

ART THERAPY - BREATHWORK - YOGA - 1:1 TAROT JOURNEYS

7 DAY IMMERSION

NOVEMBER 2025

CATHARSIS



RETREAT

INFORMATION BOOKLET

A CURATED HOLISTIC CONTAINER TO
UNLEASH YOUR POTENTIAL & HEAL THROUGH ART

EARTH ALTAR - BLUE LOTUS TEA CEREMONY - TRATAKA

CACAO CEREMONY - GROUP HYPNOSIS - VOICE ACTIVATION - INSPIRATION HIKE

SHARING CIRCLES - PLANT MEDICINE MICRODOSING - EYE GAZING - MEDITATION



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THE RETREAT STRUCTURE

THREE RETREAT OPTIONS

1

7 DAY FULL JOURNEYER

ROOT TO CROWN

Full transformation and exploration for a more immersive and powerful experience | 3 - 9 November.

Completely rebirth through art and ceremony with the full seven days of journeying through all the energy centers, all the blockages, all ceremonies, all channelings and all holistic practices.

See more about the full schedule below.

2

4 DAY WARRIOR

ROOT TO HEART

Join only the first 4 days | 3 - 6 November.

The first four days we move through;
Lower chakras.

Creative art healing workshops for self discovery,
Releasing blockages and practicing
Building the muscle of creativity.
Artist talk and sculpture workshop with Atang Tshikare.

3

3 DAY WEEKENDER

THROAT TO CROWN

Join only the last 3 days | 7 - 9 November.

The last three days we move through;
Upper chakras.

A looser schedule, focusing on expression of your voice,
your story, your he(art).
Getting your personal story, pain and healing
into a bigger art piece that you can take home.
Artist talk and voice workhop with Yasmine Ezzideen.

SCHEDULE

This is the inspired schedule; there might be subtle shifts and changes to accommodate more people, a deeper experience or intuitive messages.

3 NOV, MONDAY: ROOT CHAKRA

Arrival, opening circle, grounding group hypnosis and root wisdom, artist talk and clay workshop with Atang Tshikare, closing circle.

4 NOV, TUESDAY: SACRAL CHAKRA

Yoga, meditation, sacral wisdom, guided journalling, creativity date: nature adventure, earth altar creation ceremony, art workshop: inner critic, 1:1 tarot readings / rest, closing circle.

5 NOV, WEDNESDAY : SOLAR PLEXUS CHAKRA

Yoga, meditation, solar plexus wisdom, guided journalling, art workshop: soul essence through the eyes, art workshop: collaborative piece, let go of control, 1:1 tarot readings / rest, closing circle.

6 NOV, THURSDAY : HEART CHAKRA

Yoga, meditation, heart wisdom, guided journalling, cacao ceremony and heartbreak/ grief poetry, swim and sauna, closing circle.

7 NOV, FRIDAY : THROAT CHAKRA

Yoga, meditation, throat wisdom, guided journalling, vocal activation & artist discussion with Yasmin Ezzideen, plan and begin larger art piece, practice poem performance, open mic with cacao as additional option.

8 NOV, SATURDAY : THIRD EYE CHAKRA

Blue lotus tea ceremony, breathwork, third eye wisdom, guided journalling, continue on larger art piece, closing circle.

9 NOV, SUNDAY : CROWN CHAKRA

Yoga, meditation, crown wisdom, guided journalling, work on & finish larger art piece, earth altar closing container ceremony.

7 DAY IMMERSION:

MORE INFORMATION

With the support of mindfulness and transformative healing practices, we will explore various creative mediums to **delve into the self, uncover hidden wounds and blockages, and allow these emotions to move through you**, using the powerful healing energy of artistic expression.

Throughout the retreat, you will be **guided and supported by two healing practitioners**, Phillippa and Jaimie, who have personally used creativity and art to process, express, and heal. As part of the retreat, you will also have the opportunity to engage in a day of workshops with Yasmin Ezzideen, a **talented exhibited Cape Town artist**, who will inspire and guide you just before you embark on creating your own final piece.

We've carefully crafted this retreat to provide you with a **safe, nourishing space** to **release the stories and patterns** that no longer serve you. Supported by the healing powers of nature, a supportive community, and a rhythm that brings presence and routine, you will **emerge feeling energetically cleansed**, reinvigorated, and **deeply transformed**.

Each day has been thoughtfully designed to guide you through specific blockages using various mediums. By the end of the retreat, you will create a **larger art piece** that **captures your personal journey** of healing and self-expression.

