

Ms. Caroline Owashaba

Team Leader
Action for Youth and
Development (ACYODE)



Mopane retreat is not just a treat but also a therapy and remedy to stress. A relaxing space where one can share and declare her 'womanity' in a new body structure full of love.

When I was invited for the retreat, I imagined how the retreat would be and look like; however, I was very optimistic and positive about the program. When I reached at the retreat venue, the setup, the melodic welcome at the lake shores was unique, making me feel loved with lots of butterflies flowing over me. At the campfire, I kept asking myself what the next day would look like because everything was very tempting. I can testify that for the first time in my life I had to keep quiet to wait for what the next days would be, and indeed it was very enchanting. This taught me one lesson, to always be patient with life (if the turning point was to be named that day, that was the time). I learnt that not all the programs should be disclosed, it becomes even more inciting when you stay in the unknown, "surprises" from the unknown to the known makes the retreat even more interesting and exciting.

The Mopané retreat is a space that provides learning and knowledge for restructuring one's body, creating the room that makes you feel a better new person in your daily activities. It's the self-initiated decisions that make one decide through informative knowledgeable experiences based on one's reality of life. Our theme having been based on based on "construction" I had to remove all the unwanted toxins that have been a sabotage to my life through body restructuring. That's the moment I felt the Holy Spirit flowing within me.

Special appreciation to the retreat faculty members. Our facilitators amplified our love beyond the rooms and body comfort zones, they made me realize the unknown corner of my life and how to make it better. They made us feel cherished, loved, and ignited within the shortest period of time. The organization and set up was super and up to now am still conceptualizing how to apply the same to my organization ACYODE. The Koon dance facilitator (Rise and Shine) made us dance even when one felt sensitive to music, he amplified our energy through workout and feel pretty good. The space creator made me enjoy the retreat room, the choice of the colors kept me thinking about selflove and I have since copied, with an aim of making life better in the same way.

Thanks, Civsource Africa for this program and for providing me with space to rebuild myself through the Mopané retreat. Thanks for providing me with an accountability partner, new networks and friends, I will forever cherish you in my brand-new life. With lots of love