the Fire, Meditation under the stars)

Accommodation and Meal costs and Optional Activities including Sunset Lake Cruise, canoeing, etc. are separate and for your own account.

- **Early Bird Special!!! - Full amount paid by 15 November 2023 - R 2 300pp (\$130pp) or R 1 600pp (\$90pp) per couple**
- **From 16 November 2023 until 30 November 2023-Pay R 2 500pp (\$140pp) and R 1 800pp (\$100pp) per couple**
- **From 1 December 2023 – 10 December 2023- Pay R 2 700pp (\$150pp) and R 2000pp (\$110pp) per couple**
- **Registration closes on 10th December 2023**

Below is a link with the booking form for the event.

<https://www.surveymonkey.com/r/32Z889Q>

Banking Details:

Local

Standard Bank

Biodanza South Africa

Branch: 051001 or Hatfield (011545)

Acc Number: 10109253645

Swift Code: SBZAZAJJXXX

Ref: ABF23 and your name: e.g., ABF23SAM

International

PayPal- paypal.me/drfmansoor

Send proof of payment to drfmansoor@gmail.com

Book Now!!!

Accommodation:

Accommodation for the 3 nights or more MUST be booked directly with the Hotel at the special discounted Biodanza SA Rate!!! Pay **R 975pp** per night bed and breakfast shared accommodation or **R 1200pp** bed and breakfast single.

Contact Marleen on 0871101231 or email her on reservations@cradlemoon.co.za. Please copy me on all communication on drfmansoor@gmail.com.

A 50% deposit is required at time of booking to secure your accommodation at this amazing event!!!

Book Now!!!

Your Facilitator:



Come join Feroza, the Director of Biodanza South Africa and Director of the School of Johannesburg who is passionate about Conscious Biodanza with Heart. She has been dancing over 15 years and is passionate about being African and believes that Africa connects you with the pulse of life. Come join her and dance the Movements of your Soul which takes you on a deep journey that refreshes, rejuvenates, resets, and reconnects you with the depths of your soul.

Contact Feroza on +27 83 64 333 322 or send an email to drfmansoor@gmail.com for any queries.

See events under www.biodanza.co.za for more info.

Disclaimer:

If you have COVID, or any symptoms of cough, fever, sore throat, etc., please DO NOT ATTEND THIS EVENT.

If you have been in contact with someone who has COVID recently, please DO NOT ATTEND THIS EVENT.

Biodanza proposes the Biocentric Model where all of life is sacred. It is expected that all participants will take responsibility for themselves and for others in the decisions that they take and accept full responsibility for any liability linked to their decisions to attend.