From day two, we begin each morning with yoga, meditation, and journaling, preparing your mind, body, and soul for deep self-discovery and artistic exploration. This **holistic approach ensures that you will be grounded and centered** as you embark on your creative journey, **unlocking the fullness of your potential**.

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WHY JOIN THE RETREAT?

TRANSFORM PAIN INTO EXPRESSION

This is your opportunity to turn old pain and blockages into creative expression, releasing the emotional weight that has been holding you back in both art and life.

RELEASE ENERGETIC BLOCKAGES

Release Energetic Blockages: Not only will you clear the blocks affecting your art, but you'll also dissolve the energetic stagnation that's been limiting your growth, freeing you to move forward with confidence and clarity.

DIVE DEEP INTO YOUR INNER WORLD

Through art therapy workshops, we'll guide you to explore and untangle your subconscious. With the addition of a safe micro-dosing experience, led by a certified natural plant medicine healer, you'll access deeper layers of healing and self-awareness.

RECONNECT WITH YOUR INNER SPARK

Take time to immerse yourself in nature, allowing the quiet and beauty around you to reignite the creative spark within, and reclaim the energy and clarity you need to move forward.

JOIN A COMMUNITY OF CREATORS

Experience the joy of creating alongside like-minded individuals who are on their own transformative journeys. This is a space for connection, laughter, and shared inspiration.

FEEL SUPPORTED AND HELD

In this safe, nurturing space, our healing facilitators will guide you and hold space for you, offering the warmth and support needed to feel deeply held as you process, release, integrate and discover.

WHO IS THIS FOR?

ANYONE WHO:

- Feels a creative fire within but struggles to find the time, space, or flow to bring it to life.

- Is carrying the weight of past traumas or pain, and needs support to release it and move forward.

- Is seeking to recharge, reignite their passion, and rediscover the joy in their life.

- Is inspired by nature and wants to immerse in it, with a community of others, wishes to use nature and the stories of others as a catalyst for creativity.

Desires a transformative experience that combines various healing modalities, leaving them more aligned with their true self.

ALL ART LEVELS, ALL AGES

All levels of artistic experience are welcome—from seasoned painters to complete beginners who have never picked up a paintbrush.

- People of all ages are invited, as we believe that the wisdom gained from merging diverse life experiences is invaluable. Whether it's the deep insight from someone older or the fresh perspective of someone younger, there's something to learn from everyone.

You don't have to identify as deeply spiritual to join. We embrace skeptics, the spiritually curious, and those seeking to expand their awareness in an open and welcoming space.

Art and healing are for everyone—no matter where you are on your journey.

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SANCTUARY SPACE

GAIA CENTRE IN CONSTANTIA, CAPE TOWN



This 7-day journey is designed as a daily immersion, with no overnight stay. Each morning, we gather at 7:45am to begin our opening practice and begin stepping into the heart of the day. After the sun sets, we close our day in circle, departing the villa in the evening—fulfilled, connected, and inspired.

The villa itself radiates a rare and stirring energy. Its walls are alive with the spectacular works of renowned artists, each room steeped in aesthetic soul. It's a space where beauty breathes—a sanctuary crafted for artistic expression and holistic transformation.



BOOK NOW TO SECURE YOUR JOURNEY.

INVESTMENT
PAYMENT PLANS

FULL 7-DAY JOURNEYER

1

Once off payment:
R11 500

Three month payment:
R4 000 per month

4-DAY WARRIOR

2

Once off payment:
R8 000

Three month payment:
R2 900 per month

3-DAY WEEKENDER

3

Once off payment:
R6 750

Three month payment:
R2 500 per month

EARLY BIRD DISCOUNT! R1000 off! Reserve your space before 15 May.

WHAT'S INCLUDED?

Three meals a day, art supplies (paintbrushes, paints, canvas, art paper, art journal), all workshops, healing & divination sessions, cacao, blue lotus tea, plant medicine microdosing, yoga, meditations, art sessions.

WHAT'S NOT INCLUDED?

Transportation, yoga mats.

MEET THE TEAM

MEET PHILLIPPA



Phillippa Schmulian is the founder of Magickal Gem, a trusted esoteric sanctuary nestled in Observatory. She has over 25 years of experience in Metaphysics and brings deep expertise as a Reiki master, quantum healer, hypnotherapist, soul plan reader, and ceremonialist. Through transformative ceremonies in South Africa and Egypt, she guides individuals on a path of healing, awakening, and embracing their fullest potential.

