

10 Day Cape Town Retreat

Packaged from:

€5545 / \$6038

Group and Seasonal Rates Apply
Rates According to 15 Guests SRO

AR  HA
INTERNATIONAL RETREAT



AROHA LIFE TRANSFORMING WELLNESS RETREAT IN CAPE TOWN

Facilitated by Life Principles for Transformation

Find new Perspective in Africa

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



ITINERARY

- Day 1 Arriving with Airport Transfer at the Westin Hotel to settle in and getting ready for a Meet and Greet, with appetizers before dinner.
- Day 2 Starting with breakfast, followed by an Overview and Introduction to a day of relaxation and detoxification at the Spa, including Massages, Acu-Detox and Ion-Cleanse sessions.
- Day 3 Traveling to Monkey Valley after breakfast to enjoy 3 Presentations and an Equine Assisted Integration Process surrounded by nature.
- Day 4 Traveling to Monkey Valley after breakfast to enjoy 2 Life Changing Presentations with a walk on the beach and a Fire Ceremony.
- Day 5 Traveling to Monkey Valley after breakfast to enjoy 2 Powerful Presentations with another Equine Assisted Integration Process in nature.
- Day 6 Starting with breakfast, followed by a Sensory Presentation to travel to Babylonstoren Wine Estate for a Mindfulness and Cellar tour.
- Day 7 Starting with breakfast, followed by a Life Movie Presentation to start the life integration process with detoxification sessions throughout the day.
- Day 8 Starting with breakfast, followed by a practical Life Movie Overview and Questionnaire to build your own, and an excursion to Table Mountain.
- Day 9 Starting with breakfast, followed by the Final Presentation, with time to fine-tune everything to be shared at the Celebration dinner and an afternoon excursion to Green Market Square.
- Day 10 Farewell Gifts at Final breakfast, with time to explore personal outings with the concierge.



RETREAT PACKAGE:

Luxury 5 star accommodation at the Westin Cape Town for 9 nights, including all breakfast and lunches as well as a final celebration dinner. It also includes all activities and presentation material as listed with a Signature Detox Massage at the Spa to kickstart our Detoxification Program. The Spa includes free access to its Steam Room, Whirlpool, Infinity Lap Pool and Fitness Studio. The Retreat package also includes Excursions to specific tourism attractions.



For bookings, contact:

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RATES MAY VARY ACCORDING TO SEASONS



TERMS AND CONDITIONS APPLY

What to Expect

A Summary of: ACTIVITIES & PRESENTATIONS



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Activities:

- Excursions to Specific Tourism Attractions*
- Tension Release Processes*
- Physical and Emotional Detoxification Sessions*
- Guided Meditations and Mindfulness Activities*
- Time to Experience Cape Town's Local Attractions*
- Equine Assisted Processes*
- Creating Life Movies*
- Campfire Ceremonies*
- Time to Experience Cape Town's Local Attractions*

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 Dreams!*

