

5-Day Corporate Workshop

Packaged from:

R4375 Incl. VAT

According to Group size.
Excluding Accommodation.

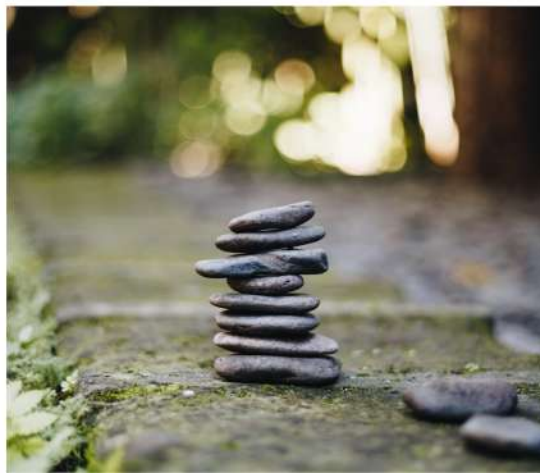


EQUISTRIA CORPORATE TRAINING AND TEAMBUILDING WORKSHOPS

Facilitated by Life Principles for Transformation

Find a Place of Inspiration

Commit to a serene, yet intense reflective time-out from daily influences to allow each team member to stay true to their essence within a group setup and use it as a springboard to re-align with the group's purpose.



ITINERARY

- Day 1 Doors open at 8.00 to **register** and enjoy coffee. The **Presentations** start at 8.30 with an **Equine assisted session** in the afternoon and a 4th **Presentation** before ending with a **Tension Release session**.
- Day 2 Starting at 8.30 with 2 insightful **Profiling Presentations** followed by an **Emotional Guidance Presentation** and ending the day with a **Campfire Ceremony**.
- Day 3 Starting at 8.30 with 2 **Life Changing Awareness Presentations** followed by an **Equine assisted session** and **Emotional Intelligence Presentations** and **Activities**.
- Day 4 Starting at 8.30 with 2 **Life Purpose Presentations**, an **Equine assisted session** and a **Practical Creative session**. Enjoying the **sunset** with time to reflect.
- Day 5 Starting at 8.30 with the **Final Presentation** followed by an **Equine assisted session**, with time to finalize all life movies, to be shared at the **Celebration Ceremony**.

EQUISTRIA
Wellness Workshops



TERMS AND CONDITIONS APPLY



Equistria Venue

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.

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



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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!

