



RE-CONNECT RETREAT

at Starry Starry Night, Montagu

Monday 21st to Friday 25th May 2025

Reconnect and Rejuvenate

The Re-Connect Retreat at Starry Starry Night is a five-day, four-night holistic experience designed for individuals and couples seeking to deepen their connection with themselves, others and nature.

Set in the serene Langeberg Mountains near Montagu, South Africa, the retreat offers a blend of yoga, breathwork, meditation, and holistic workshops aimed at enhancing well-being and self-awareness.

Workshops | Yoga | Breathwork | Stargazing
Fireside Meditations | Conscious Nature Walks

Retreat Itinerary Day Example

MORNING

+ Silent Conscious Nature Walk

Head to to beautiful natural rock pools called “Gaia’s Gift” for guided breath work meditation and optional cold water immersion swim.

+ Breakfast in the Boma area

Healthy buffet with seasonal fruit, raw juices, home-made granola, rusks and warm savoury breakfast muffins.

+ Conscious Workshops

Explore and take part in a variety of different conscious relating, embodied somatic connection and holistic communication workshops.

AFTERNOON

+ Lunch at Communal Space

Healthy plant-based salads with home-made ice tea and freshly baked focaccia

+ Free time

Kol-Kol wood-fired hot tub, nature walks, siesta

+ Sunset yoga session with Sam overlooking the Little Karoo valley

+ Gathering at the firepit for an integration and share session

EVENING

+ Braai Buffet Dinner

Corn on the cob, cucumber ribbon salad with pomegranate, pap + chakalaka, fire-grilled Mediterranean vegetable and couscous salad, and sausage.

- Free time social chats around the fire + optional guided stargazing

- A good night rest surrounded by the quiet of nature Zzzzzzzz :)

Retreat Packing List

- Warm and cold weather clothing for 4 days.
(During May, it can still be hot during the day, but in the early mornings and at night, the temperatures drop)
- Light rain jacket or windbreaker (mountain weather can shift fast!)
- A few sets of comfortable yoga wear
- Yoga Mat (we have yoga mats available to use if you don't have one)
- Yoga blocks and straps if you need them
- Journal or something to write in (for note taking during workshops and reflection sessions)
- Swimming towel and costume
- Hat and sunscreen
- Comfortable hiking/walking shoes
- Slops or comfy casual shoes
- Headlamp or torch for our night walk
- Refillable water bottle
- Small backpack for hikes and walks
- Toiletries
- A good book
- Any instrument (we might have an impromptu jam session around the fire)

Meet Your Hosts



Samantha Brooke

Samantha (Sam) is a Holistic Life Coach, yoga and meditation teacher and spiritual mentor. During the retreat, she will guide participants through various meditations, and yoga flows and host the divine feminine empowerment sessions. Sam brings a unique and all-encompassing approach to the wisdom she shares creating a sense of safety and comfort in all her sessions.

Sam will be your collaborative guide supporting you throughout the retreat. She will help you clear what has been holding you back and support you as you integrate new empowering practices and routines into your life that will nourish you from the inside out.



Daniel Patrick

Daniel is a professional breath work coach who specialises in teaching various breath work techniques and modalities to help people in every area of their lives.

From Transformational breath work journeys to self-regulation techniques, Daniel will introduce you to the incredible superpower of your breath. Daniel is also intensely active in the Men's Work space and will be sharing some of the men's work wisdom on the retreat.

Daniel and Sam are a dynamic couple who have been together for over 9 years. They share zest for life, nature, connection, self-expansion, and conscious living. With a wealth of experience hosting retreats both together and individually, they bring their unique magic and expertise to Starry Starry Night. Their passion for creating transformative experiences ensures that every participant leaves feeling renewed, connected, and inspired.

Join Daniel and Sam for an unforgettable journey of love, connection, and self exploration.