

A Wellness Experience Retreat in Kenya

*Mirrors: In the  
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Each morning, we find ourselves standing before a mirror, taking a moment to appreciate our reflections. We meticulously ensure our hair is impeccably styled, and our outfits are flawlessly chosen. Occasionally, we even practice our smiles and expressions, ensuring that when the camera captures us, our poses are just right.

Mirrors reflect our physical appearance and our inner selves. With this story of our wellness experience retreat in Kenya which took place from the 22nd to the 25th of August 2023, the Mopane` team aims to offer a glimpse into the transformative experiences of those who joined us for this retreat, the Mopane` team would like to share the experience of those that came for the retreat. What did they experience spending 3 days with us? This is us placing a mirror in front of them, embracing the reflections and insights shared by those who joined us on this meaningful retreat.

Here is to the glimpse of what the retreat participants had to say following their time at the retreat.

### *To be loved ...*

Today, I had a moment to myself, and my thoughts drifted back to [CivSource Africa](#). I can't help but express my admiration for all of you. It's almost surreal to think that, despite having lived over 40 years of my life, I never imagined I would meet people who could reaffirm my identity, remind me of my uniqueness, and encourage self-love and self-care. Apart from my mother's affectionate words from my younger days, your support has added to the beauty of my journey, filling it with positive marks.

As I revisited the logistic note sent to me during the invitation, I realized it was like a copyright of the invaluable experiences I gained during the retreat. The name dictionary seemed tailor-made for the wonderful Jacqueline, the talented musician I met there. And when I looked at Ms. Hope, I discovered a true healer of my soul, a remarkable mentor whose words still echo in my mind. Her analogy of rooms 1 to 4 describing our lives, leading to the symbolic act of letting go of what no longer served us, left a profound impact on me. Hope, you are truly blessed.

I've absorbed so much wisdom during this journey and I solemnly vow to keep this inner light shining brightly.



### *Mindfulness and Intentionality*

First and foremost, I want to express my heartfelt gratitude for choosing me to participate in the Retreat. This was a precious gift; one I've never received as a grassroots leader. It felt like a heavenly experience. Now that I'm back home, I'm taking each day as it comes, diligently safeguarding my soul, mind, body, and heart—each of which was rejuvenated during the Retreat.

Upon arriving at the hotel and reading the letter in my room, I contemplated what I truly desired from this experience. I was determined to leave without any mental baggage, so I set a clear intention for myself.

The Retreat had a profound impact on me. I'm usually quite vibrant, but it summoned my energies and brought them into alignment. It was a time to retreat into my inner self, which often meant embracing silence over the course of those two days. My energies were so captivated that I can hardly recall saying anything beyond my name and what I had learned from the theme song 'Beautiful'. But deep within, I was engaged in a continuous conversation with myself.


I had been carrying a lot of emotional pain, symbolized by my "Room 3," and on the first day, I contemplated seeking mental support through sharing with someone. However, by the second day, I had unraveled the contents of "Room 3" and was ready to let go. I used the fire ritual to release all the items that had been weighing me down.

When I came to the Retreat, my life felt like pages folded between the covers of an old book. However, when I left, those pages were straightened out, ready to be read just like the pages of a new, freshly unfolded book. It's an executive feeling for me.

### *Retreat Blues*

Thank you so much for the time, energy, love, and resources that went into curating the wellness retreat. It was such an amazing space for me. I really took time to individually reflect on myself and my leadership as well as collectively with like-minded sisters. The environment was perfect, serene, and scenic! My walk with Jackie, Super! I have already started realizing some of the visions I noted down for my body and I will be delving deeper into room 3 with my therapist!

This retreat was an experience of a lifetime, and I am super grateful to have been part of it! I wish you and the entire team nothing but positive energy as you also settle back into your routines, and I look forward to being part of another retreat or recommending a sister because I am still having retreat blues (in a good way)! Much Love



**Go within every day and  
find the inner strength  
so that the world will not  
blow your candle out.**



### *Flourish*

I greatly appreciate the opportunity to participate in the recently concluded wellness experience retreat. It was a transformative experience, and I feel grateful for the opportunity to have been a part of it. The retreat provided me with valuable tools, insights, and experiences that I will carry forward in my journey towards wellness. I commend you for creating a safe and nurturing space for personal reflection, self-care practices, and self-discovery. Throughout the retreat, I witnessed the dedication and commitment of the organizers and participants to personal growth and well-being. The positive and supportive environment that was created allowed for meaningful discussions and new practices to be embraced.

