



## LONDOLOZI HEALING HOUSE

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### *Meet The Retreat Team*



### Bronwyn Varty-Laburn

#### *Retreat Leader*

*10 years in the Wellness Industry*  
*Master Life Coach*  
*Universal Energy Healer*  
*Byron Katie - 9 Day School of The Work*

Bronwyn is 4th generation custodian of Londolozi Game Reserve, a mother and master life coach. She holds a Bachelors of Marketing and Organizational Behavior from Bond University in Australia. Having grown up in the modern day African village of Londolozi, her childhood was unconventional. Bronwyn has been in the field of brand architecture and wellness for over 12 years and is the creative director of Londolozi

Game Reserves. She launched the early concepts of the Track Your Life & STAR Retreats amongst others. She is a passionate business consultant, specialising in family business facilitation and personal visioning. Having travelled extensively, she has a deep love of understanding ancient cultures. Bronwyn is a philanthropist and a change agent towards more sustainable business models based on a new kind of economics. At her heart, Bronwyn is a light worker committed to the idea that before we can heal the planet, we need to heal ourselves and only through a profound shift in human consciousness can we wake up to a new way of living in the world.



## BeJay Watson

### *Master Sound Healer*

*35 years in the health and wellness industry*

*Qualified Reiki Master*

*Munay Ki Teacher*

*Karuna and Jin Shin Jytsu Practitioner*

*Universal Energy Healer*

*Shiatsu and Myofascial Therapist*

*Over 3000 hours of yoga practice in five different yoga styles*

*Sound Therapy Master*

“We are all students of nature,” explains BeJay, “we live by the rhythms of seasons, and light and the phases of the moon. Plants are our teachers and animals our guides. We realise that the rivers are our veins, the forests our lungs. We are a fractal of the entire universe. Healing in one of us is healing for all. This is not output driven fitness. We believe in a gentle walk. Being quiet, laughing, breathing, early mornings and firelight. We are not so much body healers as responding to a vocational call for spirit restoration, discovery of meaning and awakening from illusion.”

# Amanda Ritchie

## *Body Release Coach*

*7 years in the health and wellness industry*

*Degree in Psychology (majoring in Neuro Psychology)*

*Honours Degree in Brand Management, Advertising and Marketing*

*Certification in The Art of Negotiation*

*Certified CrossFit Level 1 Coach*

*Certification in movement and mobility through CrossFit Mobility & Dr. Kelly Starrett*

*Martha Beck Life Coach-in-Training*

*Qualified Enneagram Facilitator*



Amanda has been in the health and wellness industry for 7 years and her connection with the body has come from her own journey in learning to trust her own internal navigation system and the power to track what is uniquely hers. This raw knowing allows for her to deeply trust the moment and hold great empathy for the process. She is a wonderful, quiet guide to the way body can hold and teach us a new way.



Christina is ‘the mother’ to the therapist team. A beautiful healer that is powerful and incredibly gentle at the same time with years of experience. She has a unique eye and ability to understand the energetics of the body. Each treatment has its own quality. As she is a master blender of essential oils, she is a master blender of layers of healing and she strives to make her guests feel completely at peace.

# Christina Fox

## *Lead Therapist*

*21 years in the health and wellness industry*

*Studied multiple disciplines of body work*

*Emphasis on palliative care work as well as silent retreat work*

*Passionate about touch therapy as a therapeutic intervention*

*Yoga teacher*

*Trained at the South African School of Aromatherapy*

*Swedish massage accreditation*

*La Stone therapy diploma*

*Balinese massage accreditation*

*Sports massage diploma*

## Caylie Maehr

### *Healing House Therapist*

*5 years in the health and wellness industry*

*Somatology Diploma from International  
Academy of Health and Skincare Cape Town  
and Isa Cartens in Stellenbosch*

*CIDESCO, ITEC and SAAHS affiliated*

*Thai Massage Practitioner*



A fiery homegrown Londolozi original, she is an intuitive hands-on healer with a great knowledge and understanding about the body which she uses to help guest achieve what they want out of the treatment.



A calm and clear energy is Claire's signature modality. A gifted bodyworker with a gentle flow and rhythm to her hands-on healing work. Her treatments are deeply caring, and specific to each person's needs.

## Claire Mapstone

### *Healing House Therapist*

*4 years in the health and wellness industry*

*Somatology Diploma from International  
Academy of Health and Skincare Cape Town  
and Isa Cartens in Stellenbosch*

*CIDESCO, ITEC and SAAHS affiliated*