

2-Weekend Wellness Workshop

Packaged from:

R4600 Incl. VAT
According to Group size.
Excluding Accommodation.

Meraki
MEDITATIVE RETREAT



MERAKI LIFE TRANSFORMING MEDITATIVE QUANTUM & WELLNESS WORKSHOP

Facilitated by Life Principles for Transformation

Find more Clarity and Freedom

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

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 a **Journey 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 individual **Journey 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 individual **Journey session**, followed by a **Reflection session** and ending the day with a **Campfire**.

Sunday Starting at 9.00 with the **Final Presentation** followed by a **Journey session**, 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!



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 EQUESTRIA VENUE



TERMS AND CONDITIONS APPLY

What to Expect

A Summery of:

ACTIVITIES & PRESENTATIONS



MERAKI MEDITATIVE QUANTUM & WELLNESS WORKSHOP

Facilitated by Life Principles for Transformation

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!

