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HOE SAL JY JOU TYD DEEL?

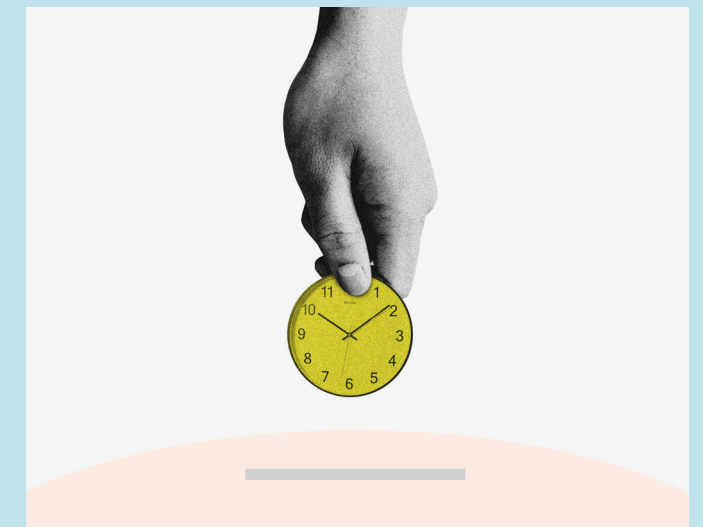
Voel dit vir jou asof tyd besig is om soos 'n weghol trein spoed op te tel, veral nadat bepaalde kalendermaande verby is? 'n Nuwe seisoen word stil-stil in die natuur aangekondig. Die winde, reuke en bloeisel is aanvoelbare en prikkende tekens van die veranderinge.

Ek hoor die woorde van die wyses in hul gesels; hoe ouer mens word, hoe vinniger beweeg die tyd. Ek het nie altyd die vrymoedigheid om te vra wat dit werklik beteken nie, miskien wil ek nie die antwoord hoor nie, moontlik verskil elkeen se siening hieroor.

Selfs die beste van intensies en voorneme om nie weer vasgeval te raak in "tyd", of dit nou te min of te veel tyd is en hoe om by alles uit te kom nie, raak vaag. Elkeen van ons kry dieselfde porsie tyd in 'n dag, vir solank dit die besturing is. Dit is hoe elkeen kies om met porsies tyd om te gaan, wat werklik saak maak?

Wat wel waar is, is dat sommige van ons se energievlakke toeneem in die somer en ander individue weer hoër vlakke gedurende die winter beleef. Hoe wonderlik om te weet dat die natuur deur dieselfde siklusse gaan en êrens pas elkeen van ons in en is ons deel van 'n ritme van tyd...Opnuut die bewustheid dat die yin en die yang van die lewe mekaar uitkanselleer en balanseer.

Met die aanvang van die nuwe seisoen, vra ek dus hoe jy jou tyd gaan aanwend, deel en verdeel tussen die porsie wat jou siel voed, jou geliefdes ondersteun en jou gemeenskap help opbou en inspireer?



Laurinda

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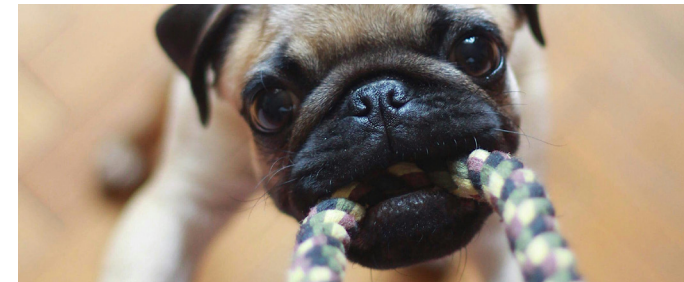
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NUWE STUDIE WYS: HONDE VERSTAAN SPEELGOED SE DOEL BETER AS WAT JY DINK

WESSA EDEN



Navorsing toon dat sommige honde nie net speelgoed kan herken by naam nie, maar dit ook kan groepeer volgens hoe dit gebruik word tydens spel - sonder dat iemand vir hulle wys of sê wat om te doen.

'n Groep honde is by hulle eienaars se huise getoets. Hierdie honde was reeds bekend daarvoor dat hulle baie speelgoed-name kan onthou. Eerstens is hulle blootgestel aan verskillende speelgoed items soos balle, toue, ringe en pluistiere.

