

7-Day Safari Retreat

Packaged from:

€3310 / \$3642

Group and Seasonal Rates Apply
Rates According to 20 Guests PPS



AROH LIFE TRANSFORMING
WELLNESS AND SAFARI RETREAT

Facilitated by Life Principles for Transformation

Find your Essence in Africa

*Join us for a serene reflective African experience to find your essence again,
with life-changing tools and skills, which will catalyze inspiration and create
a springboard to re-align with your highest purpose.*



ITINERARY

- Day 1 Arriving at Amakhala Game Reserve's Bukela Lodge to relax or go on a Game drive to experience Africa at its best.
- Day 2 A solid start with breakfast at 8, followed by Presentations & our Detox Program to later enjoy a Game drive at Sunset with mocktails, and getting ready for dinner.
- Day 3 Starting breakfast. Then get to know yourself with reflection on 2 Profiling systems & ending with a Campfire Ceremony before dinner.
- Day 4 Starting with breakfast, followed by Presentations & an Equine Session. Ending the day with a Campfire and Focus Games before dinner.
- Day 5 Starting with breakfast, followed by Life Movie Presentations & an Equine Session. Enjoying the Sunset with mocktails, fine dining & time to reflect.
- Day 6 Starting with breakfast, followed by the final Presentation & Game drive, with time to fine-tune all life movies, to be shared at the Celebration dinner.
- Day 7 Before departing, relax with a last Detox session and/or Game drive at sunrise and return for an African breakfast at its best.



Amakhala Game Reserve

PACKAGE INCLUDES:

Luxury 5 star accommodation at Amakhala Game Reserve's Bukela or Bush Lodge.

All meals and local beverages.

All activities as listed in itinerary.

For bookings, contact:

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RATES MAY VARY ACCORDING TO SEASONS

TERMS AND CONDITIONS APPLY

What to Expect

A Summary of:

ACTIVITIES & PRESENTATIONS



AROHA WELLNESS AND SAFARI RETREAT

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Activities:

A choice of Game Drives

Tension Release Processes

Physical and Emotional
Detoxification Sessions

Guided Meditations and
Mindfulness Activities

Equine Assisted Processes

Time for Reflection
and Integration

Creating Life Movies

Campfire Ceremonies

Awareness Presentations:

- *Welcome, Introduction and Program Overview.*
- *Principles for Transformation in terms of Physical Perspective and Quantum Awareness.*
- *Emotional Intelligence Principles and Concepts.*
- *Biology of Belief and Life Choices.*
- *Mindfulness, Meditation, TRE and Breath Work.*
- *The Enneagram Personality Profiling.*
- *Emotions as our Inner Guidance.*
- *Genetic Energetic Temperament Profiling.*
- *The Universal Laws and the Power of Clarity.*
- *Our Vibrational Reality and Support.*
- *Solidifying Personal and Relationship Desires.*
- *Solidifying Life Purpose and Workspace Desires.*
- *Practical Creation of Life Movies.*
- *The Next Level of Telling a New Story.*
- *Celebration of Life!*

