



ROBYN SHELDON

“It is true that humans are unbearably, unbelievably precious. When we drop beneath our stressed-out perceptions by tuning into the wise, patient rhythm of the earth, we increase our ability to be guided by our own inner wisdom and are changed on a profound level.”

Wellness Experience: *Robyn has been practicing healing and wellness for over 30 years.*

Ideal for Accompanying: *Honeymoon couples, small groups, individuals, meditators, wellness seekers.*

Areas of Special Interest: *Wellness and healing, massage, meditation, dance, nature, shamanism, animism.*

Qualifications:

- 30 years intensive meditation practice.
- Soul integration therapist, registered midwife, published author and certified 'dance of life' facilitator.

Therapies & Practices Include:

- Soul Integration
- Deep Healing & Shamanic Massage
- Transformative Healing/Process Work
- Meditation & Guided Relaxation Practices
- Touch Communication (Honeymoon Couples)
- Dance Facilitation (Groups)

Languages: *English/the language of the subconscious mind.*

Currently Lives: *Maun, Botswana*

OPERATES IN BOTSWANA

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. With over thirty years intensive meditation practice, 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.

Robyn has always had a deep connection to nature. She deeply believes that nurturing oneself, in nature, offers profound healing capabilities and brings one back to stillness. Her holistic treatments are designed so that guests can reconnect with themselves, reconnect with nature, and find inner peace and healing, whilst on vacation. 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.

WHY BOOK A WELLNESS SAFARI WITH ROBYN.

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.

Her session work focusses on each individual's personal healing, relaxation and travel itineraries and she will fit in with guests' schedules, in camp, so that they can enjoy their safari experience, and at the same time focus on being brought back into harmony and health, whilst relaxing. Through introspection, self-reflection, and self-awareness, guests get back from safari as a better version of themselves. This is more than just about treatments and relaxation, but also about profound and transformative soul work, for healing.