



13-15 March 2026

Nature Constellations

a weekend of connecting & discovering

@Roots & Fins, Betty's Bay



Welcome to Silversands

- Nature Constellations Weekend
- 13-15 March 2026
- A circle gathers at Roots & Fins
- Immersing & exploring from the inside out -
- sea, sand, wind and waves
- mountain, rock and fynbos
- body, breath and beauty



Humanity is seeking a healing movement now

Remembering a deeper belonging

We know in our bones

Can we listen?

world holds life
wholeness and brokenness
cycles
interconnecting



each moment a mystery
discovering
what holds true for me



can you see her signs?
can you read her languages?
can you trust that part of you?



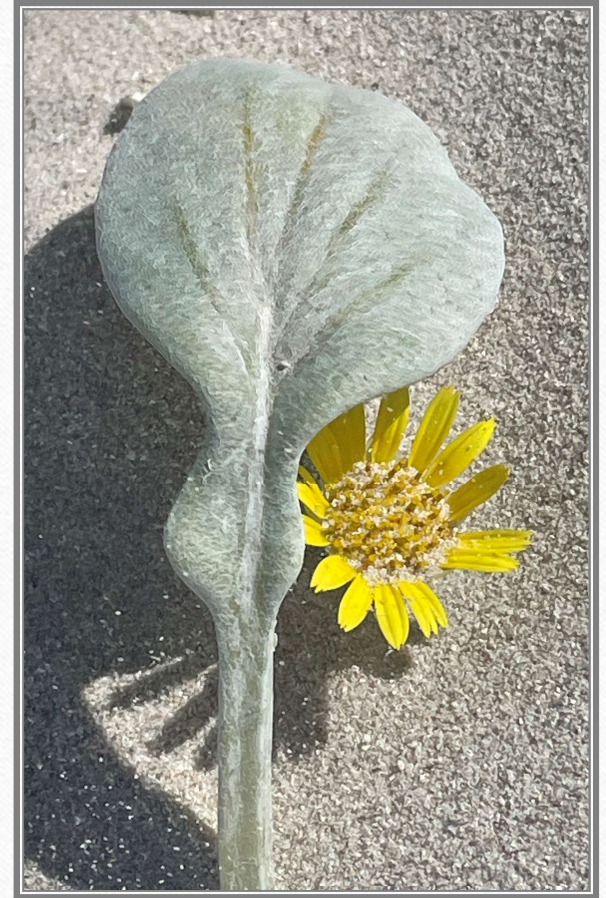
have you wandered
coming across gifts
waiting for you?



