

## 2-Weekend Wellness Workshop

Packaged from:

**R3500** 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

## 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 an **Equine 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 **Equine assisted 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 **Equine session**, followed by a **Reflection session** 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!

