

5-Day Corporate Workshop

Packaged from:

R4375 Incl. VAT
According to Group size.
Excluding Accommodation.



EQUISTRIA LIFE TRANSFORMING STAFF 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

- Day 1 Doors open at 8.30 to **register** with some coffee. The 1st of 3 **Presentations** start at 9.00 with an **Equine assisted session** in the afternoon and a 4th **Presentation** before ending with a **Tension Release session**.
- Day 2 Starting at 9.00 with 2 insightful **Profiling Presentations** followed by an **Emotional Guidance Presentation** and ending the day with a **Campfire Ceremony**.
- Day 3 Starting at 9.00 with 2 **Life Changing Presentations** followed by an **Equine assisted session** and ending the day with another **Campfire Ceremony**.
- Day 4 Starting at 9.00 with 2 **Life Purpose Presentations**, an **Equine assisted session** and a **Practical Creative session**. Enjoying the **sunset** with time to reflect.
- Day 5 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



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.

For bookings, contact:

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

RATES FOR EQUESTRIA VENUE



What to Expect

A Summary of: ACTIVITIES & PRESENTATIONS



EQUISTRIA STAFF DEVELOPMENT WORKSHOP

Facilitated by Life Principles for Transformation

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!

