

7-Day Nature Retreat

Packaged from:

€4448 / \$4893

Group and Seasonal Rates Apply
Rates According to 10 Guests SRO

AROHA
INTERNATIONAL RETREAT



AROHA GARDEN ROUTE ADVENTURE & WELLNESS RETREAT FOR TEAMS

Facilitated by Life Principles for Transformation

Find a Place of Inspiration

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



ITINERARY

- Day 1 Arriving at Botlierskop Game Reserve's Tented 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.



TERMS AND CONDITIONS APPLY



For bookings, contact:

Marie Olivier

+27 73 3833 635

marie@lifeprinciples.co.za

GARDEN ROUTE ADVENTURE TOUR OPTION
RATES MAY VARY ACCORDING TO SEASONS

Botlierskop Game Reserve

PACKAGE INCLUDES:

**Luxury accommodation at Botlierskop
Game Reserve's Tented Lodge.**

All Meals and Beverages.

All activities as listed in itinerary.

Airport Transfers.



What to Expect

A Summary of:

ACTIVITIES & PRESENTATIONS



AROHA WELLNESS AND SAFARI RETREAT

Facilitated by Life Principles for Transformation

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!

