

# Dust & Grace

## *A Women's Healing Fast*

May this be a time when your burdens fall to the dust, and the quiet earth cradles your bones in rest.

May the wind, fire, water, and sky speak what words cannot, and may the ancestors rise to meet you.

– Lucille Greeff

 Sat 11 April – Sat 18 April 2026

 Cederberg (approx. 4.5hrs from Cape Town)

A **7 Night, 8 Day Programme** for Women  
Includes a **2 Night Solo Fast** in the Wilderness.

APPLY NOW

[circlesofstonequests.com](http://circlesofstonequests.com)  
[www.gentlespirit.co.za](http://www.gentlespirit.co.za)

**YOU, Dear Woman, are invited:**

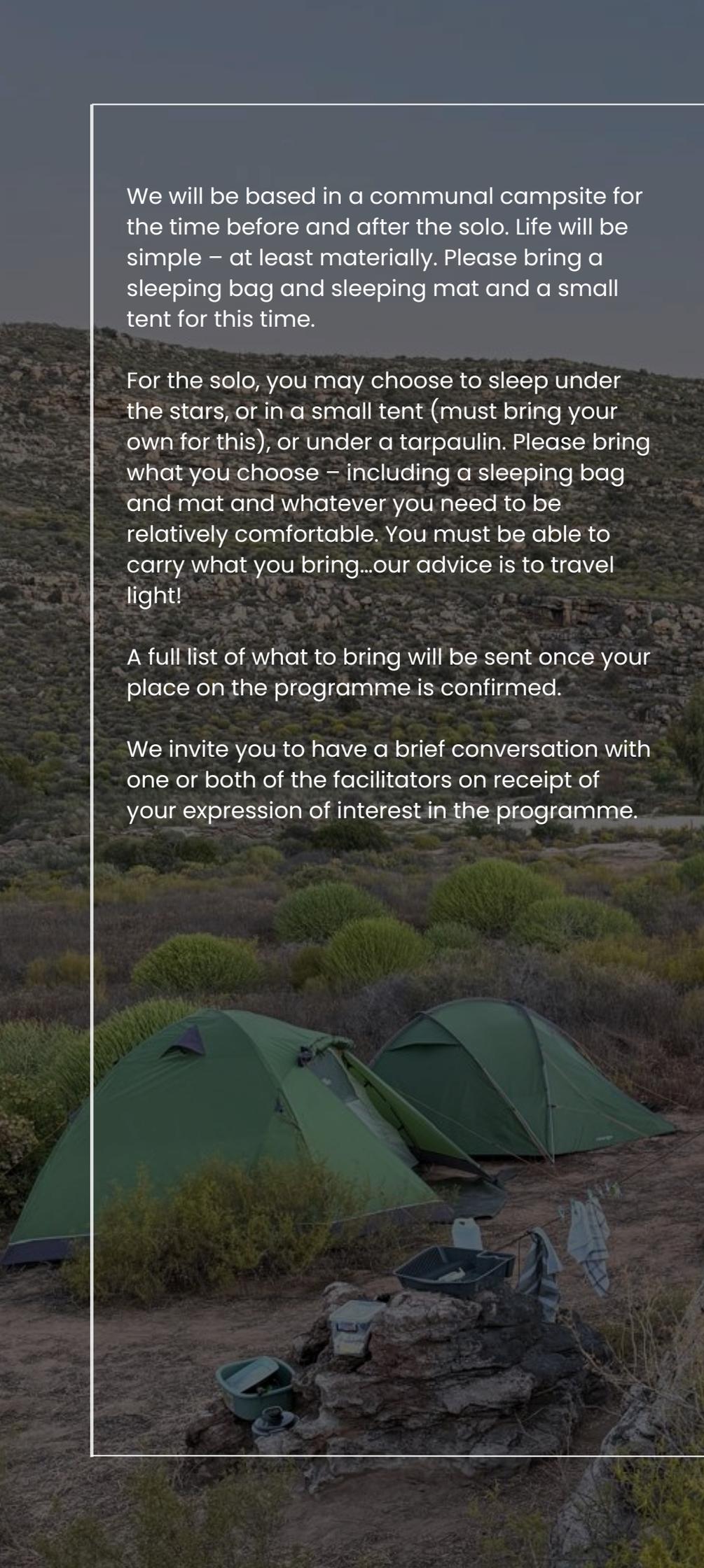
This is an opportunity to join a small group of women, in a valley nestled amongst ancient boulders, to be with our collective and individual grief, exhaustion, responsibilities. A time to stare wide-eyed into the red landscape. A time to STOP... to stop all you are doing. To sit in circle, to be heard and witnessed and to allow the land and the sky to seep into your bones.

