

## 10-Day Adventure Retreat

Packaged from:

€5448 / \$5893

Group and Seasonal Rates Apply  
Rates According to 10 Guests SRO



## 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 Starting with breakfast before the Garden Route Adventure Tour begins.
- Day 8 The Garden Route Adventure Tour.
- Day 9 The Garden Route Adventure Tour.



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 with Airport Transfers.*

*All Meals and Beverages.*

*All activities as listed in itinerary as well as Garden Route Adventure Tour.*



# 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

Garden Route Adventure Tour

### 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!

