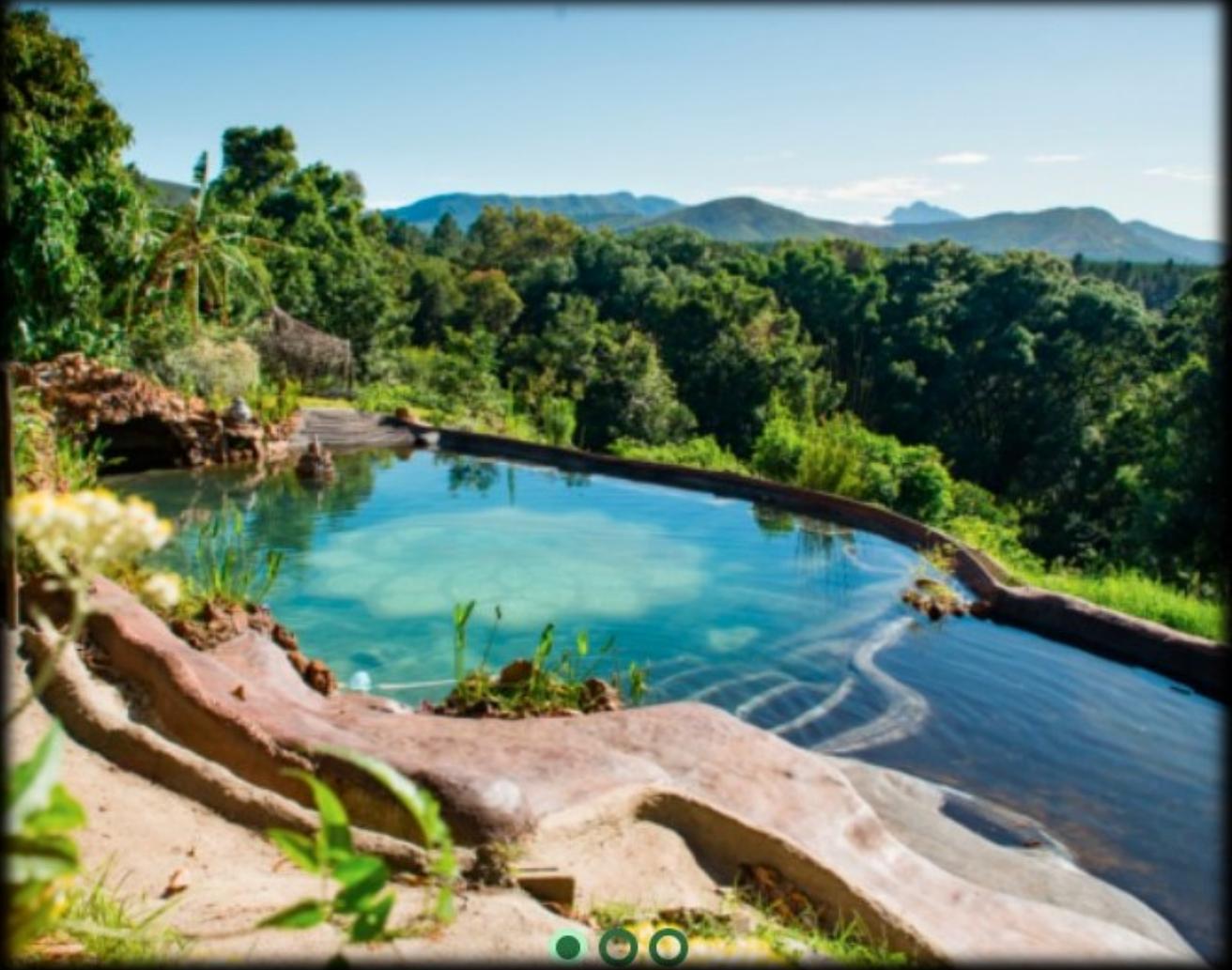


HA!Retreat at Wild Spirit

A Weekend of Spontaneous Creativity

7 to 10 Oct 2021

NOW OPEN TO ALL TO **PARTICIPATE FOR FREE AND DONATE AFTER**



HA!

