

Combine the best, destress for the rest

 By [Abigail Munroe](#)

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How about, on your next breakaway from the city, exploring the idea of a collaboration of themes? Essential elements to consider combining are: the joys of nature, a touch of soul-searching or personal development, like-minded company and a refreshingly new environment.

Dolphin Dynamics is a five-day retreat, offered twice or three times a year in Ponta do Ouro, Mozambique, which incorporates daily Kundalini yoga sessions, dolphin swims and informative talks on dolphin conservation through Dolphin EnCountours, snorkelling, exploring and relaxation. The package includes transport from Durban (or the Kosi Bay border, if you prefer to travel to Mozambique independently), the activities mentioned above, accommodation and delicious three-course brunches and dinners.

When arriving in Ponta do Ouro, one is immediately struck by its hustle and bustle. Beautiful old houses form the backdrop, all of which require a little restoration work, and the people exude a wonderfully laid-back charm. Expect to find gorgeous white beaches and rolling dunes, as well as a brilliant, sparkling blue sea. When walking around the small town, you'll find a traditional open-air market, a few modest shops to browse in, and a number of enthusiastic curio sellers offering local arts and crafts.



After a spending an hour or so shopping and the afternoon swimming at the beach, sit down to pre-dinner cocktails at one of the rustic restaurants. This quaint little town, located just 10km from the South African border, is a perfect setting for a retreat like this - kudos go to retreat leader Debbie Caknis of [Zero Point Healing](#) for choosing a place both so close to nature and so geared towards relaxation.

[Dolphin EnCountours](#), which has been operational in the area for the past 20 years, aims to preserve the dolphin population of the area and works within a strict code of conduct. Education is their key conservation strategy, so they give ecological briefings and provide tourists with the opportunity to swim with the wild dolphins in order to experience their beauty, grace and wonder.



'The accommodation at O Lar de Ouro is homely and peaceful, located just a short walk from the beach,' says Lynne Wright, a life coach. 'The food was delicious, especially the prawns that they served up as a special treat on the last night. They also catered well for vegetarians and the gluten- intolerant.'

Sandra Boer, a research consultant, adds, 'Debbie's dolphin retreat was one of the most amazing experiences I've ever had. Although the dolphin swims were the key reason for my decision to join her, I have to admit that the daily healing sessions and yoga classes were also topnotch. Ponta do Ouro must be one of the safest places I've visited. Not once did I lock my room in the five days we were there.'

Sandra says she returned completely rejuvenated and that the feeling has remained with her ever since. 'I believe the dolphin swims, healing sessions, yoga and general relaxation time combine into a powerful restorative experience. I also learned to open up a bit more, something that I've always found difficult. I'll certainly attend this retreat again in the future.'



Four reasons to go on a yoga retreat

1. You'll get inspired

Yoga teaches us to calm our minds through the discipline of physical postures and meditation. As our mental ramblings decrease, we find an open space that is fertile ground for new ideas and outlooks.

2. You can give yourself a digital detox

Social media, laptops and cellphones take up so much of our time at home. Going on a retreat gives one a chance to disconnect from technology in order to better connect with the self. Wi-Fi is available for those who must log on!

3. You're guaranteed to eat well

The food at most retreats receives a great deal of attention, as it is important to fuel the body for the practise of yoga. However, at O Lar de Ouro, the hosts offer up homemade, rich and delicious options -including crème caramel, soufflés and steaks - alongside the healthier vegetable platters and salads. This allows guests to choose how they approach their retreat holiday: be it for relaxation, a touch of spoiling or yoga's restorative powers.

4. You'll have a great deal of fun

What's not to love about being in a beautiful location, surrounded by other like-minded people, and suddenly realising you're completely free of all your usual stresses and strains? No deadlines, no distractions, and the opportunity to relax, stretch, perspire and enjoy. Perhaps this should become an annual event on the holiday calendar!

The next Dolphin Dynamics retreat will be held from 9 to 14 October 2015. For more information or to make a booking, send an email to info@zeropointhealing.co.za.

ABOUT ABIGAIL MUNROE

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