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## Schedule outline for an eco-psychology course in the Kruger National Park

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Dear Prospective Client,

Thank you for considering participating in the eco-psychology course that I offer. The aim of this course is to awaken an awareness of nature and the depth within us all. For this reason the work will be personal and experiential.

Each person will be encouraged to work through a personal problem using the principles of nature. This then makes it possible to transfer the experience to others who will benefit from eco-psychology. There will be workbooks that form part of a larger "survival pack", thus allowing every individual to take something away from their training with me.

Game drives will form a large part of the overall program. So as to enhance this time, silence is requested on drives - talking will be allowed during mealtimes.

If alcohol is consumed, the request is that it is only after all the group work is over. The final evening will end with a bush braai and alcohol will be supplied as part of the meal.

Below is detailed the daily schedule of the program. Just a note that this course allows for flexibility and it may be altered due to the circumstances of the moment.

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### **ITINERARY**

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#### **Day One:**

- ❖ Book in at Pretorius Kop anytime from 2pm.
- ❖ Freshen up and meet for tea at the Pretorius Kop swimming pool for refreshments.
- ❖ Receive survival pack and an introduction to the course.

- ❖ There will be a brief ice breaker before leaving for Shitlehave dam for a brief meditation.
- ❖ Return for supper at the Pretorius Kop restaurant.
- ❖ At seven meet for the first talk and personal work on the first essence of nature: **“Nature is one”**.
- ❖ Bedtime.

### Day Two:

- ❖ Rise and shine at 4am.
- ❖ There will be a brief breakfast and time for ablutions.
- ❖ We will leave Pretorius Kop at gate opening and proceed towards Skukuza.
- ❖ The next group encounter, looking at the second essence of nature, will take place at the Hamilton Memorial. Themed: **“Nature is wisdom”**.
- ❖ Brunch/early lunch at the Skukuza restaurant.
- ❖ Refreshments at Tshokwane and a brief group feedback session.
- ❖ Snacks at Muzandzeni picnic site and introduction to the third essence of nature: **“Nature is creative”**.
- ❖ From here we will proceed to Orpen Gate to book in for two nights at Tambotie Camp.  
Note: Tambotie is a rustic camp surrounded by pristine bush. It can also have interesting night visits by raiding honey badgers. Keep all food stuff packed away.
- ❖ Brief group feedback before leaving for a sundowner drive at about 4pm.
- ❖ Supper.

### Day Three:

- ❖ Rise and shine at 4:30am.
- ❖ Coffee and rusks before leaving for Timbavati picnic site.
- ❖ There will be a light breakfast before looking at the first principle of nature: **“All things are in a constant state of change”**.
- ❖ Proceed to Olifants camp. Olifants is possibly the most scenic camp in Kruger.
- ❖ Brunch/early lunch.
- ❖ There will be time given for the second principle of nature: **“Change is essential for the renewal of life”**. This will be followed by personal reflection before leaving for Satara.
- ❖ At Satara we will discuss the third principle of nature: **“Everything on earth has a purpose”**.
- ❖ Leave for Tambotie.
- ❖ Early supper before leaving for a night drive.

### Day Four:

- ❖ Rise and shine 5am.
- ❖ Rusks and coffee/tea.
- ❖ Brief introduction on the fourth principle of nature: **“In nature, small is beautiful”**.
- ❖ Light breakfast at Nhlanguleni.
- ❖ Discussion on the fourth principle of nature.
- ❖ From Nhlanguleni, we will proceed to Skukuza for an introduction of the fifth principle: **“In nature, there is no death, only a transference of energy”**.
- ❖ This will be followed by a light lunch.

- ❖ After lunch there will be a short drive to the Matheyenyane view point for the final group session on the sixth principle: **“Every action has a consequence, negative or positive”**.
- ❖ Book in at Skukuza and prepare for the bush braai.  
Note: The bush braai starts with an evening drive and goes into the bush where we will have an unforgettable bush experience in the dark.
- ❖ Bedtime.

**Day Five:**

- ❖ Rise and shine to be negotiated.
  - ❖ Final feedback and breakfast.
  - ❖ Participants to leave back for home.
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If you have queries regarding any part of the above schedule then please do not hesitate to contact me.

Thank you,

Wendy Hay