

12-hour & 1-Weekend Wellness Workshop

Packaged from:

R3725 Incl. VAT

According to Group size.
Excluding Accommodation.

Meraki
MEDITATIVE RETREAT



MERAKI LIFE TRANSFORMING MEDITATIVE QUANTUM & JOURNEY WORKSHOP

Facilitated by Life Principles for Transformation

Find your Essence and Live your Truth

Join us for a serene, yet intense reflective time-out from daily influences to find your essence again and use it as a springboard to re-align with your highest self.



ITINERARY

4 Sessions of about 3 hours each

Sessions 1-2 **Presentations** per session, with **Guided meditations** via **Zoom** or at the **office** or **venue** of choice.

Weekend

Friday Arriving around 13.30 to **settle** in with a coffee. The 1st **Presentation** will start at 14.00 followed by a **Journey Process** and the afternoon will end with a **Tension Release session** and optional **Fire Ceremony**.

Saturday Starting at 8.30 with an insightful 1st **Presentation** followed by 2 **Life Purpose Presentations**, with an individual **Journey process** in between and ending the day with a **Campfire Ceremony**.

Sunday Starting at 9.00 with the **Final Presentation** followed by another **Journey process**, with time to finalize all life movies, to be shared at the **Celebration Ceremony**.

Experience more
than 15 Guided
Meditation
sessions, as well as
individual Journey
Processes!

TERMS AND CONDITIONS APPLY



Closest Accommodation:

Horizon Stables Guest House.

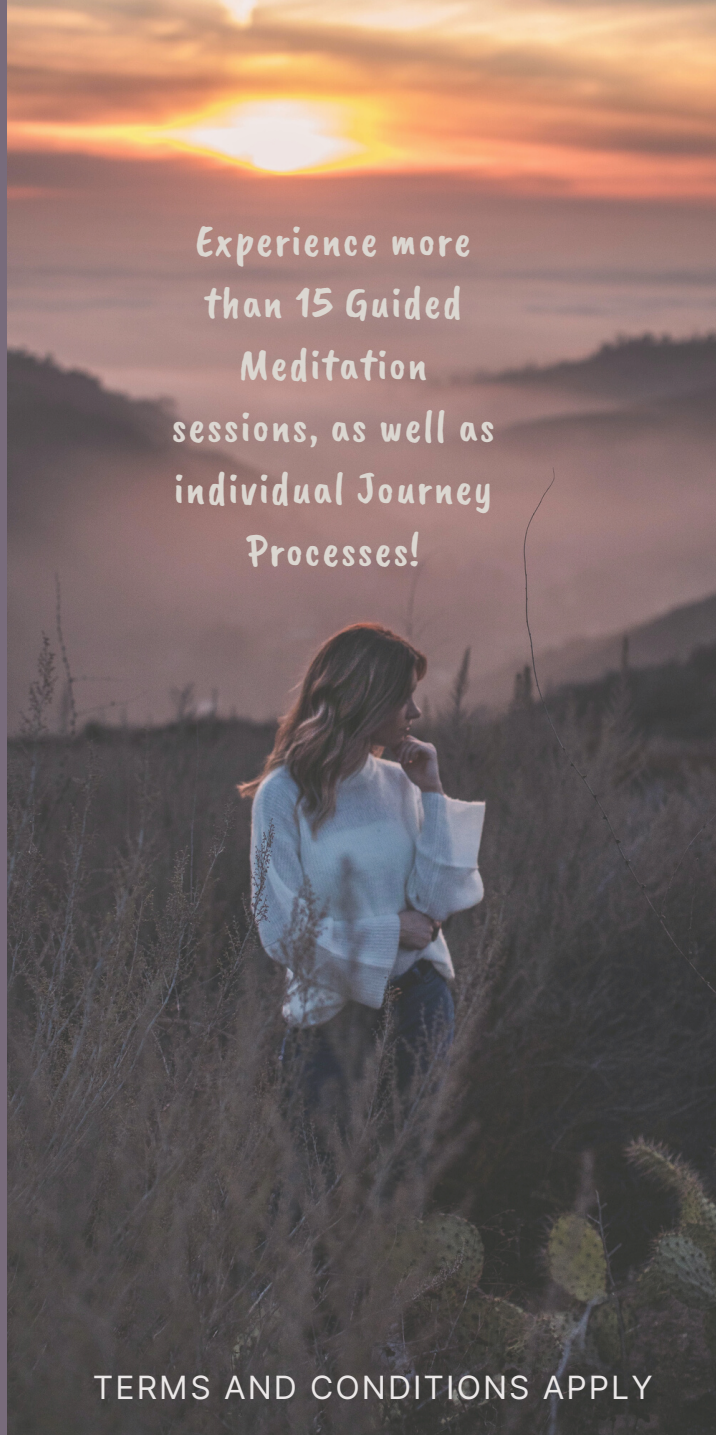
WORKSHOP PACKAGE INCLUDES:

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
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RATES FOR EQUISTRIA VENUE



What to Expect

A Summary of:

ACTIVITIES &
PRESENTATIONS



MERAKI MEDITATIVE QUANTUM & JOURNEY WORKSHOP

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Activities:

Focus & Alignment Practices

Guided Meditations

Individual Journey 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!