Hulle het saam met hul eienaars speletjies gespeel wat óf as "trek" óf as "gooi" beskryf is. Dit was nie die voorkoms van die speelgoed wat die verskil gemaak het nie, maar die manier waarop dit gebruik is.

Daarna het die honde nuwe speelgoed gesien wat hulle nog nooit vantevore teëgekom het nie. Hulle moes dan uit 'n versameling items kies watter een by "trek" of by "gooi" pas, gegrond op wat hulle vroeër geleer het.

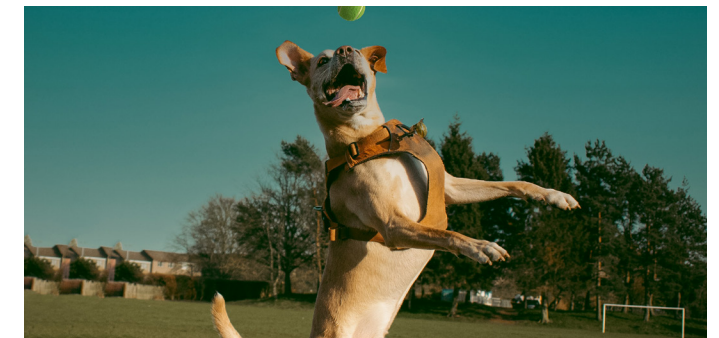
Verrassend genoeg het die meeste honde die regte keuse gemaak, selfs met heeltemal onbekende speelgoed.

Hierdie gedrag wys dat honde in staat is om meer as net name of woorde te leer. Hulle verstaan ook die funksie van 'n voorwerp - hoe dit gebruik word - en kan daardie kennis toepas op nuwe situasies. Dit beteken hul denkvermoë is meer buigsaam en kompleks as wat lank aangeneem is.

Nie alle honde beskik noodwendig oor hierdie vermoë nie, want dit is veral dié wat reeds goed is met woordleer wat daarin uitblink

Tog toon die resultate dat honde se denke oor speelgoed nie beperk is tot hoe dit lyk of voel nie, maar ook tot die aksies en doel wat daarmee verband hou.

Bron: Science News





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LET'S TALK SUSTAINABILITY

Are you familiar with the term "Earth Overshoot Day"?

If not, Earth Overshoot Day marks the date when humanity's consumption of natural resources exceeds the planet's ability to regenerate these resources within that same year. And from that day, we live in ecological deficit. The idea behind Earth Overshoot Day is to raise awareness about how much of nature's resources human activities use compared to how much and how fast the planet can replenish.

The concept is hosted and calculated by an international research organisation, Global Footprint Network. The announcement is made on June 5 every year – on World Environment Day. The calculation entails a comparison of humanity's ecological footprint and Earth's biocapacity.

The ecological footprint measures the total of biologically productive land and sea areas required to produce the resources humanity consumes and to absorb the waste produced by human activities, whilst Earth's biocapacity entails the planet's ability to generate resources and provide ecological services.

The calculation is done by dividing Earth's biocapacity by humanity's ecological footprint and then translating the result into a calendar date. And by now, you might have recognised a number of important concepts – productive land and sea, humanity's requirements, resource consumption, waste gen-

INA BEZUIDENHOUT



erated and Earth's ability to absorb waste generated by human activities. I am sure we are all familiar with and taking an active part in more than one of these activities.

By living in the state of ecological deficit spending we are depleting Earth's natural capital and stealing from future generations. Very similar to spending money from the resources earmarked for your retirement before your actual retirement date. And when one compares the two situations, you realise that persisting with this practice spells disaster.

But, since we know about the impending disaster, we can implement changes to postpone the disaster or prevent the disaster altogether. Or carry on as usual and face the disaster

Earth Overshoot Day differs from nation to nation, but the generic date for a year accounts for Earth in general. In 2025 the date was 24 July, whereas for South Africa, the date was 2 July. So for almost half of the year, we have been using the resources of future generations. The international aim is to move the overshoot date by six days per year in order to be out of overshoot by 2050. Which stresses the point – we need to seriously rethink our habits; we need to reconsider our current city planning and urban development strategies in order to ensure enough biological regeneration and avoid excessive human demands.

These considerations should include:

Increase energy-efficient buildings, integrated zoning, compact cities, increased public transportation. But look around you – we are developing our cities (and small towns) at an alarming rate, we do not provide enough energy-efficient buildings, we continue to deplete our natural areas thereby increasing the pressure on our natural resources.

