

2-Weekend Sport Workshop

Packaged from:

R3500 Incl. VAT

According to Group size.
Excluding Accommodation.

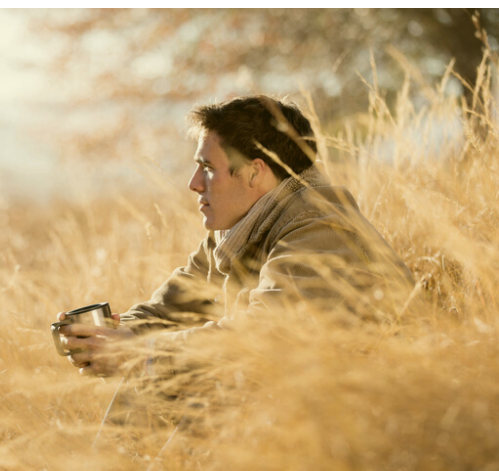


EQUISTRIA LIFE TRANSFORMING TEAM DEVELOPMENT WORKSHOP

Facilitated by Life Principles for Transformation

Find your Place of Inspiration

Join us for a serene, yet intense reflective time-out from daily influences to allow each team member to stay true to their essence within a group setup and use it as a springboard to re-align with the group's purpose.



ITINERARY

Weekend 1

Friday Arriving around 13.30 to **register** and relax with a coffee. The 1st of 3 **Presentations** start at 14.00 and the afternoon will end with a **Tension Release session**.

Saturday Starting at 8.00 with 3 insightful **Profiling Presentations** followed by an **Equine session**, an **Emotional Guidance Session** & ending the day with a **Campfire Ceremony**.

Sunday Starting at 8.00 with 2 **Life Changing Presentations** followed by an **Equine assisted session** and ending the weekend with a **Tension Release session**.

Weekend 2

Friday Arriving around 13.30 to **settle** in with a coffee. Then checking in with the **horses**, followed by an insightful **Presentation** and ending the day with a **Practical session**.

Saturday Starting at 9.00 with 2 **Life Purpose Presentations** and an **Equine session**, followed by a **Reflection session** and ending the day with a **Campfire Ceremony**.

Sunday Starting at 9.00 with the **Final Presentation** followed by an **Equine assisted session**, with time to finalize all life movies, to be shared at the **Celebration Ceremony**.



TERMS AND CONDITIONS APPLY



For bookings, contact:

Marie Olivier
073 383 3635
marie@lifeprinciples.co.za

RATES FOR EQUESTRIA VENUE

Closest Accommodation:

Horizon Stables Guest House.

WORKSHOP PACKAGE INCLUDES:

All activities and facilitation as listed in the itinerary, as well as coffee stations for the duration of the workshop. Plant-based meals can be included on request.



What to Expect

A Summery of:
ACTIVITIES &
PRESENTATIONS



EQUISTRIA TEAM DEVELOPMENT WORKSHOP

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Activities:

Focus & Alignment Practices

Guided Meditations

Equine Assisted Processes

Tension Release Exercises

Creating Life Movies

Time for Reflective Journeys

Campfire Ceremonies

Optional Drumming Circles

Presentation Details:

1. Welcome, Introduction and Program Layout.
2. Principles for Transformation in terms of Physical Perspective and Quantum Awareness.
3. Biology of Belief and Life Choices.
4. Why do Yoga, TRE or Meditate?
5. Genetic Energetic Temperament Profiling.
6. The Enneagram Personality Profiling.
7. Emotions as our Inner Guidance.
8. The Law of Attraction and the Power of Clarity.
9. Our Vibrational Reality and Support.
10. Our Relationship with Food.
11. Solidifying Personal and Relationship Desires.
12. Solidifying Life Purpose and Workspace Desires.
13. Practical Creation of Life Movies.
14. Life Principles and the Next Level.
15. Celebration of Dreams!

