



“ Nature offers profound healing capabilities to bring one back to stillness. These sessions will promote deep relaxation and reduce stress & anxiety to achieve a greater balance and well-being in all aspects of life. ”



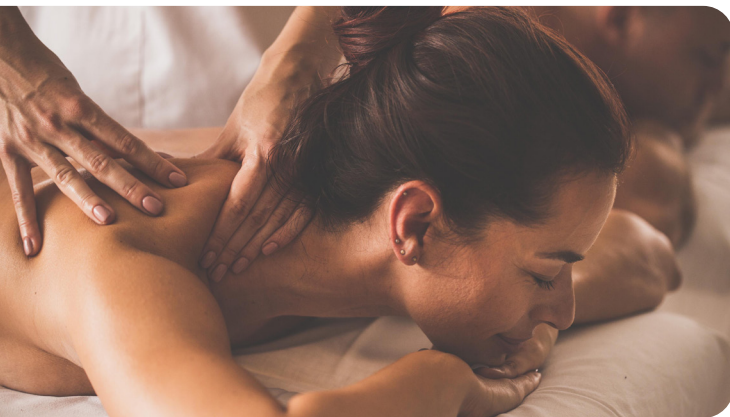
Robyn Sheldon

WELLNESS GUIDE & FACILITATOR

Robyn's passion for wellness and healing led her to establish the Okavango Healing and Wellness concept, a unique experience that reconnects us with ourselves and nature in the pristine wilderness of the Okavango Delta. Her transformational process work focuses on the physical, emotional, and spiritual needs of her clients and all therapies are designed to promote deep relaxation and mindfulness, reduce stress and anxiety, and enhance overall well-being.

WHY BOOK A WELLNESS SESSION WITH ROBYN

A session with Robyn is a truly transformative experience. She works around the interconnectedness of mind, body and spirit and will support you throughout each session, as you release blockages and let go. This is not just a spa experience in the bush. It is the opportunity to come back into wholeness, healing, and a deep appreciation of life through mindfulness and deep process work, whilst in nature and on a restful vacation.



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BOTSWANA • THAMALAKANE RIVER



Option 1:

GUIDED RELAXATION MEDITATION SESSION

This is perfect for guests who have limited time, yet are still wanting to focus on wellness and relaxation.

WHAT TO EXPECT

Through meditation, mindfulness and heartfulness techniques, you will leave this session feeling a lightness of heart. It involves focusing on the breath, the life force and the sensations in the body to reach a sense of peace and clarity of thought. It is a nurturing practice, allowing one to drop into the stillness that lies deep within, and a magical way to enhance the awareness of your surroundings before or after your safari.



Option 2 & 3:

WELLNESS SESSION

This includes Soul Integration and can be inclusive of Deep Healing Massage Therapy if the idea appeals to you.

WHAT TO EXPECT

The shamanic practice of breathwork and relaxation, together with guidance to connect to your inner voice and intuition, assists you to identify and release stuck themes in your life. This process generates clarity, peacefulness and well-being. The combination of intuitive massage offered alongside this, brings in touch and presence, and is deeply healing. Robyn will facilitate this session with love and care, so that you are able to let go of what is no longer serving you to be fully present in your day-to-day life. In this short space of time, Robyn will help you relax, let go and re-align with your soul path.



Option 4:

COUPLES SESSION - Ideal for Honeymooners

This includes Touch Communication.

WHAT TO EXPECT

Touch for Healing Communication is ideal for honeymoon couples. It teaches couples the art of intuitive touch as a tool for authentic and respectful communication. This deep dive into listening without judgment can assist in navigating more challenging times in their shared years ahead.



Soul Integration

This is a deeply meditative process, allowing your soul to recognize which parts of your matrix you are ready to let go of and which you need to keep on your life journey. It is a process to help align your thoughts, feelings, and actions. Soul Integration sessions create profound shifts at a deep level of our consciousness. The quieter we become the deeper we listen, the more we have access to the soul self. This helps us to look at any part of our lives for more clarity, insight, or healing.

Deep Healing & Shamanic Massage

With powerful techniques based on the principles of energy healing, Deep Healing & Shamanic Massage involves using touch and intention to release blockages in the body's energy fields. What could be better than unwinding and immersing yourself fully in the magic of the Okavango Delta through this mindful and relaxing therapy practice.



Sessions & Offerings

OPTION 1: US\$145 Per Person *Botswana resident rate available*

1½ HOUR - Guided Relaxation Meditation Session

OPTION 2: US\$400 Per Person *Botswana resident rate available*

3½ HOUR - Wellness Session

OPTION 3: US\$795 Per Person *Botswana resident rate available*

FULL DAY - Wellness Session

OPTION 4: US\$400 Per Couple *Botswana resident rate available*

3½ HOUR - Couples Session, Ideal for Honeymooners

Book a deep relaxation session
with our Wellness Therapist
Robyn Sheldon...

With over thirty years' experience, all therapies have been designed to promote deep relaxation and mindfulness, reduce stress and anxiety, and enhance overall well-being.

