

Matilda Cecilia Koburunga

Queer Prism 256



The times we live in today is very unpredictable. I would like to extend my sincere appreciation to the experience retreat team for giving me an opportunity to rest, relax, reflect, and rejuvenate amidst the pandemic. The retreat was exactly what I needed.

I was/have been pushed to think beyond surviving, I now look at pushing for wellness of my mind, spirit, and body.

A lot of who I am has been struggling for acceptance and swirling through living with rejection for survival thus affecting my work, and social wellbeing, plus I have run away from myself long enough.

The retreat refueled my flaw some self, which encouraged me to start a journey that involves living in me and by me, to give the best of who I am to this beautiful mess of a life.

The retreat gave me a push and start, and it will not stop with me. I plan on sharing all this awesome-ness with other women within my circle of influence.

Thank you so much CivSource Africa.