



HIGH HOPES
Align with Stillness & Vitality

IPR INTENSIVE PERSONAL JOURNEY INDIVIDUAL PERSONALISED RETREATS

The Intensive personal Journey Retreat - R5865.00 per day incl. VAT and including accommodation and therapies listed below: (minimum 5 day booking)

This retreat is ideal if you have come through a loss or trauma, or are facing a personal crisis of any kind. This programme supports and nurtures you with first class nutrition and relaxation at the same time as offering emotional and spiritual nourishment and insight.

The Intensive Personal Journey Retreat takes you on an intensive personal journey back to centeredness and well-being through a primary focus on the inner you. The daily focus is to come back to self through in-depth kinesiology, counselling and mindfulness sessions, while enjoying the support of a superb relaxation programme.

The Intensive Personal Journey Retreat includes the following:

- Accommodation in a very comfortable, garden-entrance, en-suite private room
- Three nutritious plant based meals per day including veggie-fruit juices / superfood smoothies at breakfast
- An intake assessment session with kinesiologist and counselling psychologist Ange Craig
- A nutritional assessment
- Alternating massage or reiki daily
- Daily personal growth work sessions (counselling / coaching / kinesiology)
- A mindfulness workshop
- An daily mindfulness practice
- An emotional freedom technique session
- Alternating yoga or guided mountain walks
- A way forward consultation on departure day

Kindly note:

Natural remedies to clear subclinical health syndromes are to each individual's private account.