Thank you for your efforts in organizing such a successful event. Your energy, enthusiasm, and willingness to engage made a significant impact on the overall success of the retreat. I am incredibly grateful for the positive experience and look forward to staying connected as we continue to support each other on our wellness journeys. Once again, thank you for the opportunity to participate in the wellness experience retreat. I appreciate your efforts and your commitment to supporting personal growth and well-being.

### *Traveling light*

Sometimes as a leader, I forget to take a step back and to actually rest and recharge, so thank you for helping me press pause and to recenter! I left the retreat feeling lighter, clearer in thought, and more intentional in practicing self-care and collective care for both myself and modelling the same for my team!

### *The spirit of Generosity*

The whole retreat was full of insights, learning, unlearning and areas of improvement. I was inspired by the CivSource Africa team of selfless leaders who came through, accommodated, and tolerated our codes of conduct that at some point felt reckless and different from what you've handled but you chose to hold space. Your art of giving and sharing kindness is commendable and that was my greatest take away from the wellness experience and I commit to sharing more gifts to random strangers when I get a chance.

Compliments to the team:

*I'd like to extend my heartfelt appreciation to Allen Asiimwe, Catherine Mugabo, and Treasure Layola for your dedicated service and unwavering commitment to CivSource Africa. Practicing Yoga with such a devoted team was a truly heart-warming experience. It felt like I was traveling in business class every morning with all of you.*

*And to Jacqueline Asiimwe, I believe that CivSource Africa is a divine concept brought to life by you. Your passion and dedication inspire me immensely. I genuinely feel that I've become a better founder thanks to the invaluable lessons I've learned from you.*

*As I reflect on our time together, I can't help but express my deep appreciation. When I looked at Hope, I saw a true healer of the soul, a remarkable mentor whose words continue to resonate in my mind. Hope, may you be blessed abundantly.*

*Turning my gaze to Allen, with that ever-present warm smile, your image remains etched in my heart. I send my blessings to you, my dear sister, and I encourage you to keep that radiant smile alive.*

*Treasure, as your name suggests, you possess a hidden gift that shines brightly. Your humility left a lasting impression, and I'm sending my love your way.*

*To the beautiful Catherine, you are an incredible organizer. I couldn't help but wonder who was behind the room arrangements, and I discovered that you are the mastermind along with your team. Your work is truly commendable, dear Catherine. May you be blessed abundantly.*

*The beautiful words on the walls spoke volumes to us during our time together. Without a doubt, I've always considered myself to have a soft heart, but you all have helped me take something profound home with me. My heart has been softened even more by our shared experiences. I extend my blessings to each and every one of you.*



## Reference Points

**Traveling Light:** The retreat used the analogy of 'Traveling Light' to draw the retreat participants to the importance of traveling through life and leading light mind, body and soul.

**Rooms 1, 2, 3 and 4:** The analogy of rooms was used during the retreat to draw participants to the areas of their lives that they have ignored, stuffed with so much baggage that has not been dealt with for years.

- Room 1 was symbolic to the things we are comfortable and familiar with. The routines in our lives that we are used to.
- Room 2 – was symbolic to the things, pieces, and elements in our lives that we visit once in a while and quickly jump out simply because its either uncomfortable, not familiar or requires a lot from us.
- Room 3 – was symbolic to the things, people and situations that have hurt us so badly that we have decided to stuff away and never revisit or be reminded of. This room is so stuffed that you do not want to even go there at all. It was symbolic of the stories we do not want to revisit and the secrets we do not want to tell yet they hurt us so much.
- Room 4 – was symbolic to the ideal situation. Our dreams and wishes. The things we want to see manifest in our lives.

**Fire:** This was used as symbol and ritual that enabled participants to burn all the things in room 3 that they did not want to travel back with. It was a symbol of forgiveness, healing, renewal and traveling light after the retreat.



*When the mind  
is still and your  
heart is pure,  
your soul gets  
a chance to  
shine.*



“ ”





Nothing  
Changes  
*if nothing  
changes*

HAPPINESS IS  
*a mood*  
POSITIVITY IS  
*a mindset*



**ChSOURCE**  
You have arrived at your destination...  
**Welcome to  
Traveling Light  
Retreat...**



**VISUALIZE  
A PLACE  
YOU LOVE**



*Inner peace  
is the new  
success.*

