

# The Leopard Within

'A wilderness experience for women'



Presence

Poise

Power

Purpose



An invitation from  
The Cape Leopard Trust...

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'A wilderness experience for women'

23 - 26<sup>th</sup> September 2010

Spend a weekend in the wilderness of the Cederberg Mountains exploring and developing the qualities of a leopard within yourself. Imagine possessing the inner Presence, Poise, Power and Purpose of these beautiful creatures...

On Thursday evening after setting up camp, the founder of the Cape Leopard Trust, Quinton Martins, will introduce you to the wilderness of the Cape leopard and share his story. Through the course of the weekend, using an experiential process and varied art forms, you will be introduced to the qualities of the leopard.

Presence will be developed by:

- ~ Breathing centring/meditation
- ~ Drawing from nature
- ~ Healing relaxation / Listening in relationships
- ~ Solo walking - Leopard tracking

Poise will be enhanced by:

- ~ Writing process and expression of the meaning of poise
- ~ Self-esteem exercise
- ~ Mindful movement

Power will be strengthened by:

- ~ Exploring through clay work
- ~ Personal authority exercise

Purpose will be focused by:

- ~ A practical Purpose process

The weekend's experience will come to a close through poetry.



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## About the Facilitators

Elizabeth Martins is the coordinator of the Cape Leopard Trust's Education and Outreach Programme, which runs wilderness camps for children. With a background of teaching in a Waldorf school, where she discovered a love for facilitating learning and personal development, Elizabeth is now combining her interests in education with her other great passion, nature. She lives with her husband, Quinton Martins, founder of The Cape Leopard Trust, in the Cederberg Mountains.

Bronwen Lankers-Byrne has worked in preschool, high school and adult education since 1974. She has facilitated courses of the More to Life Programme to over 2000 people in Joburg, Durban and Cape Town. Bronwen is currently engaged with the broad community and is working with others to create a sustainable, peaceful and united Hout Bay for all.

## About The Cape Leopard Trust

The Cape Leopard Trust (CLT), a non-profit organisation, was established in 2004 with the primary objective of facilitating and promoting research in support of conserving predator diversity in the Western Cape, with a focus on Cape leopards as a flagship species. Conservation strategies include finding solutions to human-wildlife conflict, conducting rigorous scientific research, encouraging eco-tourism, running a broad environmental education programme aimed primarily at children, and working to empower people from local communities.

The Cape Leopard Trust is based at Matjiesrivier Nature Reserve in the Cederberg and also has projects running in the Boland mountains, the Gouritz Corridor (Swartberg area) and Namaqualand.

The idea for the women's weekend 'The Leopard Within' grew out of a desire to find creative and effective ways to empower local women. The leopard showed us the way.



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## Practical considerations:

- Date: 6pm Thursday 23<sup>rd</sup> – lunch on Sunday 26<sup>th</sup> September
- Venue: CLT Environmental Camp at Matjiesrivier Nature Reserve, Cederberg (250 km north of Cape Town via Ceres or Clanwilliam, ± 4 hours)
- Accomm: The campsite is carefully designed to have a low impact on the environment. It is simple yet has all the necessities - kitchen with cooking equipment, braai area, dry toilets, bucket showers with hot water, safari tents and mattresses. There is no electricity at the site and no cellphone reception in the Cederberg.
- Food: Ingredients and menu provided, group cooks together
- Cost: R850/person
- Transport: Own transport and costs, we will facilitate shared lifts
- Language: The course will be conducted in English and Afrikaans
- Numbers: Maximum of 14 participants
- Contact: Elizabeth Martins ~ [elizabeth@capeleopard.org.za](mailto:elizabeth@capeleopard.org.za)  
~ 027 482 9923

Note: CLT staff are trained in first aid and carry first aid kits and satellite phones at all times. Please bring your own medication, as we are by law unable to provide medication.

To register please complete and email the registration form attached. A minimum deposit of R500 or the whole amount needs to be paid by 27 August 2010.

### Bank details:

The Cape Leopard Trust  
First National Bank  
Long Beach Mall  
Branch #: 260300  
Account #: 62205030802  
Current account  
Reference: 'Your name' - women's weekend



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