

Introduction to H.E.A.R.T.
(Heart Energy Achieving Real Transformation)
Sneeuberg Nature Reserve
An in-person Retreat
Karoo, South Africa

Friday 23rd to Monday 26th / 27th October 2026

with Wynter Worsthorne

Simon Jamieson

Joey Philips

OVERVIEW

Heart Energy Achieving Real Transformation

Sneeuberg Nature Reserve, a 14 500-hectare protected landscape in the Karoo region of South Africa is a land of restoration through conservation, regeneration, and care. Once farmland for sheep and cattle, it is now a thriving ecosystem where indigenous vegetation, and diverse wildlife have returned — from Zebra, Eland, and Black Wildebeest to Blue Cranes, Raptors, Pollinators, and countless unseen nature beings. Sneeuberg is also an important water catchment area and forms part of the Compassberg Protected Environment, a landscape of approximately 26,000 hectares under the auspices of the Eastern Cape Parks and Tourism Agency Stewardship Programme.

You are invited on a journey to listen to this land and those who reside with her for guidance on positive transformation for: Yourself; The Environment; The Planet.



Join Wynter, Simon and Joey as they take you on a journey to meet and communicate with the nature-beings who are the guardians of this space. By working with the HEART method, developed by Wynter, you will have the opportunity to listen deeply to Nature in order to receive guidance on what is needed at this time – for Nature, and for yourself. With the focused energy of the HEART method, we actualize that message by assisting in the manifestation of a new way of being with Nature.

Early mornings and evenings will be spent exploring the different areas of Sneeuberg Nature Reserve. We come together in the between times to share information and do the HEART work.

From Wildebeest and Baboons to Eland, Cranes and Hoopoes; the furred, feathered, scaled and winged ones, great and small, we spend time connecting with each species who show up to share their messages.

A deep immersion into the energy of the Great Karoo will show you limitless possibilities.

BENEFITS

- A unique chance to experience a new environment.
- Deepen your HEART connection with all of Nature, guided by Nature, for Nature.
- Help make a positive difference in many different ways
- Learn how to use the HEART method to create positive transformation in any situation in your life.

CONSIDERATIONS & REQUIREMENTS

- A familiarity and working knowledge with the concept of Intuitive Interspecies Communication
- An open heart and calm mind.
- Relative fitness for walking across slightly rocky land, with inclines.
- You may be given access to sensitive information and sacred practices, so you will need to sign a code of conduct agreement.



SACRED SITES

Sneeuberg Nature Reserve is home to ancient sacred sites. You will be given access to Bushmen Cave paintings and areas, where we will be connecting with the land and messages, held in deep reverence.

ITINERARY

FRIDAY 23rd October

WELCOME AND INTENTION SETTINGS

Creating a Safe Space

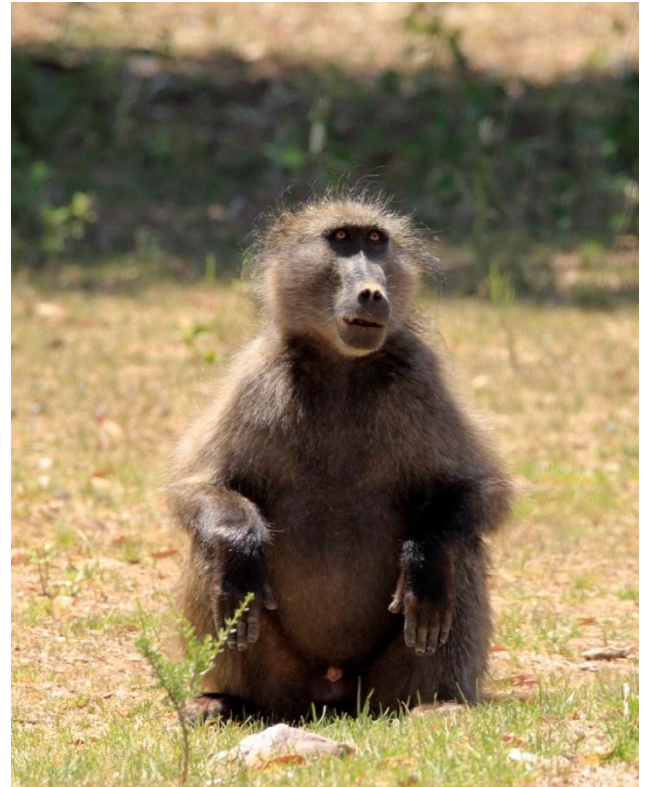
You will be greeted upon arrival with refreshments at Poplars House where you will be staying and the bulk of the gatherings will take place.

