

**12-hours & 1-Weekend
Wellness Workshop**

Packaged from:

R3100 Incl. VAT

According to Group size.
Excluding Accommodation.



EQUISTRIA LIFE TRANSFORMING EMOTIONAL INTELLIGENCE & WELLNESS WORKSHOP

Facilitated by Life Principles for Transformation

Find your Way to Wellbeing

Join us for a serene, yet intense reflective time-out from daily influences to find your essence again through life-changing tools and skills, which will catalyze inspiration to re-align with your highest purpose.



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 check in with the **horses** and the afternoon will end with a **Tension Release session**.

Saturday Starting at 8.30 with an insightful 1st **Presentation** followed by 2 **Life Purpose Presentations**, with an **Equine assisted session** in between 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**.



WORKSHOP PACKAGE INCLUDES:

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

TERMS AND CONDITIONS APPLY

FOR BOOKINGS, CONTACT:

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

CLOSEST ACCOMMODATION:

Accmay Lodge and Krige Lodge



What to Expect

A Summary of:
**ACTIVITIES &
PRESENTATIONS**



EQUISTRIA EMOTIONAL INTELLIGENCE & WELLNESS WORKSHOP

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Activities:

Physical and Emotional
Detoxification Sessions

Guided Meditations

Equine Assisted Processes

Tension Release Exercises

Creating Life Movies

Reflective Writing Techniques

Campfire Ceremonies

Breathwork & Mindfulness

Presentation Details:

1. Welcome, Introduction and Program Overview.
2. Principles for Transformation in terms of Physical Perspective and Quantum Awareness.
3. Emotional Intelligence Principles and Concepts.
4. Biology of Belief and Life Choices.
5. Mindfulness, Meditation, TRE and Breath Work.
6. The Enneagram Personality Profiling.
7. Emotions as our Inner Guidance.
8. Genetic Energetic Temperament Profiling.
9. The Universal Laws and the Power of Clarity.
10. Our Vibrational Reality and Support.
11. Solidifying Personal and Relationship Desires.
12. Solidifying Life Purpose and Workspace Desires.
13. Practical Creation of Life Movies.
14. The Next Level of Telling a New Story.
15. Celebration of Life!

