



SAMÜHA SAFAR

RITUALS OF RE-CONNECTION

*An introduction*

*When did you last feel at home with yourself?*

# HOMEComing

## EMBODIED TOTEM MAKING

A creative and embodied morning of reconnecting with yourself — through fabric, symbol, movement and gentle dialogue.



WHEN

Sunday, 26 July 2026

08:30 – 11:30

WHERE

Windrush Studio

Fourways, Johannesburg

INVESTMENT

R300 per person

All materials included

[yahya@samuhasafar.com](mailto:yahya@samuhasafar.com)

ROOT · RECLAIM · REIMAGINE

[www.samuhasafar.com](http://www.samuhasafar.com)

Ghar | Hindi-Urdu — ‘home, the place one returns to’

# An invitation to homecoming

*“Home is not a physical place. It is the place where your soul feels it belongs, where you can unapologetically be yourself, where you are loved for your authentic self.”*

— Najwa Zebian

There are times when life becomes so full that we lose touch with the quieter parts of ourselves. We keep moving. We respond. We care for others. We hold together what needs holding.

And somewhere along the way, we may begin to feel distant — from ourselves, from our relationships, from our bodies, or from the world around us.

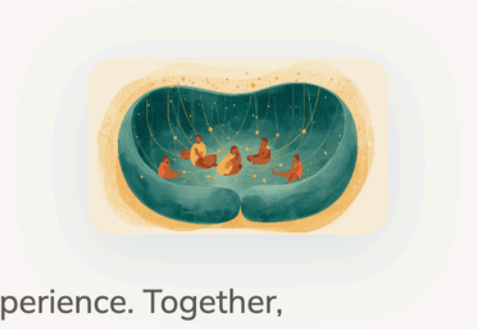
Homecoming is an invitation to pause. Not to fix yourself. Not to become someone new. But to make room to listen for what may already be asking for your attention. Through fabric, symbolism, reflection, movement and dialogue, this gathering offers a gentle space to reconnect with your own sense of inner home.

*The world told you to keep moving.*

*We are inviting you to arrive.*

Anubhava | Sanskrit — ‘direct, lived experience’

# The experience



Homecoming is a facilitated, creative and embodied group experience. Together, we move gently through a simple ritual structure — at your own pace, always.

## 01 Arrive & ground

Time to settle, arrive in the space, and enter the morning with intention.

## 02 Totem making

Using fabric, texture, colour, tying, wrapping and symbolic objects, you create a personal totem that reflects something meaningful in your inner world.

## 03 Small-group dialogue

A chance to share what you notice in a small, respectful group. There is no pressure to disclose more than feels right.

## 04 Embodied dialogue

A choice-led movement exploration in relationship with your totem, carried by a curated music playlist. You may stand, sit, gesture, breathe, or simply observe.

## 05 Big-group dialogue

A collective space to notice what has emerged, hear resonances across the room, and make meaning together.

## 06 Closure

A brief ritual of carrying forward what you want to remember, protect, or return to.

*You are always invited to participate at your own pace. This is a reflective, non-clinical group experience; it is not psychotherapy or crisis support.*

Pratika | Sanskrit — ‘a symbol you can hold’

# Your totem

A totem is not an object that has to be beautiful or perfect. It is a small, personal creation that holds a reminder, an intention, a question, a memory, or a quality you want to keep close.

You may create something to hold, to hang, to place beside your bed, or to return to in moments when you need to remember what grounds you.



## EVERYTHING IS PROVIDED

All materials will be supplied — fabric, thread, ribbon, texture, natural materials, and simple art-making resources. No artistic experience is needed.

After booking, you'll receive a warm welcome email inviting you to bring one small, meaningful item should you wish — a piece of fabric, a ribbon, a note, an image, or a natural object. Please bring something safe to use in art-making and not irreplaceable. You'll also receive a gentle journal prompt to prepare you for the space.