The majority of households are ignorant about waste minimisation, let alone waste prevention, which is the actual first step in waste management Think about your own waste generation patterns – how many bags with waste earmarked for landfill do you leave outside your gate every week, how many recycle bags, how accurately is the waste separated between landfill and recyclable waste. Do you compost waste at all?

These are the easy wins.

We need to explore alternative ways to decarbonise our economy and phase out our dependence on fossil fuels.

We need to support those entities who manage and care for the planet – farms, forests, parks, wetlands, lakes and our oceans. These entities form our support system, yet we ignore them and place them under increasing pressure, not realising we are impairing our quality of life and compromising the life of future generations.

Humanity needs fertile soil, clean water and clean air to provide food and physical health required to survive. Vibrant natural ecosystems (oceans, forests) are indispensable to keep the planet liveable.

We need to regulate the climate and absorb carbon emissions.

We need to focus on conservation and restoration, regenerative agriculture and sustainable fishing inter alia to make a difference.

And we need to work out the solutions, because if our society cannot address the important matters, we require regulation – stricter laws to force us to make the required changes. But Mother Nature functions according to stricter laws – if humanity distorts the ecological balances, Nature will retaliate at some stage.

On which side are you going to weigh in – the solution or compounding the problem?

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THE HEALING POWER OF LEMONGRASS

THOMAS CHAMPER

Nature is a gift that should never be underestimated or ignored. In our daily lives, plants not only enrich our meals but also offer powerful support for health and wellbeing. One such plant is lemongrass - a fragrant herb with remarkable healing properties that stretch far beyond the kitchen.

Lemongrass is best known for its refreshing citrus flavour, commonly used in teas, soups, curries, and even sorbets. But behind its culinary charm lies an impressive list of health benefits. Rich in antioxidants and Vitamin C, it strengthens the immune system, protects cells from damage, and assists in fighting off colds and respiratory infections. It also promotes collagen production, contributing to healthy skin, hair, and even vision.

Digestive health is another area where lemongrass shines. Drinking lemongrass tea can soothe bloating, cramps, and reflux, while stimulating enzymes that aid digestion. Its anti-inflammatory properties further reduce pain and discomfort associated with arthritis and other conditions.

Beyond the physical, lemongrass carries a long history of use in spiritual and holistic practices. Its essential oil is believed to clear blocked energy pathways, particularly the throat and crown chakras, while enhancing intuition and spiritual awareness. This connection between body and spirit has been recognised since ancient times, where lemongrass featured in



health, beauty, and aromatherapy traditions.

The benefits don't stop there. Lemongrass helps cleanse the skin with its antifungal and antibacterial qualities, supports hair growth, lowers cholesterol absorption, and even contributes to heart health. For stress relief, a cup of lemongrass tea or a few drops of essential oil in a diffuser can bring calm to the mind and uplift the spirit.

Using lemongrass is simple: brew it into tea, add it to meals, or apply diluted essential oil to the skin or scalp. Whether consumed, inhaled, or applied topically, this versatile plant nourishes body, mind, and soul.

In essence, lemongrass is more than an herb - it is nature's reminder of the healing power all around us, waiting to be embraced in our everyday lives.

SOUTH AFRICA'S BIRDS IN TRANSITION

South Africa's birdlife is constantly on the move, shaped by seasonal migrations and broader population trends that are harder to ignore. Over the past few months, familiar changes have been unfolding - skies emptying of some species while others arrive in growing flocks. Yet, behind this natural rhythm lies a quieter truth: many bird populations are not as strong as they once were.

Migrants such as swallows, swifts, and bee-eaters have been departing in large numbers, following insect-rich air currents northward. Their absence is immediately noticeable, leaving mornings quieter than before. In contrast, raptors like steppe buzzards and yellow-billed kites, along with a variety of waders, have been appearing in greater numbers, turning open fields and wetlands into busy stopovers. These arrivals are part of South Africa's identity as a vital hub along the migratory highways of the continent.

Wetlands remain a stronghold for bird gatherings. Dams and estuaries brim with flamingos, stilts, and ducks, sometimes in spectacular displays. Yet, overall duck numbers have slipped in recent years, with certain species now down by as much as 20%. Habitat loss and inconsistent rainfall have been cutting into breeding success, reducing the long-term strength of these populations.