As a passionate creative, healer, and facilitator, she is devoted to helping others unlock their artistic potential through sacred, intentional practices. Her journey is a testament to the power of manifestation, having brought her business to life through a creative workshop, proving that when creativity is aligned with intention, it has the power to transform lives.

She integrates multiple modalities to facilitate deep energetic shifts, helping individuals dissolve blocks and step into their fullest creative expression. Believing deeply in the power of immersive experiences, she designs and co-facilitates retreats that blend healing practices, creative exploration, and sacred artistry together. Her approach honors creativity as a divine force, guiding participants to reconnect with their innate ability to create, heal, and manifest the life they dream of.

MEET JAIMIE



Jaimie Pratt is a conduit for healing, using Reiki energy work, tarot, psychic channelling, breathwork facilitation, and creativity. Her journey began with the studies of Fine Art, later transitioning into professional photography and freelance video editing. Yet, at a pivotal moment, she left it all behind to dedicate herself to her true calling: healing—first her own, and then facilitating the healing of others.

Guided by her creative spirit, Jaimie allowed her artistic expression to become a channel for processing and healing trauma. As a child, she relied on drawing and painting as a lifeline, honing her creative skills through the challenges of early life. Edging towards her twenties, she was drawn to explore writing poetry. Writing became a fast way to clear stagnant energy out of her energy system, a practice that allowed her to release intense emotions and patterning, getting it out of the body and objectively witnessing it externally. She has been an avid poetry writer since, using both poetry and channeled painting to process and heal outdated subconscious beliefs and patterns.

A passionate researcher of trauma processing and how childhood wounds affect our daily lives, Jaimie is fascinated by cutting-edge studies where science and healing converge. Through years of combining artistic expression, community, and transformative healing practices, her personal healing journey has come a long way. She has woven together a tapestry of tools to guide others in their own journey of healing and psychological exploration through powerful artistic retreats.

MEET ATANG



Atang Tshikare is a Cape Town based, self-taught multidisciplinary artist. Influenced from a young age by the visual storytelling and graphic style of his father, an anti Apartheid activist and illustrator for various pan-African publications and art magazines. Over the last twenty years, Atang's practice has evolved from street art and drawings to limited edition collectible design, intersecting narrative-laden sculptural furniture and functional art.

Founding Zabalazaa Designs in 2010, Atang has collaborated with local artists and worked on commissions for companies such as Chimurenga Magazine, Adidas Originals, BMW, MTV Base, Belvedere Vodka and Nandos, to name a few. He is a recipient of the Future Found Award by Southern Guild Design Foundation in 2014 and the M & G Top 200 Young South Africans in 2015. He was a judge for the Elle Decór Solve Competition (2015) and the Dezeen Awards (2019).

Since embarking on his artistic journey, Atang has dedicated himself to delving deeper into the rich tapestry of African cultures and heritage. Recent standout moments in his career include the presentation of his first independent solo exhibition, *Peo e Atang* in Cape Town (2021) as a homage to his first-born son. Additionally, his artworks are currently featured in an Afrofuturism group exhibition at the Metropolitan Museum and others on show with the Africa Fashion exhibition at the Brooklyn Museum in New York, solidifying his place among the most influential contemporary artists. Tshikare's work was also showcased with Maison Dior at the Promenade pour un-Objet d'Exception in France (2022), Salone del Mobile in Milan and Design Miami/Basel (2021). Most recently Atang's work has been acquired as a permanent piece at Wanås Konst sculpture park in Sweden.

MEET YASMIN



Yasmin is a multi disciplinary artist with experience in a variety of mediums. In 2013 – she graduated with a distinction from Michaelis School of Fine Art majoring in sculpture.

She draws inspiration from mysticism, mythology and holistic shamanic healing practices.

As a multi-disciplinary artist, she creates sensual figurative drawings of the female form. Through her work, she aims to explore the concept of the goddess and the rising power of the Divine Feminine, drawing from her own multi-cultural diaspora. Her artistic process is a deeply personal ritual of healing, wherein she connects to the earth and embraces a sense of oneness with the universe.

In her latest series, 'Woman is Portal,' she honors the womb as the sacred gateway of life and creation. This project embodies the invisible inter-dimensional vortex through which life transitions from otherworldly realms to our tangible existence. The female form stands as a holy temple, and the womb—often referred to as the "Yoni" in Sanskrit, meaning 'the source'—is the gateway through which spirit enters our world. It is within this sacred space that a woman holds her deepest wisdom and intuition, reinforcing her profound connection to the divine.