

5-7 Day Wellness Retreat

Packaged from:

R14,9K Incl. VAT

According to Group size.
Including Accommodation.



EQUISTRIA LIFE TRANSFORMING EMOTIONAL INTELLIGENCE & WELLNESS RETREAT

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

- Day 1 Arriving at Equistria Venue's Collaborative Accommodation to relax and settle in with a welcome basket.
- Day 2 A solid start with breakfast at 8, followed by Presentations & our Detox Program to later enjoy some time out with refreshments, before 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 refreshments, fine dining & time to reflect.
- Day 6 Starting with breakfast, followed by the final Presentation, 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 at sunrise and returning for a breakfast with some final gifts.



TERMS AND CONDITIONS APPLY



Equistria Venue

RETREAT PACKAGE INCLUDES:

All activities and facilitation as listed in the itinerary, as well as accommodation, coffee stations, meals and gifts.

FOR BOOKINGS, CONTACT:

Marie Olivier: 073 383 3635

marie@lifeprinciples.co.za

LUXURY OPTIONS AVAILABLE AT
BOTLIERSKOP OR MONKEY VALLEY IN CT



What to Expect

A Summary of:
**ACTIVITIES &
PRESENTATIONS**



EQUISTRIA EMOTIONAL INTELLIGENCE & WELLNESS RETREAT

Facilitated by Life Principles for Transformation

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!