Before dinner we gather in the sitting room for introductions and intention settings. Wynter leads a ceremony to open our time together with Mother Nature.

This is where we create a safe space for everyone; physically, emotionally and on a HEART level.

A beautiful plant-based meal is enjoyed together before an early night, in preparation for an early morning start.

Throughout our time together, be aware of your dreams and record them in your journal. They are usually significant to the journey.



SATURDAY 24th October
Listening with a clean Heart, Body and Mind

6:30 – 7:30am

An optional movement/meditation session will be held to start the day.

After a simple breakfast, we gather together to support each other with any clearing that is needed to ensure a clean connection with Nature. We spend the morning in sharing and working with healing energy.

The Karoo is a land of many layers. When working with an intention to connect with the land, often energy that we are carrying deep within our hearts is felt and revealed. This first day is vital to clear anything that is needed to assist in a pure, deep, safe immersion with Nature. Anything that does not serve the highest good, at the time, can be cleared.

During this time, you will be guided into a silent meditation to open your heart to be cleared by the energy of Mother Nature, in preparation for communing with her children.



2:00pm – 4:30pm

Introduction to HEART

After lunch, we gather to learn about HEART, and how to implement it. Wynter guides you into this simple method of transformation with guided visualisations and practical exercises.

Joey, our host and a Trust Technique Pioneer, prepares us for our afternoon excursion into the veld to meet the animals who are guardians of the land.

5:00 pm – 6:30pm

Our first experience walking in the landscape we have started to connect with. Guided by Joey we visit an area to commune with Nature. We ask permission and settle down to be with all the beings who invite us into their field. Creating the HEART field of connection and communication, we start our work. We return to a delicious plant-based meal to celebrate the day.

Today and each day going forward, make the time to journal your findings from the days' experience. Every feeling, sensation, mental image or "knowing" will be important for our future time together.



SUNDAY 25th October

6:00am – 9:00am

Co-creating balance

Today we explore further parts of the Reserve. We gather for our early morning meditation before visiting the sacred spaces where the first people have left their messages in the rocks. We spend time here listening with all of our senses to what the wisdom of the wild is sharing. We connect with everyone who shows themselves to share their messages. We return to a delicious breakfast.



10:30am – 1:00pm

After our early morning immersion, we share the information received, look for themes and common messages to assist with any transformation needed. We take our guidance from these messages and start to prepare to actively work with HEART.

2:30pm – 4:30pm

After lunch we spend time working together to cocreate a new way of being with the land, guided by the messages received.

5:00pm – 6:30pm

We return to the landscape, to reconnect and be at one with the land and the inhabitants. We close our day with a beautiful meal celebrating Nature's gifts.

Monday 26th October

Re-membering and closing

6:00am – 9:00am

An exploration into the hills around us helps us to reconnect to the deepest part of ourselves. We have already done deep work and are invited to move deeper into the remembering of our role, and what we are prepared to commit to.

10:00 to end

After breakfast, we gather to remind ourselves of the messages received and how we will commit to honouring those messages. We set the intentions for the future as individuals.

We prepare for the onward journey with a light lunch. The retreat officially ends at 2pm.



Optional Extra day/s

Participants travelling by air or from afar by road are encouraged to stay an extra night, for an early morning start. A shuttle will take you to Gqeberha/PE Airport early the next morning.

It is also possible to request to stay a few extra days. Please let us know your intentions, and we can see what accommodation is available for you.