

WHOLISTIC MENTAL HEALTH CARE

*Not because anything is wrong.
But because you want to get it right.*

A Premarital Counselling Retreat

18 – 21 FEBRUARY 2027

NGAMA TENTED SAFARI LODGE · HOEDSPRUIT

SIX COUPLES ONLY

CHAT TO ME ON WHATSAPP

WHY A PREMARITAL RETREAT

You don't need to be in trouble to do this.

Most couples who come here are doing well. They're in love, they're excited, and they're about to make the biggest commitment of their lives with a handful of conversations still unhad.

Premarital counselling isn't repair work. It's the conversations most couples only reach after their first real crisis — about money, family, expectations, conflict, intimacy, faith, and what each of you quietly assumes normal looks like. Had early, on purpose, with someone whose job it is to make them safe.

You're not fixing anything. You're building the thing properly, the first time.

*Four days now,
for the fifty years after.*

IS THIS RIGHT FOR US? ASK ME





SIX COUPLES · EXCLUSIVE USE

The whole lodge. Nobody else.

We take over Ngama entirely for the four days. No other guests, no strangers at breakfast, no one wondering why you're quiet at dinner. The nearest neighbour is Kruger.

Each tented chalet is completely private and separate from the others. The only shared spaces are the main lodge dining area and the pool.

Even there, the only people around you are eleven others who booked this for the same reason you did.

Your sessions are private, always. You will never be asked to share anything in front of another couple, and every group activity is optional — discussed beforehand, yours to decline.

Share the lodge. Never the room.

ASK ABOUT AVAILABILITY

Built for you, before you even arrive.

Most retreats hand every couple the same programme. This one doesn't.

O1

Before you travel

You'll each complete a detailed questionnaire, individually. I read both — where you're aligned, where you're not, and what neither of you has said out loud yet. Your three days are built around what I find.

We also meet online beforehand, so you're not meeting me for the first time in the bush.

Your worksheets and exercises are chosen for you, not printed in bulk. A full itinerary reaches you before you arrive.

O2

At the retreat

Three private counselling sessions across the days, shaped by what your questionnaire told me. Just the two of you and me. Group activities are optional. The rest of the time is yours.

O3

After you go home

A follow-up session two weeks later, for what's come up since. Then your Personalised Couples Growth Plan.

*Five sessions
in total*

One online session before you travel

Three private sessions during the retreat

One follow-up two weeks after you're home

QUESTIONS ABOUT THE SESSIONS? MESSAGE ME



THE EXPERIENCE

Four days
that look
like this.

TALK TO ME ABOUT THE RETREAT



*A tent that's
yours alone*

Canvas walls, a king bed under a mosquito net, a claw-foot bath, a private deck. There is nobody in the next room, because there is no next room.



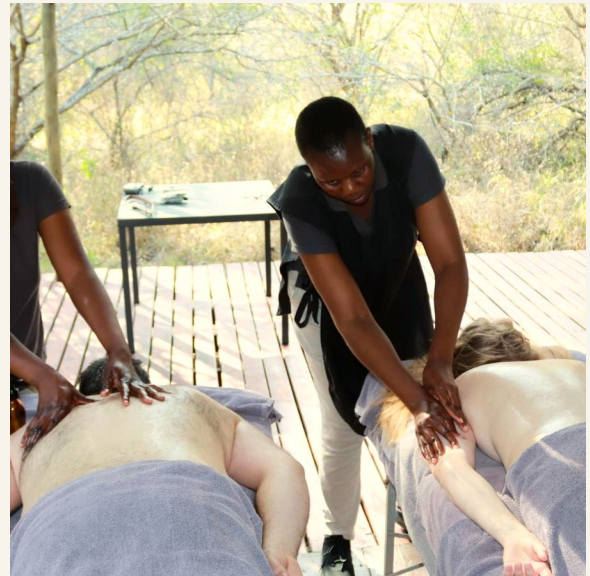
*Three nights,
all your meals*

Breakfast on the deck. Lunch when you're ready for it. Dinner in the boma under the trees. You won't think about food once, except to enjoy it.



*A waterhole, a pool,
nowhere to be*

Between sessions there is nothing you have to do. Sit and see what walks in. Swim. Sleep in the afternoon.



*A couples
massage*

Both of you, side by side in the bush, with nothing scheduled afterwards.



*A private picnic,
just the two of you*

Set up somewhere quiet, away from everything, with the whole afternoon in front of you.