"Life is not a chaotic, an anything-goes kind of thing, just as it is not a perfect thing. Like life, improvisation is a balancing act. It is a deed of full awareness. An awareness that includes both what we know, and what we do not know."

from **IMPROVISATION NOW Part 1 -**
"Why everyone needs to do it"
by HA!Man (Francois le Roux)

the HA!Retreat



"I came away from the week feeling healthier than when I had arrived; more relaxed, more grounded, able to integrate aspects of memory and experience in a positive way, almost as though I'd undergone years of successful therapy, or something. It was one of the best weeks ever .. "

(Anton Krueger (dr), after the HA!Retreat at Eagle's Ridge, Feb 2020)



Wild Spirit

"Located deep in the unspoiled heart of South Africa's famous Garden Route, surrounded by the indigenous forests, pristine beaches and mountains of the Tsitsikamma National Park, is the unique and magical place we share with others and which we call Home."

(Jenny Lawrence, owner, visionary and host)

The internationally recognized HA!Man - spontaneous cellist, multi-media artist and thinker - brings his workshops and unique performances to Wild Spirit for a weekend of natural expression, discussion and rejuvenation. An unfolding journey of music, drama, movement and drawing on all levels of skill.

Programme

(items marked with * are optional)

Thursday 7 Oct

17h00 Arrivals, check-in

18h00 Supper

19h00 **HA!Man Performance**: "Cello under the stars" (improvisation recital)

Friday 8 Oct

07h30 Yoga*
08h30 Breakfast
09h00 **HA! WORKSHOP**
13h00 Lunch
14h00 Relaxation, activities*
17h00 Round table discussion*
18h00 Supper
19h00 **HA!Man Performance:** "One Man and a Cello" (theatre)
22h00 Viewings*

Saturday 9 Oct

07h30 Yoga*
08h30 Breakfast
09h00 **HA! WORKSHOP**
13h00 Lunch
14h00 Relaxation, activities*
17h00 Round table discussion*
18h00 Supper
19h00 **HA!Man Performance:** "The HA! Show" (full show with participation)
22h00 Viewings*

Sunday 10 Oct

07h30 Yoga*
08h30 Breakfast
09h00 **HA! WORKSHOP**
12h00 Feedback and Conclusion
13h00 Lunch
14h00 Departures, check-out



Bring Along

any of the following:

- music instruments - all sorts!
- writing, painting and drawing materials
- scarves to move with

Optional Activities

07h30-08h30 Yoga classes signed up at night before (R100 pp - added to accommodation tab. Max 10 people)

14h-17h Guided hikes/nature immersion experiences, booked day by day (R100 pp), OR ..

Explore the area and its **wondrous offerings** on your own!

17h-18h Round table discussion: for those who want to enter into deeper discussion regards spontaneous creativity and related issues

22h-23h Viewings::selected projections of past collaborations and impromptu acts from the HA! Archive



Bookings

1. Make your booking to participate.

NOTE: Retreat Deposit no longer necessary!

Participate for free and then ***make a donation afterwards.***

To make your booking, kindly complete the [BOOKING FORM](#) (note that the participation cap is 10 people)

2. Then book separately for ..

After confirmation of your Retreat booking, please contact Wild Spirit Reception via email at book.wildspirit@gmail.com to make **bookings** for the following (you then **pay** for these via cash / card / e.f.t. only on **check-out**):

Accommodation

*camping @ R140 per night

*safari tents @ R420 for two people per night

*dorm beds (8-bed ensuite) @ R220 pp

*standard double ensuite rooms @ R620

*double family ensuite rooms with extra beds for kids @ R750 for two people (plus R100 per each additional child).

NOTE: be welcome to book day or more earlier than 6 Aug to stay at standard prices. Monday night 9 Aug can also be included.

Meals

*Breakfasts @ R60 - R80

*Lunches @ R80

*Dinners @ R100 veg / R110 meat

Children

During workshop times (09h00-13h00), experienced child care with creative activities will be available at a rate of R100 per child per day.



"The creative act is the act of opening up to what is present, what presents itself both internally and externally and give expression to that. It does not follow an idea, it senses. It does not imagine the ideal, but feels out what is

real. Finding in the present is a continuous act and finds its ultimate fulfillment in sharing. It does take on form, but a form that remains open to evolve. It is a healing, a revealing, a confrontational act. It is creativity that breathes life and remain close to life itself."

www.hamanworld.com