

Reclaim your Calm Retreat

Science-Backed. Soul-Led. You-Centered

16-19 Oct

TOMJACHU BUSH RETREAT

connect@denisesohandev.com | 083 387 3866

Reclaim your Calm

with Denise & Erin

Join us on a journey of **self discovery** that has been thoughtfully curated for women **facing transition** in their lives. Whether your kids are leaving home or you're considering a career change, these times can feel unsettling and challenging.

Erin and Denise have **30 years of experience** in supporting women through these mind and body transitions using *neuroplasticity, compassionate inquiry* and tools such as *transformational breathwork, yoga, nature, nourishing food and introspection*, we redefine self-care.

This retreat is a safe container to learn and integrate the tools that you will take into your daily life for lasting transformation. Across three days you won't just be soothed, you'll be **equipped with tools, insight, and a new way of relating to yourself that will last a lifetime.**

You will leave with a new understanding of your psychology, physiology and behaviour that will **empower you** and allow you to **take ownership of the next season of your life.**

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What's Included:

- * **3 nights accommodation** at the stunning Tomjachu Bush Retreat
- * Daily **Plant Based (All Vegan) Menu** prepared by a certified nutritionist
 - * Cooking **demonstration & deep nourishment education**
 - * Daily **yoga** classes
 - * Daily **breathwork** sessions
- * **Reclaim your Calm**, a neuroscience based programme to empower yourself against anxiety and stress
 - * **Community & 1x1 Support**
- * **Actionable tools** to take back & keep your calm
- * **Hiking** trails, **Swimming** pool & Surprises

R9,800 pp Sharing

R12,500 Single

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Reclaim your Calm Mentors



Denise Sohandev is a Life Coach and seasoned facilitator of retreats, yoga and breathwork, as well as a certified practitioner of Gabor Maté's Compassionate Inquiry. With over 20 years experience guiding retreats and supporting women through transitions, Denise creates spaces of deep safety, curiosity and transformation. Her work weaves together somatic practices, nervous system science, and trauma-informed coaching to help women reconnect with their calm, clarity, and inner authority.

Compassionate Inquiry is a powerful, trauma-informed approach developed by Dr Gabor Maté that helps uncover the unconscious beliefs and patterns driving our anxiety, stress, and behaviours. Through gentle, guided exploration, it brings clarity to where we've abandoned ourselves — and offers a path back to wholeness. Denise is one of only a handful of certified Compassionate Inquiry practitioners in South Africa, trained directly in Dr Maté's method. This work sits at the heart of her approach, creating a safe and supportive space for deep inner healing and transformation.

Erin Katherine Slingerland is a Life & Holistic Health Coach, Nutritionist, and Movement Guide.

Mind-body-soul connection is her forte.

Equipped with a decade of experience, a background in Psychology, and a deep belief in the magic of the body. Erin blends science and soul through mindset coaching/rituals, plant-based nutrition, yoga, strength and somatic training. Her work helps women remember their innate wisdom, reclaim their inner knowing, and rise rooted in power, especially through life's sacred transitions.



Claim your spot to Reclaim your Calm

Significant Transitions

Burnout & Overwhelm

You've been in survival mode for too long. The Wired, tired, snappy, anxious, can't slow down. Come ready to be regulated & leave rested

Life/Career Redirection

You're ready for change—but unsure what or how. Perhaps Frustrated, stuck, questioning your purpose. You'll leave aligned, clear, and confident.

Grief/Loss Letting Go

You're carrying more than your heart can hold. Feeling heavy, numb, or emotionally overwhelmed? Leave lightened, supported, and safe enough to soften.

Craving Change

You know there's more—but something keeps blocking you. Stuck in old patterns, overthinking every choice. You'll be empowered, intuitive, and ready.

Shift: DOING to BEING

You've defined yourself by roles, titles, or achievements. You're always striving, never arriving. It's time to be at ease in your body, worthy just as you are.

Letting Go of the "Good Girl"

You've played the peacemaker, perfectionist, people-pleaser long enough. Resentful, exhausted, afraid to take up space. Leave: Expressed, unapologetic, deeply self-honouring.

Shedding an old identity?

Something has ended (relationship, career, way of life)... but who are you now? In limbo, untethered, afraid to move forward. Find yourself: Rooted & reborn with intention & clarity.

Reawakening Creativity

You haven't created just for you in years. Stifled, uninspired, like your spark is gone. You'll leave expressive, curious, playful again.

Only 8 Spots Available

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Reclaim your Calm

Unlearn the Noise. Reclaim the Signal.

Return to Deep Remembering

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Anxiety doesn't have to be
overwhelming or steal your joy.

By understanding how your nervous
system functions and what tools work
for you, you can empower yourself to
manage your anxiety once and for all

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