Garden and urban birds present a mixed picture. Seed-eaters like Cape sparrows, bishops, and weavers adapt well to human settlements, but surveys suggest their numbers too are

thinner than they were two decades ago. The losses are starker in grassland species: blue cranes, South Africa's national bird, have declined by nearly half in some areas, while lark populations are shrinking steadily as natural grasslands give way to farmland and development.

Along the coast, the African penguin population has dropped by over 60% in the past thirty years, an alarming reminder of how fragile bird numbers can be. Gulls and terns, by contrast, have held steady, even expanding in harbours and fishing towns where food scraps are abundant.

Together, these changes show both resilience and fragility. Migration continues to bring variety to the landscape, but the overall trend is downward: nearly three-quarters of South African bird species are now thought to be declining. The skies remain alive with wings - but fewer than before, and the balance is shifting yearly.





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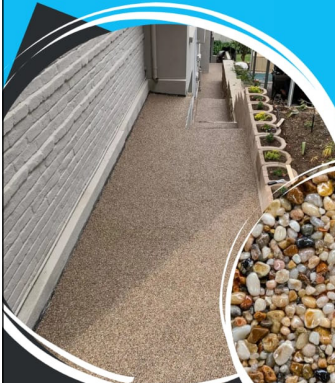
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TEAM BUILDING AND MUSE FEES MAGIC

JANNES BUYS

The new intern group at Wonderful SA had the breathtaking opportunity to challenge themselves and their team mates during our annual team building weekend in September, and we participated in the amazing Muse Festival. These events were just some of the exciting happenings in a busy September at the Youth Café.

As we employ a number of young people from our community, the opportunity to go away as a team for a weekend, gain a different perspective, and be thrust outside a comfort zone or what they might believe is possible, is a cornerstone experience for our teams.

This year was no different, as we focused on communication and unity within our team, had some fun and challenging activities, and some guest speakers. We also partnered with Paradise Adventures for a kloofing or canyoning trip high up in the Kaaimans River, which was physically demanding, mentally challenging and breathtakingly beautiful.

From overcoming an inability to swim, to abseiling down waterfalls or jumping off cliffs, the team conquered their fears, encouraged one another and pushed through their own mental and physical boundaries. It was beautiful to see how the team never gave up, how different people stepped up to help or encourage others throughout, and how the fear of water, heights or the cold could not stop us. We are immensely

proud of the team, and we encourage anyone to strike up a conversation with any of the team about their experience and what they took away from the weekend.

We also joined in the Muse Festival Fun, hosting a DJ training workshop, a kite building and playtime event for the younger ones, and each child also got a little Spekboom to take home and care for, along with an understanding of caring for the environment and themselves. We celebrate this festival in our town every year.

As always, we invite anyone and everyone for a visit to the Youth Café in Grootbrak, to see our beautiful facility, have a lekker coffee with us, or join in on our fun.



TAKING CARE OF CLASSIC CARS

Owning a car from the early 1900s is a rare privilege and a glimpse into motoring history. These vehicles are delicate and require careful attention to preserve both condition and authenticity.

Cleaning and Preservation

Wash with mild, pH-neutral soap and soft cloths, avoiding harsh chemicals. Apply wax or polish to protect paint and metal, and treat wood with specialist oils. Even occasional dusting helps.

Storage

A dry, temperature-controlled space is essential. Moisture harms wood, leather, and metal. Use breathable covers that protect from dust and sunlight but allow airflow - never plastic, which traps condensation.

Engine and Mechanics

Early engines often need hand-cranking and specialist lubricants. Regularly check and change oil, brake fluid, and other fluids, even if seldom driven. Short test runs keep moving parts functional.

Tyres, Suspension, and Brakes

Inspect tyres for cracks and maintain proper pressure. Grease suspension and brake components often to ensure safety.



Interior Care

Clean leather and fabric interiors gently and use suitable conditioners. Limit sun exposure to prevent fading and cracking.

Documentation and Authentic Parts

Keep detailed records of maintenance. Use original or historically accurate parts whenever possible to retain authenticity. Car clubs are useful for sourcing rare components.

Expertise

For complex work, consult mechanics familiar with early 1900s systems, which differ greatly from modern vehicles.

Patience and precision ensure these historic cars remain preserved and appreciated for generations to come.

Source: Revamp Classics

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5 REASONS TO GIVE OVERNIGHT OATS A TRY

Overnight oats is a growing breakfast trend, offering a chilled, soaked alternative to cooked oatmeal. It's simple to prepare the night before and ready to eat in the morning. Nutritious, versatile, and convenient, it makes for a tasty time-saving option.

