

# Roots, Remedies, & Plant Spirits

Ghana, West Africa

December  
28-30th 2024

Saturday- Monday

Hosts





# Detox ~~Detty~~ December



Come Refresh &  
Reconnect in Nature

3 Day Retreat  
Preparing your Mind, Body, &  
Spirit for the New Year



# Roots, Remedies, & Plant Spirits

Detty December in Ghana is the ultimate TURN-UP, celebrated for its local food, non-stop parties, and vibrant festivals. Once the festivities wind down, we invite you to Detox, Reset, and TURN-IN to Yourself and Nature.

Join us at Dzatafia's Farm, Nananomkrom, nestled in the forest of the Eastern Region where you'll harvest herbs tailored to your spiritual, emotional, mental, or physical challenges for daily teas and spiritual baths. Engage with local herbs to detox your mind, body, and spirit. Enjoy daily yoga, nightly bonfires, farm-to-table eating, a collective herbal steam, daily meditation, cosmic forecasts, and a trip to Asenema Waterfalls.

Expand your knowledge of local herbs, experience plant power through detoxing, reflect on the past year, visualize your New Year, and connect with like-minded individuals. Additional services with our hosts are also available during your stay.



# Accommodations:

This is a Camping  
Experience

Individual and Shared  
Tents











# Itinerary

## Day 1: Opening Circle

### 12/28 Saturday

- 6 am Pick up from Accra Mall
- 8am Arrive in Nananomkrom
- Welcome, Introductions, Orientation
- Light Refreshments & Fruit
- Settle In Your Tent
- Land Tour
- Introduction to Herbal Detoxing
- Dinner
- Bon Fire & Intention Setting



# Itinerary

## Day 2: Herbal Steaming

### 12/29 Sunday

- Mediation
- Harvest Herbs for Teas & Steams
- Sound Healing & Yoga
- Cosmic Forecast
- Farm to Table Meal Preparation
- Herbal Respiratory Steams
- Journal Prompts
- Bon Fire



# Itinerary

## Day 3: Closing Circle

### 12/30 Monday

- Harvest Herbs for Teas & Spiritual Bath
- Yoga
- Light Refreshments & Fruit
- Waterfall
- Lunch
- Closing Circle
- Drop Off to Accra Mall



A close-up photograph of a green leaf, showing a detailed network of veins. The veins are a lighter green color, contrasting with the darker green of the leaf's surface. The veins form a complex, branching pattern across the entire leaf. A semi-transparent, light brown rectangular box is centered horizontally and vertically, serving as a background for the text.

# Meet Our Hosts



# Priestess Victorious

## Additional Services

- \$33 Vaginal Steams
- \$44 Energy Healing Sessions
- \$88 Womb Healing Sessions



Priestess Victorious Wanjiro, M.Ed. is a holistic educator and transnational movement builder with 18 years of experience across North America, Ghana, and the Pan African diaspora. After experiencing compounded trauma, she found healing through education, wellness, nature, and travel, and now teaches others to do the same.

Based in Greater Accra, Victorious specializes in mental health, nutrition, reproductive health, and birthwork. She offers holistic training and retreats that integrate community, service, spirituality, and culture. Known for curating programs that combine scholarship, activism, and holistic healing, she has made significant contributions in the Bay Area, Los Angeles, and Ghana.

To maintain her inner peace, she engages in travel, meditation, and nature, finding joy in sunbathing, reading, and ceremonial dance. For more information, visit [Califaconsulting.com](http://Califaconsulting.com) and follow @Califa\_Consulting.





# Togbe Dzatafia

## Additional Services

- \$35 Health Consultations

Togbe Dzatafia is a Traditional Herbal Medicine Practitioner, a member of the Traditional Herbal Association of Ghana and the Traditional Medicine Practice Council, which is part of the Ministry of Health of Ghana. He specialises in Reversing Dis-ease through Full Body Detoxification and Cleansing protocols, using Ancestral Herbal Healing Practices whilst being Powered by Superfoods for Optimum nutrition. He is also a Herbalist, a Farmer and Life Coach. This retreat will be held on his farm, Nananomkrom in Adukrom, the Eastern Region of Ghana.

