

HA! Retreat

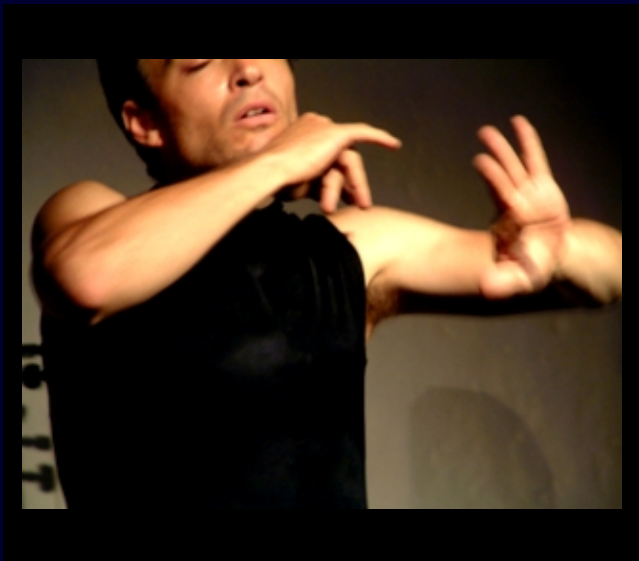
at Deep South, Makhanda



Another Weekend of Spontaneous Creativity

30 Aug to 1 Sep 2024





HA!

"Life is not a chaotic, an anything-goes kind of thing, just as it is not a perfect thing. Like life, improvisation is a balancing act. It is a deed of full awareness. An awareness that includes both what we know, and what we do not know."

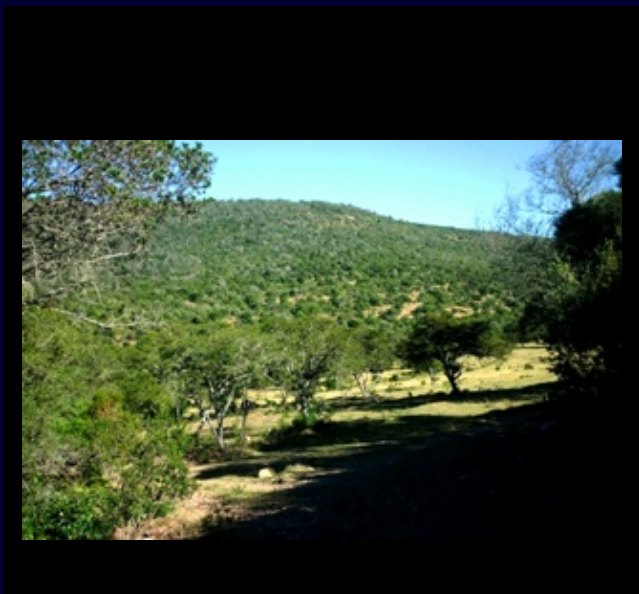
from **IMPROVISATION NOW Part 1 - "Why everyone needs to do it"**
by HA!Man (Francois le Roux)



the HA!Retreat

"The HA!Retreat took me back to my childhood in freedom and unlocked so many locked-up emotions. It stimulates expression, creativity without prescription or form." (Dr Theunis Botha, theologian, Stellenbosch)

"The HA!Retreat exceeded my expectations. My concept of "creativity" shifted from perceiving my blocks in different spheres of my life as failures to grasping that it is about simply relaxing into my core. And from that place, to allow whatever surfaces to find outer expression." (Jenny Lawrence, healing practitioner, The Crags)



Deep South Retreat

The retreat is again held on Firglen Farm, 18 km from Makhanda on the Highlands Road. The secluded valley is a natural sanctuary, with bush-covered hills, areas of indigenous forest, and clear water springs. The 2023 retreat there was a resounding success.

The internationally recognized HA!Man - spontaneous cellist, multi-media artist and thinker - brings his workshops and unique performances to Deep South Retreat for a weekend of natural expression, discussion and rejuvenation. An unfolding journey of music, drama, movement and drawing on all levels of skill.

This is bringing yourself as you are, expressing only that which wants to be breathed. There is no tradition nor philosophy to follow. There are just each one's rich inner world, the various means of expression, the willingness to explore, the sympathy of fellow humans and the intuitive musical accompaniment by the HA!Man, tapping into decades of experience, resulting without fail in profound unfoldings that will reverberate in each for a long time to come.

Programme

Friday 30 Aug

17h00 Arrivals, check-in

18h00 Supper

19h00 Welcome and Intro

19h30 **HA!Man Performance:** "BIRTH" (spontaneous theatre - an interpretation of the process of birth)

Saturday 31 Aug

08h00 Breakfast

09h00 **HA! WORKSHOP (1)**

12h00 Lunch

13h00 **Discussion**

14h00 **HA! WORKSHOP (2)**

16h00 Relax

18h00 Supper

19h00 **HA!Man Performance:** "The HA! Show" (full show with participation)

21h00 Screen viewings (optional)

Sunday 1 Sep

08h00 Breakfast

09h00 **HA! WORKSHOP (3)**

12h00 **Feedback and Conclusion**

13h00 Lunch

14h00 Departures, check-out



Bring Along

any of the following:

- music instruments - all sorts!
- writing, painting and drawing materials
- drapes to move with
- exercise mat



Accommodation

- 7 lovely self-catering rooms available.
- Two of these can be shared by couples.
- 24/7 wifi (unaffected by load shedding) and fireplaces with wood provided.
- Go to "[deep south retreat](#)" (pdf) for pictures and more details

Meals

- Self-catering OR
- provided by Deep South if paid for: per day a main cooked meal, a light meal (soup, bread, salad) and ingredients to make your own breakfasts and teas.

Cost

- Full retreat (accommodation and all meals included): R2900 p.p.
- Budget retreat (accommodation included, self-catering): R2200 p.p.
- Optional transport to and from retreat (limited number): R400

Bookings

- To secure your place, kindly book **before August 15**.
- Make your booking by completing this

[BOOKING FORM](#)

thank you!





"The creative act is the act of opening up to what is present, what presents itself both internally and externally and give expression to that. It does not follow an idea, it senses. It does not imagine the ideal, but feels out what is real. Finding in the present is a continuous act and finds its ultimate fulfillment in sharing. It does take on form, but a form that remains open to evolve. It is a healing, a revealing, a confrontational act. It is creativity that breathes life and remain close to life itself."
