

## 7-Day Integration Retreat

Packaged from:

R14,9K Incl. VAT

According to Group size.  
Including Accommodation.



## MERAKI LIFE TRANSFORMING INTEGRATION & WELLNESS RETREAT

Facilitated by Life Principles for Transformation

*Find integrated Support and Freedom*

*Join us for a serene, supportive, yet intense reflective time-out from daily influences, to find more clarity and emotional freedom, and use it to re-align with your highest self and harmonize with those around you.*



# 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*

### 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**

+27 73 3833 635

[marie@lifeprinciples.co.za](mailto:marie@lifeprinciples.co.za)

LUXURY OPTIONS AVAILABLE AT

BOTLIERSKOP OR MONKEY VALLEY IN CT



# What to Expect

A Summary of:

## ACTIVITIES & PRESENTATIONS



## MERAKI INTEGRATION & WELLNESS RETREAT

Facilitated by Life Principles for Transformation

### Activities:

Breathwork & Techniques

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!