What is Overnight Oats? Overnight oats is simply oats soaked in milk, yogurt, or a plant-based liquid overnight. It softens as if cooked - no heat required.

Five Benefits of Overnight Oats:

1. Easier on the Digestion

Soaking oats overnight starts a gentle breakdown of components, making it easier to digest than some cooked versions.

2. Higher Resistant Starch Content

Overnight oats tends to have more resistant starch, a type of carbohydrate that isn't immediately digested. This helps digestion, keeps you feeling fuller longer, and can reduce spikes in blood sugar.

3. Adaptable & Creative

One of the biggest strengths of overnight oats is how customizable it is: fresh or dried fruit, seeds or nuts, spices like cinnamon, sweeteners - all can be mixed in. You can vary flavours and textures to keep breakfast interesting.



4. Saves Time and Money

Because you assemble it the night before, preparation takes just a few minutes in the evening, and there's no cooking required in the morning. Also, the ingredients are generally affordable and filling, which can help reduce snacking or impulse purchases throughout the day.

5. Delicious and Satisfying

Overnight oats can deliver a dessert-like experience while still being wholesome. With sweet fruit, creamy additions like nut butters or yogurt, spices, and crunchy toppings, you can build a satisfying meal that feels like a treat.

If you want a basic recipe: soak rolled oats with your preferred liquid overnight, add a natural sweetener if desired, stir in favorite toppings or mix-ins, then enjoy cold (or warmed up) in the morning. It's an easy, versatile breakfast that fits many diets and palates.

Source: Google

WEN WENKE VIR WISKUNDE

LINDA WILLEMSE

Die papier wys tekens van 'n senuweeagtige hand wat daaroor gesleep is. Die skrif is hier en daar – baie min sinvol. Die eienaar van die papier is 'n Graad 12-leerder wat binnekort die finale eksamen in Wiskunde aandurf. "Ek kon van hierdie goed doen, maar die res het ek geen idee nie." Beslis nie 'n antwoord wat enigiemand hierdie tyd van die jaar moet gee nie.

Dit is 'n onbetwisbare feit dat die bemeestering van Wiskunde beslis 'n invloed op enige mens se toekomsplanne kan hê. Vir die van ons wat werklik sukkel om al die begrippe en metodes te bemeester in 'n poging om insig te verkry in die Moeder van Wetenskappe, is daar darem 'n waardevolle alternatief beskikbaar: Wiskundige Geletterdheid.

Of 'n leerder Wiskunde of Wiskundige Geletterdheid bestudeer, is daar universele riglyne waarby elke leerder kan baat wanneer vir die finale Nasionale Senior Sertifikaat-eksamen voorberei word.

Wiskunde behels bloot die prosesse van probleemoplossing. Om dit suksesvol te kan doen, moet die vraag noukeurig en volledig gelees word. Skryf neer presies wat gevra word en enige inligting wat gegee is. Teken 'n diagram met die inligting wat gegee is. Besluit op 'n plan van aksie en voer dit stap vir stap uit. Evalueer die antwoord en hersien die vraag vir elemente van die antwoord of prosesse wat dalk uitgelaat was.

Om vir die eksamen voor te berei, behels ongelukkig dat 'n mens betyds hiermee moet begin. Dit is beter om daaglik 'n paar oefeninge te doen as om alles in een dag te probeer doen en hersien.

Oefening uit die voorgeskrewe handboek kan ook herhaal word, veral die voorbeelde waar die antwoorde ook reeds beskikbaar is. Vraestelle toon 'n neiging om jaar na jaar dieselfde patroon te volg. Daarom is dit sinvol om vorige jare se vraestelle as deel van die voorbereiding vir die eksamen volledig uit te werk en antwoorde volgens die merkglyne na te gaan.

Genoegsame kwaliteitvoorbereiding sal tot 'n suksesvolle eksamen bydra. Beantwoord eers die vrae in die vraestel wat bekend lyk en waarvan jy seker is die oplossing reg sal wees. Pak daarna die vrae aan wat moontlik reg sal wees en laastens die vrae wat heel onbekend en moeilik lyk. Toon alle bewerkings en berekeninge. Dit skep ook 'n goeie indruk by die persoon wat die antwoordstel gaan merk. Moet nooit 'n vraag heeltemal oop laat en niks neerskryf nie. Dalk kan daar 'n broodnodige punt ergens toegeken word vir iets wat relevant tot die antwoord op 'n vraag is, al is dit nie volledig nie. Evalueer elke antwoord of dit werklik moontlik is. Maak regstellings indien nodig. Moet ook nie te veel tyd op vrae spandeer waaraan net een of twee punte toegeken is nie.

