

PNEUMANITY™

BREATHWORK FOUNDATION COURSE

A Destination Retreat In The Heart Of The South African Lowveld

MPUMALANGA – SOUTH AFRICA | 7 – 10 MARCH 2024



WHAT YOU RECEIVE

A course crafted and refined by a medical doctor

A merging of indigenous knowledge with cutting edge neuroscience

Practical tools for daily life

Reignites wonder for the intricacies of the human form

A tool for personal transformation and collective change

Experience the full spectrum of breathwork practices that support Breath Intelligence

Craft a personal practice and share with family, friends, and colleagues

Inspired by the Threads of Pneumanity™ - Breathwork Africa's approach to breathwork, integrating traditional wisdom and universal principles

ABOUT THE COURSE

This thoughtfully curated 3-day in-person course is a fascinating exploration of the art and science of breathwork. It grounds the mystery, shines light on the medicine, and connects the threads between science, spirituality, psychology, and health.

It is information rich and inspiring distilling the latest advances in the rapidly evolving field of breathwork, making it accessible to anyone, practical and simple to apply.

It is based on the [Pneumanity](#) philosophy - a full spectrum approach to conscious breathing inspired by African Indigenous Wisdom and universal principles.

By its very nature, the course offers the opportunity for a personally transformative journey and can be a powerful catalyst for change.

WHO WOULD FIND THIS COURSE FASCINATING?

- Anyone who would like to add breathwork to their current skillset.
- As the first step to pursuing a career in breathwork.
- Anyone who is seeking the tools for personal growth and change.
- Those who want a solid scientific grounding and deepening of their current practice.
- Those who would like to share breathwork with family, clients, and colleagues.
- Those seeking to connect with a global like-minded community.
- Anyone who is curious.

The course is particularly useful for healthcare practitioners, life coaches, teachers, entrepreneurs, performance artists, parents, athletes, artists, those experiencing a life change crisis or anyone wanting to live with more courage, creativity, and authenticity.

No previous experience required, and it is open to anyone around the globe.



Check-in between 4pm and 6pm on Thursday, 7 March
Finishes at 4pm on Sunday, 10 March

Venue: Tomjachu Bush Retreat, Mbombela, Mpumalanga

Sharing pp R 13,050 incl. VAT (USD 750)
Single pp R 16,200 incl. VAT (USD 930)
20% Early bird Discount until 30 Nov
(Costs include accommodation, meals and course)

Bookings: marj@breathworkafrica.co.za



ABOUT TOMJACHU BUSH RETREAT

A TRANQUIL RETREAT IN THE BUSH

Tomjachu is an exclusive private nature reserve set in mountain bushveld, located within the Crocodile Valley Nature Conservancy.

The property has witnessed several transformations over the years to become a wildlife haven for guests to enjoy. We invite you to be part of the continuing story of Tomjachu.



Welcome to your home in the bush. Nestled amongst the rolling mountains of the Lowveld in the heart of Mpumalanga, lies Tomjachu Bush Retreat – Once a family home, it is now an award-winning, owner-run retreat, situated within its own private nature reserve, 15km outside Mbombela.

The retreat's location within a private reserve allows one to explore the abundant natural wonders that flourish in the surrounding 550-hectare property, while immersing yourself in elegant comfort.

This hidden Lowveld gem is often praised for its breath-taking views of the towering Bekker Mountains and endless bushveld vistas running unbroken all the way to the southern boundary of the Kruger National Park.

Immerse yourself in the marvels of nature with an array of activities to keep you entertained throughout your stay.



MPUMALANGA – THE HEART OF THE LOWVELD

Mpumalanga, a province in South Africa, is known for its breathtaking natural beauty and rich cultural heritage. It is home to the world-renowned Blyde River Canyon, one of the largest green canyons on Earth, and the stunning Panorama Route with its awe-inspiring vistas.

The region is also famous for its wildlife, including the Big Five, making it a prime destination for safaris and wildlife enthusiasts. Mpumalanga's name means "the place where the sun rises" in the local language, reflecting its eastern location in the country. This province offers a unique blend of natural wonders and cultural diversity that captivates travelers from around the world.



