



10 Day Journey £999*
Per person

*Prices EXCLUDE all AIRFARES (International or Domestic).

TOUR PRICE INCLUDES:

10 Nights Bed & Breakfast.
All road travels in Air Conditioned Mini Bus.

ITEMS TO BRING ARE:

Camera, Swimming Costume,, Sun cream, Sunhat,
Towel, basic walking Shoes, warm Jersey or Jacket,
and mosquito repellent.

Money and Traveller's Cheques can be changed upon
arrival at Kotoka International Airport and throughout
your stay at Banks and Forex bureaux.

PAYMENTS CAN BE MADE USING:

Cheque/Cash/Paypal/Bank Transfer

Sunsum Journeys take place in March and November

Prices are based on two people sharing a double room. A supplement will apply for single occupancy. Travel insurance is not included and should be arranged by the passenger. Children under 16 must be accompanied by an adult. The Tour is subject to a minimum of 6 persons and a maximum of 16 persons - excluding the facilitators. Travellers must have valid travel documents and all appropriate vaccinations. Please check with your local Ghana High Commission for visa requirements. Deposit per person 25% (non-refundable). Full amount of trip must be paid 8 weeks prior to departure. If you wish to extend your trip, at your own leisure, we can assist in any bookings you require

To enquire about availability call us on:

U.K: +44 7947-808-304
+44 7956-345-002
Ghana: +233 244-467-205
+233 244-072-106

Or email us:

sunsumjourneys@vibespro.com
www.sunsum.vibespro.com

design: www.thumbprintcreations.com

Sunsum

We invite you on an
Uplifting Journey into Ghana.



Sunsum



An Uplifting Journey
into Ghana

You Are Welcome!

Adibira symbol meaning spirituality





We Don't Believe In Coincidences, Just Synchronicity!

By picking up this leaflet you are now taking part in the global return to spiritualism.

In a world of increasing poverty, global degradation, materialism and seemingly meaningless lives, it has become essential for some of us to take a step back.

In doing so, we often realise that our way of life makes less and less sense in the big picture.

The need for holistic holidays, demonstrates that we have lost something in our everyday lives. Our Uplifting Journeys help us relate to our interconnectedness to everything else and our meaningful place within the whole.

We believe Ghana is the ideal spiritual retreat destination.

As a country with enormous contrast it will undoubtedly facilitate you to put things into context.

We highly recommend this mind body spirit experience for children and teenagers of all origins, especially those of mixed families, as it may assist them with reconnecting with a part of their lives which can sometimes be forgotten in our western societies.



Big Millie's Back Yard

One of our modest but comfortable accommodations

Choose from a range of therapies to help you on your path to inner peace.



Activities:

Massage

Drumming

Crystal Healing

Reflexology

Healing

Stress relief

Person-centered counselling

Traditional Herbal remedies

Counselling

Yoga on the beach

Meditation by the waterfalls

Learn traditional cultural dances and more

Learn how to weave the famous Kente cloth, to prepare or simply sample the wonderful organic cuisine. Opportunities to listen to Ananse stories and take part in local festivals.



We are a team of creative artists and holistic therapists, who for many years have worked, lived and played between the U.K and Ghana.

This beautiful, peaceful West African country is an integral part of our lives.

This uplifting journey has inspired us to follow a more congruent life path.

We invite you to Ghana to share some of these experiences.

For each passenger booked on our Sunsum journeys, one child, in Ghana, will be sponsored to go to school as part of our Paying Forward Project



Mariska
Life coach/Motivator



Mandy
Massage, meditation



Nicole
Crystal Healing



Billie
Person-Centered Counsellor