Die dag van die eksamen bly dit die belangrikste om te ontspan.

Met of sonder Wiskunde bly elkeen 'n kosbare mens met 'n unieke bydrae tot 'n sinvolle lewe.



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EMPEROR NERO, PLAYING THE FIDDLE, AND FOND OF THE COLOUR PURPLE? WHAT DOES ESG REPORTING ENTAIL?

LYDIE TERBLANCHE

I caught this statement on the radio: 'Emperor Nero loved purple so much that he forbade other Romans from wearing it'. Whilst researching this, I discovered some fascinating and perhaps not-so-well-known facts.

Nero (37–68 CE) was the fifth Roman Emperor, known for his controversial and tumultuous reign. He was educated in rhetoric, philosophy, and the arts and ascended to power in 54 CE at the age of 16. His early rule was marked by effective governance and relative stability. Still, his later years were characterised by increasing despotism, extravagance, and cruelty. Nero is infamously associated with the Great Fire of Rome, with allegations that he played the fiddle while the city burned. During this time, he was at Antium, 56 km from Rome, BUT, according to historical accounts, he was dressed as a cithara player while watching the fire from a hill (the cithara was a precursor to the lute, which in turn gave rise to the modern guitar; the fiddle was not invented yet).

The rebuilding of Rome after the Great Fire centred around Nero's new palace. The lavish Domus Aurea (Golden House) was constructed between 65 and 68 CE and featured a colossal golden statue of Nero as its centrepiece. The controversial complex was built on more than 81 hectares of land cleared by the fire - an extravagant display of Nero's self-indulgence



and disregard for traditional Roman values.

Nero was convinced of his artistic genius, and his obsession increasingly overshadowed his responsibilities as emperor. His grand tour of Greece in 66 CE (which lasted over a year) was marked not only by Nero's insistence on performing as singer, actor, and charioteer, but also on being awarded victories in every artistic competition, regardless of his actual performance.

Interestingly, Nero's patronage of the arts, often dismissed as vanity, had a lasting influence on Roman culture. His performances, while controversial, reflected a broader trend towards the integration of Greek culture into Roman life and contributed to shaping the identity of the Roman Empire. Nero's death left a complicated legacy – a tragic artist, a misun-

derstood ruler, and/or a tyrannical madman.

So, back to the colour purple. While there is no direct evidence suggesting Nero had a special affinity for purple, the colour did hold a significant symbolic meaning in ancient Rome. Historical sources indicate that Roman society's laws dictated who could wear what. Certain colours, fabrics, and styles were reserved for citizens and important personages, reflecting a distinct division of social class.

The wearing of Tyrian purple (the Latin word Purpura gave rise to the word purple), a naturally occurring dye worth more than its weight in gold and highly valued in antiquity, was reserved for a select few. Tyrian purple was produced in Tyre (now located in southern Lebanon), a major Phoenician seaport, known for its textiles.

The dye was extracted (first by the ancient Phoenicians) from small glands of a sea snail indigenous to the Mediterranean Sea. The process of extraction was labour-intensive and extremely expensive to produce (1909 experiments showed that 1.4 grams of the dye could be extracted from 12,000 snails). In the Roman Catholic Church, "promotion to the purple" signifies promotion to the rank of cardinal.

By 1850, the Industrial Revolution in Europe led to an expanding textile industry, which increased demand for readily available, inexpensive, and easily applied dyes. Most natural dyes were imported, production was slow, and the quality was affected by the whims of nature and the dye maker's skills. The German chemist August Wilhelm von Hofmann trained chemists in the English dye industry. One of his students, William H. Perkin, discovered the first commercially successful synthetic dye – mauve – a byproduct of coal tar.

And there you have it – Nero not playing the fiddle, maybe strumming the cithara, and most likely - wearing the colour purple!

