



Mindful Guiding



Certification

Graduates receive DTA Short Course Certificate



Duration

1 day

Course Description

Unlock the art of mindful guiding with our exclusive training program, designed to empower guides to captivate guests through the spiritual elements of fire, water, silence, solitude, and rhythm. Rooted in the ancient wisdom of the San people and backed by archaeological insights, this course equips you to craft unforgettable experiences that resonate deeply with guests. Learn to facilitate the meditative power of fire, the serenity of water, the profound peace of silence, soul-stirring solitude, and the deep rhythm of Africa. This immersive approach combined with sensory engagement will elevate your skills, inspire awe, and turn the average guest experience into a soulful journey.

Course Outcomes

- Knowledge on the historical, cultural and spiritual significance of fire, water, silence, solitude and rhythm.
 - Understanding the importance of these elements to the psychological wellbeing of humans.
 - How to identify opportunities to facilitate meaningful and immersive experiences using these elements.
 - How to facilitate these experiences with sensitivity.
 - How to create multi-sensory experiences to deepen guests' connection with nature.
- How to relate San and Setswana traditions to promote cultural understanding.



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