

GHANA GODDESS

HOMECOMING RETREAT 2019



Spa Brunch on the
Beach in
CAPE COAST

Kente Cloth and Baby
Girls in
KUMASI

Cooking Class and
Afrochella in
ACCRA

GHANA • DECEMBER 22, 2019 - JANUARY 2, 2020 • \$3400.00

CAPE COAST CASTLE

CAPE COAST BEACH RESORT

After your wonderful AKWAABA celebration and pick up from Kotoka International Airport. You will travel to the tranquil and fresh, seaside resort, nestled on a private beach for a few days of rest and renewal. Upon arriving, enjoy a seaside welcome dinner in your honor, where you will receive your Akwaaba Gift Baskets.

We will use the time to socialize with the other Goddesses, then settle in for the evening and get ready for our wonderful Ghana adventure.

14TH CENTURY CAPE COAST ELMINA CASTLE IS THE HOME OF THE INFAMOUS "DOOR OF NO RETURN".

We will start each morning with yoga stretching and meditation, indulging in fresh fruit and juices, then a beautiful brunch on the beach. 2nd Day -We will make our own shea butter mix, then be treated to a sand mani/pedi, a body scrub and butter massage. 3rd Day we will learn Afrikan Dance and Drum, Our final day we visit the fourteenth century Elmina Castle and sixteenth century Cape Coast castle, one of the most important stops of the Trans-Atlantic Slave Trade.





KUMASI ASHANTI REGION

KUMASI LAKE RESORT

We will stay on Lake Bosumtwi, the largest natural lake in Ghana. The Ashantis believe that the souls of their dead come to the lake to say goodbye to god. One theory says that the huge meteorite formed the lake. Another says that it is the crater of an extinct volcano.

Our Slumber Party will host a Self Love Workshop and other self nurturing will be taught to help improve the quality of our lives and relationships.

We will travel to the Kente Cloth factory, to buy the kente material for our custom tailored Afrikan outfit. We will also get the pleasure of spending time with the beautiful girls from my empowerment program, "Black Dolls for Black Girls" at our annual Afrikan Girl Doll Party. A quick visit to The Manhyia Palace, the seat of the King of Ashanti and members of the royal family, to get a look at ancient African democracy, before we head off to Accra.

ACCRA AND AFROCHELLA

AFROCHELLA MUSIC FESTIVAL

Accra is like the Brooklyn of Ghana. Its the central urban location. We will spend our remaining 8 days there, soaking up the culture and socializing with the natives. From the art market to the street food crawl. I will host Goddess workshops throughout the week.

After getting fitted for our tailored outfits, we will have our hair braided or wrapped in cloth. You will have a Free Day for you to explore the country on your own.

Then with our new dance moves, new tailored outfits and stylish hair, we will attend "AFROCHELLA ", a cultural Festival with an explosion of African creatives,music artists and fashion enthusiasts.

**THIS WILL BE A; ONE OF
KIND, ONCE IN A LIFE TIME
EXPERIENCE, FILLED WITH
CULTURAL EXPLORATION
AND SELF AWAKENINGS.**

We will ring in the New Years at a private dinner party, seaside. New Year's Day, we will go on a Day Cruise on the Atlantic Ocean. Then finish off our time in Accra, by taking in some historical sites, at Freedom Park and the Nkrumah Museum.

getitgirl

GODDESS CLUB

www.kimafreeka.com/ghanaretreat

TALK TO US

U.S. 404-500-8978

GHANA 233 0 273 768 052

kim@kimafreeka.com