(Source: Britannica Encyclopaedia)



The color purple, symbolising power from the ancient times

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Our special needs adults host a weekly coffee shop on a Wednesday where the public gets to book a spot. Those who enjoy baking, serving and socialising flourish during this activity. Some love spending time in the kitchen and they get the opportunity to make soup for the soup kitchen on a weekly basis or to bake our famous choc chip cookies and quiches to order.

Our school learners are given the opportunity to reach their full potential on an academic level through an adjusted curriculum and tailor made lesson plans prepared by passionate and knowledgeable staff.

We also have a very good relationship with our local Spar and Panarottis where our learners and adults are afforded the opportunity to work in a more structured work environment.



They fold pizza boxes or help roll out pizza bases, while at Spar they pack customers' shopping into bags or restock shelves.

Now, to someone living outside the realm of special needs, these activities might seem menial or mundane, but to a special needs person who is given the opportunity to perform that activity unassisted from start to finish it is a major accomplishment. Whiles fulling their potential, it leads to building positive self-esteem, confidence and self-worth. Who wouldn't want to be a part of an organization like this?

Up with Downs is situated in Blanco, George. If you REALLY want to see what we get up to, follow us on Facebook. If you would like more information on what we do, visit our website at www.upwithdowns.co.za.

Buy a sticker and wear your jeans to show your support for Up With Downs Centre for learners with special needs.

Contact Suzanne: 072 563 1983

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THE POWER OF GROUP BREATHWORK

HERMIEN GROBLER

Group breathwork has surged in popularity, combining conscious breathing with the collective energy of a group.

The result? Deep relaxation, emotional release, and a sense of spiritual connection. But what makes it so effective – and how can you get the most out of it?

The Science Behind Group Breathwork:

When we breathe in sync with others, our brainwaves begin to synchronise, creating a sense of unity and shared experience. This phenomenon is rooted in the concept of "entrainment," where individual rhythms align with a collective frequency.

Studies have shown that group breathwork can:

1. Reduce stress and anxiety by activating the parasympathetic nervous system.
2. Increase feelings of empathy and compassion through the release of oxytocin.
3. Enhance self-awareness and emotional regulation by accessing deeper states of consciousness.

Why Group Breathwork Works:

Group breathwork taps into the collective unconscious, allowing participants to access and process deep-seated emotions and traumas. The group setting provides a sense of safety and support, enabling individuals to let go of defenses and surrender



to the breath. As participants breathe together, they create a powerful energetic field that amplifies the healing process.

Practical Tips for Group Breathwork:

1. Find a qualified facilitator: Look for experienced practitioners who can guide you through the process.
2. Set intentions: Before the session, reflect on what you'd like to release or work through.
3. Trust the process: Allow yourself to surrender to the breath and the collective energy.
4. Practice self-care: After the session, take time to integrate the experience and nurture your body and mind.

Benefits of Group Breathwork:

1. Deep relaxation: Release tension and stress, promoting overall well-being.
2. Emotional release: Process and release deep-seated emotions, promoting emotional healing.
3. Community connection: Experience a sense of unity and connection with others.

By embracing group breathwork, you can unlock the power of collective healing and connection. Whether you're seeking relaxation, emotional release, or spiritual growth, this practice offers a transformative experience that can benefit both body, mind and spirit.

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MIKRO-AVONTURE: GROOT PRET IN KLEIN PAKKIES

Nie elke avontuur verg ’n paspoort of maande se beplanning nie. Mikro-avonture, ’n wêreldwye tendens, bied jou die kans om iets besonders te beleef binne jou alledaagse lewe. Dit is kort, eenvoudig, bekostigbaar en verfrissend.

’n Mikro-avontuur is ’n klein, dikwels spontane uitstappie – soos ’n nag onder die sterre, ’n sonsopkoms-wandeling of die verkenning van ’n nuwe deel van jou dorp. Dit verg min voorbereiding en pas maklik in enige week.

Avontuur is reg voor jou deur; jy hoef dit net te raaksien en aan te gryp.

Hoekom is mikro-avonture belangrik?

In ’n wêreld waar ons almal haastig en oorlaai voel, is dit nie altyd moontlik om groot vakansies of wegbreke te beplan nie. Mikro-avonture bied ’n toeganklike alternatief wat steeds ongelooftlike voordele het:

Psigologiese welstand: Selfs kort tydperke in die natuur of ’n nuwe omgewing kan stresvlakke verlaag en jou gemoed lig.

Kreatiwiteit en inspirasie: Wanneer jy jouself uit jou gewone roetine lig, stimuleer jy nuwe idees en vars perspektiewe.