We will meander, much like water through land, in ceremony and rituals of honouring and sharing of experiences. Our route will be guided by the elements - water, air, fire and earth and linked with the cardinal directions. We invite you to bring your body and soul, and your experience of life to the cauldron to be nurtured over the days we are together. As Carl Jung wrote in his personal explorations detailed in the Red Book, we will be encouraging you to put down the 'spirit of the times' - that which demands much of you, to allow the 'spirit of the depths' to rise in you. He was clear - there is no one way to plumb the depths of your psyche/soul/spirit, there is only YOUR way. You must live it and experience it - it cannot be taught. This is a uniquely individual process. However, we will be offering community, holding and witness for this time.

At the core of our time together will be a 2 night solo fast - a time to gently be with all that you are bringing. A time for reflection and honouring. **"Dust and Grace"** is intended to be a time of deep rest. A time when the bones of your body can be fully held by the earth, when the rivers of your thoughts can be carried on the milky way and the autumnal winds and when the fire is a place to sit afterwards to share stories and listen deeply to others, united in a diverse but connected sisterhood. This will be a time of ceremony and self-created ritual - it is not therapy.

*"Utter Silence, with a capital U and a capital S. For her, the sound of wind through a great loom of trees is silence. For her, the crash of a mountain stream is silence. For her, thunder is silence. For her, the natural order of nature, which asks nothing in return, is her life-giving silence"*

**Clarissa Pinkola Estes (Women who run with the wolves)**



We will be based in a communal campsite for the time before and after the solo. Life will be simple – at least materially. Please bring a sleeping bag and sleeping mat and a small tent for this time.

For the solo, you may choose to sleep under the stars, or in a small tent (must bring your own for this), or under a tarpaulin. Please bring what you choose – including a sleeping bag and mat and whatever you need to be relatively comfortable. You must be able to carry what you bring...our advice is to travel light!

A full list of what to bring will be sent once your place on the programme is confirmed.

We invite you to have a brief conversation with one or both of the facilitators on receipt of your expression of interest in the programme.

**Saturday 11 April 2026:**

Arrive (by 2pm) and opening

**Sunday – Monday:**

Weaving the basket

**Tuesday–Wednesday:**

Solo time

**Thursday–Friday:**

Weaving the trails

**Saturday 18 April:**

Close and depart  
(by 11am)



**Your facilitators:**  
*Theresa Plewman and Lucille Greeff*

**Theresa** is a psychotherapist with a Jungian orientation, a rites of passage and wilderness guide, gardener, and wild swimmer. She brings her love of nature and the human psyche and decades of working with women (and men) both individually and in groups to this programme. A deep ancestral calling guides her to offer this work.

**Lucille** is a developmental coach, rites of passage guide, breathwork practitioner and poet who works at the intersection of individual and collective myth. She brings her deep love of ritual, ancestral guides, and earth-based practices to spaces where women gather to remember, rest, and reclaim.



**Theresa:** [info@circlesofstonequests.com](mailto:info@circlesofstonequests.com)

**Lucille:** [lucille@gentlespirit.com](mailto:lucille@gentlespirit.com)

**The cost for this programme including all food, facilitation and camping fees (before and after the solo):**

**South Africans:**  
R11,700.00

**International participants:**  
£690 / \$900 / Euros790

Our fees take into account the different economic conditions of the global south and north.

### **ACCOMMODATION UPGRADES ARE AVAILABLE**

The upgrade options are limited, and will be available on a first-come-first-serve basis:

- 1. Own tent** No additional charge
- 2. Dome tent only** (only 4 available) @ R 700  
Add mattress, pillow & bedding @ R 700
- 3. Furnished lodge tent** (only 4 available) @ R 6200

- A 50% deposit is required to secure your spot.
- Bursary places or part-bursary supported places are available – please ask if you are in need.
- And if you are able to make an additional contribution so that another woman in need may be assisted to attend – we would welcome that.
- You are responsible for your own transport there and back, but we will connect the group to enable shared rides.



**APPLY NOW**