

KNYSNA RESONATE RETREAT

TRIP INFORMATION SHEET

1. Trip Schedule

Start Time:	15:00 on Friday, 12 March 2021 at Maradadi house
Finish time:	13:00 on Tuesday, 16 March 2021

2. Activities

Detailed timing schedule will be provided on first day.

- Facilitated group work in the beautiful [Maradadi House](#) guesthouse
- Nature art session
- Forest walks and Forest bathing
- Mindful swimming session in the Knysna Lagoon
- Afternoon cruise on the Knysna Lagoon
- Free time

Adult principles apply and that it is up to you to decide in which activities you would like to participate. Please just inform Monene the previous evening should you want to sit out on the any of the following day's activities.

3. Flights to Knysna

A useful search engine, that cover all the major airlines is: www.skyscanner.net

4. Accommodation

You can select and book your accommodation of your choice. Here is a list of options close to Maradadi house:

[Maradadi House](#) guesthouse (R1000 for double or R800 for single occupation)

[Fern Gully](#)

[The Roost at Red Barn](#)

[Woodlands cottages](#)

[Lazy Leopard cottages](#)

[Forest valley cottages](#)

[Peace of Eden](#)

[Cliff hanger cottages](#)

MONENE MURRAY

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5. Meals

All Lunches, teas, coffees, and most dinners whilst at Maradadi house is included. For all meals there is always be vegetarian option. If you however have any specific dietary requirement then please notify us when booking. Breakfast and Dinner on day 3 is for you own account.

6. Extra Expenses

You will need extra money to cover such items as breakfast, dinner of day 3, entertainment, souvenirs and additional activities. The local currency is the South African Rand. Major credit cards (Visa, Master) are accepted at most places.

7. Passports and Visas

Application of any visa is your responsibility. We can provide you with an accommodation confirmation letter should you will require it for your visa application.

[8. Weather in Knysna](#)

9. Packing tips

Casual, cool clothes for warm days for attending the workshop

Warm cover-up for the evenings and for the boat trip

Good walking shoes (good grip) for the walks in the forest

Rain jacket - this is rainy season

Swimming costumes and towel for swim in the ecopool at Maradadi and lagoon

Small daypack

Please contact me should you have any further questions.

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