*A turndown
you'll remember*

You'll come back to your tent one evening and find it has been made ready for you.



*And a drink
in your hand*

Selected drinks are included — sundowners while the light goes, wine with dinner, something cold by the pool.



*Wildlife that needs
no arranging*

Giraffe on the road at dusk. Kudu in the trees. You are inside a private reserve, not near one.

WHAT'S INCLUDED

Everything, and the part no lodge can sell you.

Three nights at Ngama

Exclusive use of the entire lodge — six couples, no other guests

All your meals

Breakfast, lunch and dinner daily

Selected drinks throughout

Sundowners, wine with dinner, soft drinks

A couples massage

Both of you, in the bush

A private romantic picnic

Set up somewhere quiet, just for the two of you

A romantic turndown

One evening, your tent made ready

Five counselling sessions

One before you travel, three at the retreat, one two weeks after

A pre-retreat questionnaire

Completed individually, reviewed clinically by me

A plan built for your relationship

Prepared before you arrive — not a fixed programme

Worksheets and exercises

Chosen for where the two of you actually are

Your Couples Growth Plan

A blueprint for continuing the work at home

Continued care

20% preferential rate on any sessions afterwards

R25 000 per couple

ALL INCLUSIVE

The preparation is the part you can't book anywhere, at any price. No lodge sells a counsellor who already knows your relationship before you walk in. That is what makes this a counselling retreat rather than a weekend away with a facilitator.

SEND ME A MESSAGE

Booking, payment and getting there.

Securing your place

A 50% deposit of **R12 500** confirms your booking. The balance is due by **15 January 2027**.

The deposit is non-refundable, as your place is held exclusively. Cancellations from 19 January 2027 carry a 100% fee. You're welcome to transfer your booking to another couple at no cost before 15 January.

Medical aid

Because your sessions are conducted by an HPCSA Registered Counsellor, the counselling portion may be claimable. I issue a practice invoice afterwards, which you submit yourself.

This is not a guarantee. Reimbursement depends entirely on your plan type, available benefits and remaining funds. Some couples recover part of it; some recover nothing. Please don't assume it when you budget.

NOT SURE YET? LET'S CHAT FIRST

Getting there

Ngama sits in the Guernsey Private Nature Reserve, 23 km south of Hoedspruit on the R40.

Nelspruit / Mbombela · 2½ – 3 hours

Middelburg · 4 – 4½ hours

Pretoria · 5 – 5½ hours

Johannesburg · 5½ – 6 hours

Good to know

The last stretch is gravel — a sedan manages it, but a higher-clearance vehicle is more comfortable. Hoedspruit Eastgate Airport is 40 minutes away, with group-rate transfers at R450 per person.

February runs 23–35°C. It's a low-risk malaria area — worth a word with your doctor. A R165 conservation fee per vehicle is payable at the gate. Optional game drives, bush walks and other activities can be arranged at the lodge.



I'm Sumarie Engelbrecht.

I'm a Registered Counsellor with the Health Professions Council of South Africa, and I run Wholistic Mental Health Care. Premarital and couples work is what I do.

I'll be the person who reads your questionnaire, builds your sessions, sits with you across all four days, and follows up two weeks later. Not a team, not a rotation — one counsellor who knows your relationship by the time you arrive.

Everything you share is confidential, seen only by me, and held under the same professional confidentiality that applies in my consulting room.

HPCSA · PRC 0042480



This is for you if

You're engaged, or planning marriage. Or you simply want to understand each other more deeply and grow together. You don't need to be in trouble — most couples who come are doing well and want to do better.

This isn't the right fit if

You're in acute crisis, there is abuse in your relationship, or one of you is coming reluctantly. Those situations need a different kind of care — get in touch and I'll help you find it.

Every couple has a short conversation with me before a booking is confirmed. Not a sales call — a chat to make sure this is genuinely right for you. **If it isn't, I'll say so.**

START THAT CONVERSATION

Six couples. Four days.

One marriage you're actually ready for.

Shall we talk?

I'm the person who'll answer — not an assistant, not a booking desk. I'm happy to answer any question, or to jump on a free 30-minute call to work out whether this retreat is genuinely right for the two of you.

Sumarie Engelbrecht

REGISTERED COUNSELLOR

WhatsApp 066 241 5632

sumarie@wholisticmhc.com

wholisticmhc.com/couples-retreat

MESSAGE ME NOW

BOOKINGS CLOSE 15 JANUARY 2027
OR WHEN ALL SIX PLACES ARE TAKEN