Awake in the Wilderness is a mindfulness based retreat in the Imfolozi Game Reserve in KwaZulu Natal, South Africa. The Imfolozi Game Reserve is a 40 000 hectare African wilderness well known for its large carnivores and other big mammals particularly elephant, black rhino and white rhino. The area used for the retreat is restricted so there are no cars, computers, phones or other people. The natural stillness and quiet that results provides an excellent setting for connecting inwardly.

Practising mindfulness in the African wilderness in the presence of big game brings us to our senses in a profound way and draws us into silence, stillness and a sense of interconnectedness with all of nature.

The trail offers the opportunity to experience a pristine Big Five African wilderness area while opening to your inner wilderness through a variety of formal and informal practices. Nights are spent out in the open under the African sky and participants take turns in keeping night watch. The trail is limited to six participants.

FACILITATORS:
The retreat is facilitated by Matthew Watkin and Peter Milligan accompanied by trained trail officers from KZN Wildlife. Matthew Watkin, Clinical Psychologist and Mindfulness teacher, has many years of experience teaching mindfulness in a range of settings. Peter Milligan, Psychiatrist, teaches mindfulness in clinical settings to individuals and groups.
DATE OF NEXT RETREAT:
31 July – 4 August 2015

COST:
R8250 per person

INCLUDES:
- Food – 3 meals per day
- Conservation levy
- Mindfulness tuition and materials
- All camping equipment – backpack, sleeping bags, mats, etc.
- KZN Wildlife trail officers
- Personal attention: trails are limited to six people

FOR MORE INFORMATION CONTACT:
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“I went to the woods because I wanted to live deliberately to front only the essential facts of life and see if I could not learn what it had to teach and not, when I came to die, discover that I had not lived.”
Henry David Thoreau