have you
laughed
cried
marvelled



have you allowed her
to touch you
deeper than you intended



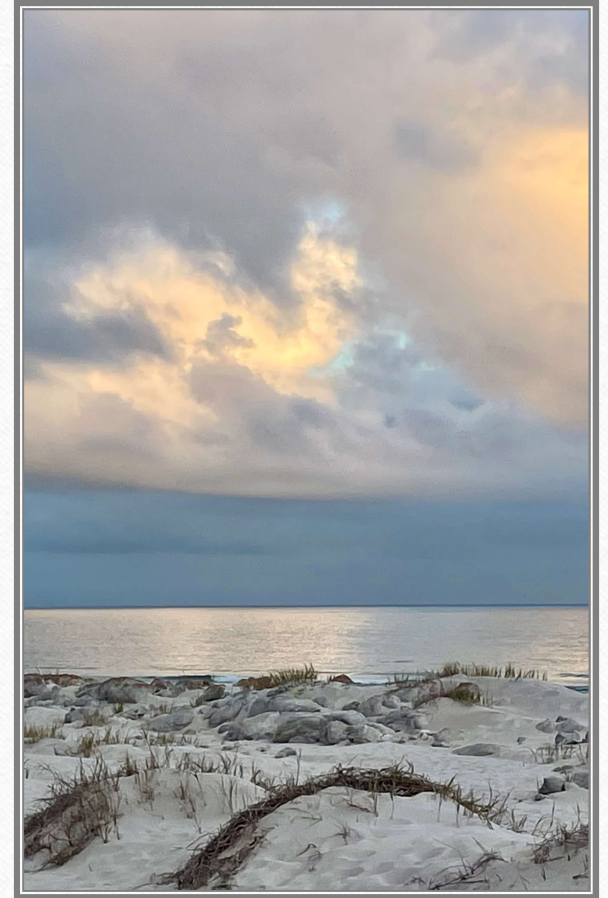
letting her see you, fully



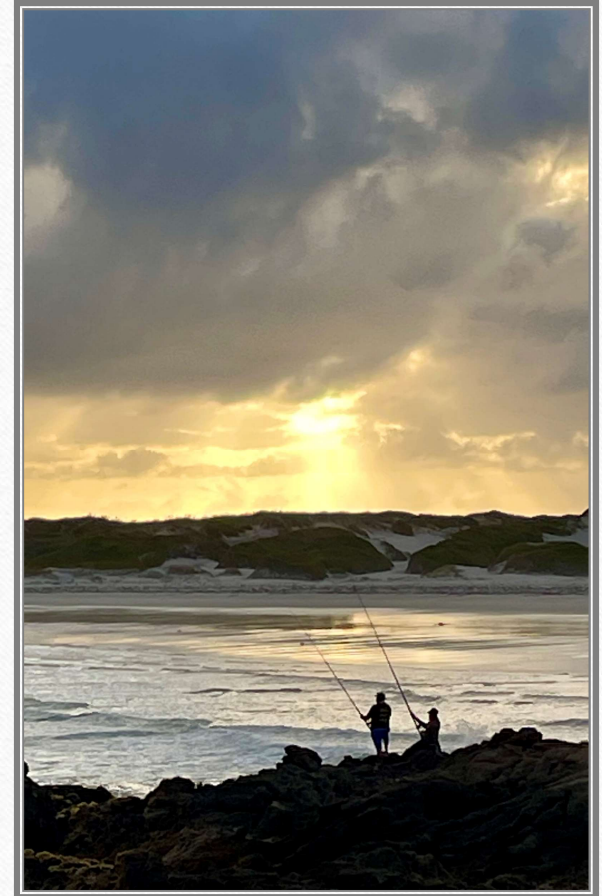
have you sat in dappled light
watching her play



rest now, child



time to go quiet
time to bow



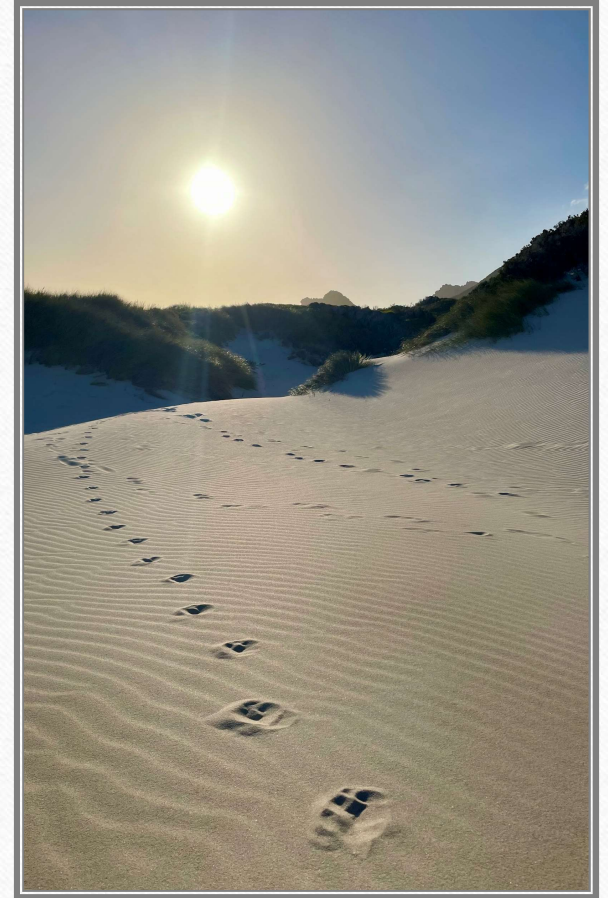
bring your stories
space for heartshares
rekindling our sacred fire
for this time



soften your gaze
allowing a touch of mystery



we are finding our way home



living into our next blossoming





We will spend time

- ❖ observing and honing our senses in the beautiful nature on Silversands beach, around the majestic dunes and in the fynbos nature reserves
- ❖ respecting and honouring nature
- ❖ inviting nature as a resource into our constellations work
- ❖ learning from nature to deepen our constellations work
- ❖ being in silence & meditation
- ❖ finding space for dreaming & visioning ahead of the equinox
- ❖ reflecting and writing our experiences
- ❖ resting, swimming, eating together

Practicals

- Nature Constellations Weekend 13-15 March 2026
- @Roots & Fins, 5038 Senecio Circle, Betty's Bay
- Constellations Facilitator & Trainer: Dr Undine Whande
- Start & Ending 13 March 2pm - 15 March 2pm
- Programme Times:
 - Friday 13 March 2pm-8pm (incl. dinner provided)
 - Saturday 14 March 9am-4pm (bring and share lunch)
 - Sunday 15 March 9am-2pm
- Accommodation via AirBnB (book your own)
- Costing Nature Constellations Workshop: ZAR 4.200
- Bookings: undinewhande@gmail.com

