Let the River FLOW

A two-Day Journey into Flow, Wellness, and Joy
with Allan Weppenaar Pedersen

Workshop: 7–8 March 2026
10:00–17:00 both days. Venue: Amani House, Hout Bay, Cape Town

Step into a River that has been waiting for You

There are moments in life where something deep inside whispers:

There must be more than this.
More ease. More joy. More flow.
A way of being that feels alive rather than overloaded.

This workshop was born from that whisper.

Based on Allan Weppenaar Pedersen's two books: FLOW and GAIA Let the River Flow, this immersive weekend invites you into a living experience of flow that is felt in the body, breathed into the heart, and carried home into daily life.

Whether you're longing to reconnect with yourself, to find clarity, to release old patterns, or simply to experience the joy you've been postponing, this retreat is designed to meet you exactly where you are.

What Makes This Workshop Unique?

FLOW is not a theory.

It's not a philosophy you memorize.

FLOW is a state, a full-bodied way of moving through life that feels natural, energizing, and deeply peaceful.

Across these two days, you will be guided through powerful, accessible practices that awaken:

- Letting go: Softening resistance
- Beautiful thoughts: Shaping your inner weather
- Breathwork: Opening space for presence
- The FeelGoodFlow smile: Joy from the inside out
- Deep belly laughter: The medicine modern life forgot
- Afterglow stillness: The quiet where truth rises

Each session builds on the last, opening your nervous system to ease, creativity, and a sense of connection that can transform the way you live.

A Program Rooted in Wisdom, Warmth & Lived Experience

Saturday: The Opening of the River

We begin by exploring what FLOW really is, and how you can access it even in the middle of life's chaos. You'll learn the art of letting go with gentleness, shaping your inner landscape, and easing into joy as a natural state.

The day includes a special session with Charlotte Weppenaar, who brings insight into the power of icons and symbols in unlocking flow and inner creativity.

Sunday: Embodying the Current

FLOW becomes real when it is embodied.

Day two guides you into deep, restorative praxis, working with the body, breath, sound and visualisation so that flow becomes an actual felt experience.

We're joined by Nyaniso Tutu, who shares stories about her grandfather, Archbishop Desmond Tutu, and how joy, compassion, and presence guided his life.

We end with an integration circle that helps you anchor everything you've learned so you can bring it into your relationships, your work, and your daily rhythms.

Why Join?

Because you deserve to experience life without efforting so hard.
Because your body remembers something your mind has forgotten.
Because joy is not a luxury, it's the deepest intelligence you have.

Participants often leave with:

- A profound sense of peace and clarity
- A lighter body and more open breath
- Renewed creativity and emotional ease
- Practical tools for daily flow
- A connection to a community of warm, open-hearted people
- A feeling of having returned to themselves

FLOW is not an escape from life.

It is the art of meeting life with presence, softness, and truth.

Venue: Amani House, Hout Bay

Nestled between mountains, forest, and sea, Amani House is the perfect sanctuary for this experience. The natural surroundings amplify the work, helping the body settle, the breath soften, and the heart open.

Coffee, tea and fruit available at all times.

Who Is This For?

Anyone who is:

- Tired of stress and overthinking
- Longing for inner clarity or emotional freedom
- Curious about embodied spirituality
- Seeking tools for joy, presence, and resilience
- Ready for a gentle, powerful turning point

No prior experience needed.

Just bring yourself, exactly as you are.

Join the River

If something in you is stirring, if a quiet yes rises when you read this ... trust it.

Some experiences are not meant to be postponed.

Let the river flow ... and discover what becomes possible when life moves through you instead of against you.