*Something to carry forward. A reminder of what is already yours.*

# Who this is for



## THIS SPACE IS FOR YOU IF YOU ARE...

- Feeling disconnected from yourself, others, or the world around you
- Carrying unease, emotional noise, or the pace of a demanding life
- Longing for clarity, grounding, or a stronger sense of inner safety
- Drawn to creativity, symbolism, reflection, movement, or meaningful conversation
- Curious about growth that includes the body, imagination and relationship
- Looking for a warm, thoughtful introduction to Samuha Safar

## YOU MAY LEAVE WITH...

- A personal fabric totem
- A deeper reflection on what 'home' means to you now
- A gentle experience of creative and embodied reconnection
- New language for what may be asking for attention in your life
- A sense of whether a deeper journey of reconnection is right for you

Safar | Urdu — ‘journey, the road travelled together’

# The journey continues

Homecoming is a complete gathering in itself. It is also the doorway into *Rituals of Re-connection* — a deeper 3-part journey for a small, intentionally formed cohort.



26 JULY 2026 · YOU ARE HERE

## Homecoming

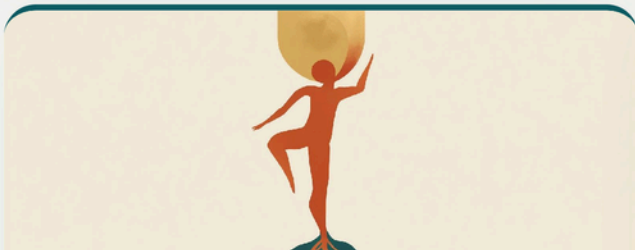
Embodied totem making



20 SEPTEMBER 2026

## Ancestral connection

Looking back to go forward · Tree of Life & poster-making



25 OCTOBER 2026

## Essential self connection

Moving beyond the guarded layers · Mask-making



29 NOVEMBER 2026

## Transcendent connection

Dreaming into new connection · Social dreaming & group collage

Homecoming is open to all  
3 Part Journey is restricted to 8-15 people

The Co-hort will be invited for an optional online reflective space between each Ritual to deepen the work and hold space for what emerges  
4 online sessions in total

BOOK YOUR PLACE

Sunday, 26 July 2026 · 08:30–11:30

Windrush Studio, Johannesburg · R300 · tea, coffee & a light snack included

yahya@samuhasafar.com  
WhatsApp +27 (0)76 286 0414

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Sathi | Hindi — ‘companion on the road’

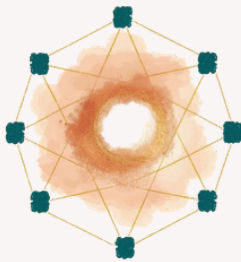
# A note from your facilitator



## Yahya Mayet

Founder, Samuha Safar

Community Art Counsellor  
Integrative Therapist  
Group Analyst trainee  
Social Dreaming Host  
Coach



Hello — I'm Yahya. My history is: Indian heritage, South African soil. I grew up on a farm, where life moved with the seasons and could not be rushed. Each night was its own small ritual — a way of gathering ourselves back to one another before sleep. That early sense of rhythm, interdependence, and reverence has stayed with me. It is the root of how I work.

Home, I have come to believe, is not a location. It is a process of becoming and unbecoming and becoming again. My work is to hold space for that process gently, without rushing it.

I weave many threads in the room: ritual and ceremony, embodied practice, the arts, narrative and story, dream work, indigenous wisdom, and depth psychology.

Different people need different doorways. Sometimes it is fabric and symbol. Sometimes it is silence. Sometimes it is the body remembering something the mind has not yet given language to. My only loyalty is to what is actually being asked for in the room.

I have held this kind of space in many places — with leaders quietly exhausted by performances that were never theirs, with communities across Africa carrying inherited weight, in corporate circles, on retreat, and in the long, slow conversations that change a life. The capacity to dream, I have come to believe, is the ultimate rebellion in systems that push us to drive harder. On Sunday morning, my intention is simple: that you feel held, safe, and protected enough to explore and play. There is nothing to perform here. Only the quiet work of arriving.



*Come as you are. There is  
room for you here.*

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