Verbondenheid: Dit gee jou die kans om meer bewus van jou eie omgewing te wees en dit te waardeer – of jy nou alleen, saam met vriende of met familie op pad is.

Bekostigbaar: Omdat jy nie ver reis of duur toerusting nodig het nie, is dit ’n avontuur wat binne meeste mense se begroting pas.

Daar is geen reg of verkeerde manier om ’n mikro-avontuur te doen nie - dit gaan oor jou verbeelding en wat jou plesier gee.

Hier is ’n paar idees:

Sonsopkoms-avontuur: Stel jou wekker ’n bietjie vroeër, neem ’n termos koffie en stap na ’n mooi uitsigpunt. Die ervaring van ’n stil sonsopkoms kan jou hele dag verander.

Sterrekyk: Rol ’n kombers oop in jou tuin, sit jou selfoon weg en geniet die naghemel. Jy sal verstom wees hoeveel jy raaksien as jy net ’n oomblik stilhou.

Onverwagte roete: Spring op jou fiets of gaan stap sonder ’n vaste plan en kyk waarheen dit jou neem. Soms is die beste



avonture dié wat jy nie beplan het nie.

Plaaslike ontdekkings: Baie van ons ry verby interessante plekke sonder om dit ooit te besoek. ’n Klein museum, boeremark, natuurreservaat of selfs ’n nuwe koffiewinkel kan ’n mini-avontuur word.

Klein kampeer-ervaring: As jy nie tyd het vir ’n volwaardige kampeeruitstappie nie, probeer in jou agterplaas of selfs binne jou sitkamer met ’n slaapsak. Die doel is om die roetine te breek en iets anders te ervaar.

Hoe begin jy jou eie mikro-avontuur?

Die sleutel is eenvoud. Jy hoef nie alles vooruit te beplan nie - begin klein. Kies iets wat jy al lank wou probeer, maar nooit tyd vir gemaak het nie. Pak lig, hou jou verwagtinge oop, en sien



dit as ’n kans om iets nuuts oor jouself en jou wêreld te ontdek.

Mikro-avonture kan alleen onderneem word as ’n vorm van selfversorging, of saam met vriende en familie vir kosbare gedeelde herinneringe. Wat dit besonders maak, is dat dit jou help om die buitengewone in die alledaagse raak te sien.

Die lewe hoef nie altyd groot gebare en verre bestemmings te hê om betekenisvol te voel nie. Mikro-avonture herinner ons dat vreugde, verwondering en ontdekking altyd binne bereik is. Met ’n bietjie nuuskierigheid en spontaneïteit kan jy elke week ’n nuwe ervaring skep - en ontdek dat groot avonture soms in die kleinste pakkies kom.

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			Time	Height	Time	Height	Time	Height	Time	Height			
1	0609	1833	1209	1.35	----	----	0526	0.99	1809	0.97	1226	0238	
2	0608	1834	0006	1.39	1256	1.55	0645	0.82	1859	0.77	1331	0318	
3	0606	1835	0101	1.57	1330	1.77	0722	0.63	1936	0.57	1438	0353	
4	0605	1836	0139	1.75	1401	1.98	0753	0.45	2010	0.38	1546	0425	
5	0604	1836	0215	1.92	1433	2.18	0823	0.29	2044	0.22	1653	0455	
6	0603	1837	0249	2.05	1507	2.33	0853	0.16	2118	0.10	1804	0524	
7	0602	1838	0325	2.13	1541	2.41	0924	0.09	2154	0.05	1916	0553	☾
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10	0558	1840	0517	2.01	1736	2.13	1108	0.31	2346	0.32	2303	0748	
11	0556	1841	0558	1.86	1820	1.89	1148	0.51	----	----	----	0841	
12	0555	1842	0644	1.68	1914	1.63	0029	0.52	1236	0.73	0012	0942	
13	0553	1842	0747	1.49	2039	1.42	0121	0.73	1359	0.94	0113	1049	☾
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4. Make your garden safe for birds
5. Advocate for biodiversity

Source: Wessa Eden



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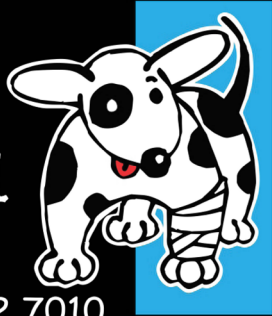


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