Blyde River Canyon



Kruger Park Safaris

THINGS TO DO

Mpumalanga Province boasts some of the best sightseeing and safaris in Southern Africa. Here are a few things to do while in the region.



Safari in Kruger Park and see The Big Five



Sabie River forest canopy zip-line tour



Majestic panoramas like God's Window and Blyde River Canyon



Visit the historic goldrush town of Pilgrim's Rest

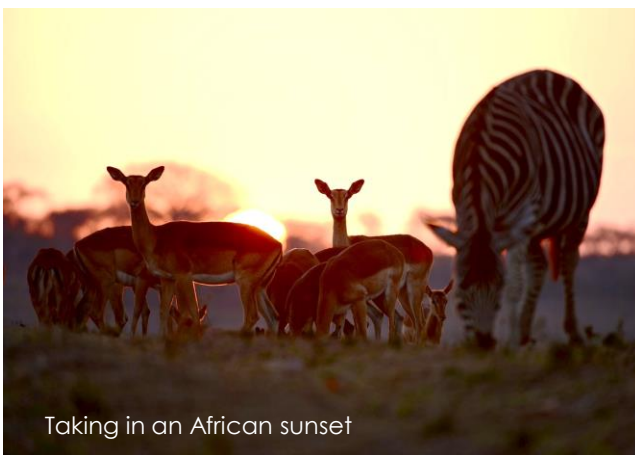
SIGHTS AND SOUNDS OF THE AFRICAN BUSHVELD

African sunsets are a breathtaking spectacle that never fail to captivate the soul. The vast, open landscapes of The Bushveld provides the perfect canvas for nature's daily masterpiece.

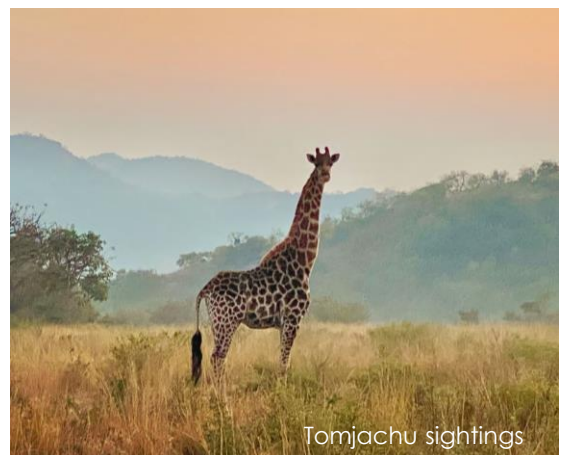
As the sun dips below the horizon, the sky transforms into a vivid tapestry of warm hues, with shades of orange, pink, and purple painting the heavens.



View from Tomjachu sunset deck



Taking in an African sunset



Tomjachu sightings



Local Zebra family at Tomjachu Bush Retreat

Silhouettes of iconic African wildlife and acacia trees add a sense of serenity to the scene.

The air seems to shimmer with the day's lingering heat, creating a mesmerising blend of colours and tranquillity that embodies the timeless beauty of Africa's natural wonders.

A reminder of the continent's enchanting allure and its deep connection to the rhythms of the Earth.

Your Course Facilitator

Dr Ela Manga, Founder of Breathwork Africa and Main Facilitator

Ela is committed to sharing breathwork on the African continent and further afield. Her integrated and conscious approach to wellness, alongside her unique focus on breathwork has been a catalyst for healing and change across many communities and sectors from business to education.

She is an integrated medical doctor committed to bringing heart back into the art of medicine. Her background in western medicine, study of wisdom traditions and deep curiosity has informed her unique approach to health and wellbeing.



In her first book, *BREATHE: Strategising Energy in the Age of Burnout*, Ela discusses her approach to mental, physical, and emotional health through real-life case studies. Ancient wisdom and continuous research support her healing philosophy which is accessible and relevant to all.

Ela is the Founder of Breathwork Africa, an organisation which advocates the use of breathwork for transformation on all levels and in all communities.



South Dam at Tomjachu Bush Retreat