



NIGHT VIGIL

Facilitated by Jess Tyrrell and Wiebke Nedel

17 - 18 APRIL 2021

WHERE: Private Nature Reserve (near Scarborough)
Cape Town

A one night solo in the Cape wilderness
offered within the framework of an ancient ceremony

All earth-based cultures have known the **night** to offer a special form of **medicine**. This is an invitation to discover this for yourself.

When your eyes are tired
the world is tired also. When your vision has gone
no part of the world can find you.

Time to go into the dark
where the night has eyes to recognize its own...
The night will give you a horizon further than you can see...

Give up all the other worlds
except the one to which you belong. Sometimes it takes darkness
and the sweet confinement of your aloneness
to learn anything or anyone that does not bring you alive
is too small for you.

- David Whyte

Cost: R2500
(If cost is an issue please contact us)
max participants 8

Please email Wiebke with any questions and to book a place.
[w i e b k e . n e d e l @ g m a i l . c o m](mailto:wiebke.nedel@gmail.com)



Wiebke Nedel

Wiebke is a leadership coach and Vision Fast guide trained by the School of Lost Borders/USA. She has been working with people in the wilderness for the past 25 years and has run Rites of Passage programmes in South Africa for the past 16 years. Journeying through outer and inner landscapes is her work. Her passion is to enable spaces that help people see and feel who they are capable of being.



Jess Tyrrell

Jess is an ecotherapist, herbalist and rites of passage guide. Her experience of leading wilderness-immersion experiences in Southern Africa and internationally has spanned over the last 21 years. Her work is dedicated to promoting and supporting people's formation of an ecological identity, the sense of belonging to and being an extension of a larger body - the earth herself.