\*Links/Contact Info.\*

<https://dzatafia.com/> for all your Herbal Solutions

T:+233268688688

E:[info@dzatafia.com](mailto:info@dzatafia.com)

IG:@dzatafia

FB:[facebook.com/dzatafia](https://facebook.com/dzatafia)

Book a consultation [https://linktr.ee/dzatafia?](https://linktr.ee/dzatafia?utm_source=linktree_profile_share)  
[utm\\_source=linktree\\_profile\\_share](https://linktr.ee/dzatafia?utm_source=linktree_profile_share)



# Alicia Monet

## Additional Services

- \$33 Tarot Readings
- \$55 Astrology Readings
- \$88 Womb Healing Sessions



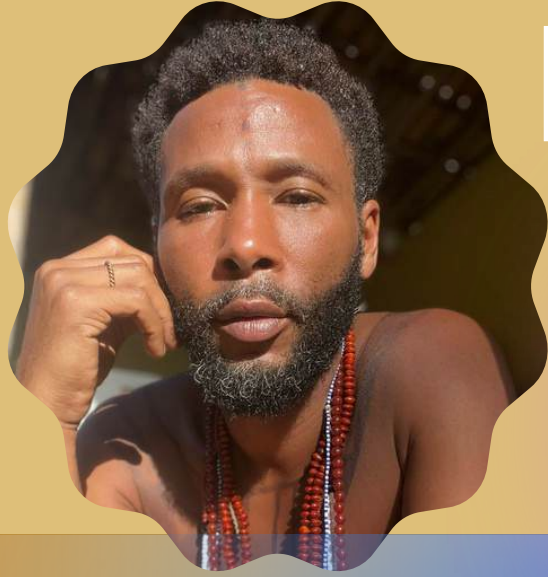
Alicia Monet is Divine Inspiration emitting Love, Peace, Healing, and Restoration so we All operate from our Highest Potential. Alicia specializes in the Oracle Arts, Astrology, Tarot, Womb Work, Plant Based Cooking & Metaphysical Tool Crafting, Her path as a Womb Health Warrior was birthed through her own experience healing her Womb physically, energetically, emotionally, and spiritually from the trauma of sexual assault and self betrayal. Alicia is dedicated to reminding you of who you truly are & how to trust your internal GPS system. Empowering women {therefore families} globally, she creates transformative experiences encouraging Beings to reconnect to the Earth & the Cosmos ushering in soul level renewal.

Contant Info:

Email: [I.Am.Goddessbliss@gmail.com](mailto:I.Am.Goddessbliss@gmail.com)

IG: Goddess.Bliss





# Kemetic Yogi

## Additional Services

- \$25/\$40 Sports Stretch
- \$35/\$50 Thai Yoga Massage

Bro. Kamean, known as "Kemetic Yogi," is a Yogi, Master Gardener, Master Reiki Practitioner, Wellness Consultant, and Fast & Detox Coach. In 2011, he pursued his Kemetic Yoga Teacher Certification under Yirser Ra Hotep & received Ra Sekhi (Kemetic Reiki) level 1 & 2 attunements from Sis. Sat Ra SisaDaye and his master attunement from Rekhit Kajara Nia Yaa Nebthet. He founded the Healing Earth Temple in 2012, hosting yoga trainings, retreats, and free Sunday yoga classes. In 2013, he launched "The Mobile Mystic," traveling the U.S. to organize wellness events, healthy food demos, yoga workshops, & volunteering at youth organizations. He's since hosted over a dozen Roots & Culture Yoga Retreats in Ghana guided over 250 people and six naturist yoga retreats throughout the Caribbean and South America while leading the Back to Nature Collective, Riverkeepers Foundation, and other projects.

[Kemeticyogi.com](http://Kemeticyogi.com)

Email: [KemeticYogi@gmail.com](mailto:KemeticYogi@gmail.com)

IG: [KemeticYogi](https://www.instagram.com/KemeticYogi)



# Packages Include:

- Transportation
- All meals, fresh juices, fruit, coconut water, & herbal teas daily.
- Accommodations
- Daily Yoga
- Herbal Detox Workshop
- Herbal Steam
- Spiritual Bath
- Waterfall Excursion



# Investment

## \$555

We have two payment options:

1. Pay in Full {\$555}
2. Pay Half {\$277.50} now & Half  
December 1, 2024

A non-refundable down payment of \$277.50 is required to secure your space. In the event that you are unable to attend after sending payment, you can use your credit towards another experience.

[Click on the link to Register](#)

For more information contact  
Alicia Monet  
WhatsApp +233555421738