



THE AUTHENTIC ME: MAKING MY BEST DECISIONS.

Free cancellation up to 60 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
 - Nature
 - Romantic Weekend Getaways
 - Women's Adventures
 - Yoga and Wellness
- **Travel Style:** Budget
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
 - English
- **Tour Vibe:** Laid Back
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
 - Couple
 - Solo
 - Women
- **Country:**
 - Africa
 - South Africa
- **Routes:**
 - Langdam Guest Farm
 - Langdam Guest Farm
- **Pickup:** langdam guest farm;

From:4:00 PM

To:4:00 PM

- **Drop-off:** langdam guest farm;

From: 12:00 PM

To: 1:00 PM

- **Age Range:** 30 - 60 (Years Old)
- **Tour Highlights:**

THIS RETREAT IS FOR YOU IF YOU ARE:

Looking for a long-lasting journey of finding out who you are through intentional soul seeking your inner self?

Looking for a self-discovery journey that will lead you to self-knowledge which will lead you to success in every area of your life?

Looking into answering those deep internal questions and searching your thoughts, actions, words, feelings in order to reach your own conclusion of SELF and make the best decision for YOU?

Join us “The Authentic Me: Making the Best Decision for Me” as we explore:

SELF-BEING - Body, Spirit and Soul

Self-Image & Self Belief

Connection to your Spirit and Soul

Identify your negative and positive beliefs

Confronting your thinking distortions and beliefs

Identifying your disempowering and empowering beliefs

Secret to your Authentic SELF.

- **Tour Introduction:**

Hey Beautiful!

Yes YOU!

Are you living your Authentic Life?

Truth be told, you want to be authentic, you want to be true to yourself, you want to operate at your full capacity, you want to reach your max potential and live your BEST LIFE! Not social expectations of you or someone else's script.

What would it be like if you were in the space of self-knowledge, motivated daily to learn more about yourself, understand your strengths and weaknesses and willing to honestly reflect on feedback regardless of whether it is flattering or unflattering?

What would it be like for you to daily align your thoughts, behaviors and habits with who you truly are, living in alignment within the context of real life?

What if you bring your unique value that ONLY YOU can bring into the space around you?

• **Itinerary:**

◦ Day 1: **Relax, and stay calm**

Friday Arrival/Check-in 3:00 PM Welcome / Snacks 4:00 - 4:30 PM Open Remark: 5:00 PM Intention Setting / Meditation: 5:00 - 6:00 PM Dinner/ Conversations that matters: 6:30 PM Journaling Introduction Dinner/Conversations that matter 6:30 PM

◦ Day 2: **Mindfulness**

Saturday Light Breakfast/Fruits 7:30 AM Nature mindfulness walk: 8:00 - 10:00 AM Breakfast: 10:00 AM The authentic me workshop: 11:00 - 12:30 PM Lunch: 1:00 PM Leisure time / Rest: 1:00 - 4:00PM Soul searching self conversations 4:00 - 5:00 PM Yoga Session: 5:00 - 6:00 PM Dinner / Networking 6:30 PM

◦ Day 3: **Getting Ready**

Sunday Light Breakfast / Fruits 7:30 AM Sunrise Yoga 8:00 - 9:00 AM Breakfast 9:00 AM Health Session: 10:00 - 11:00 AM Wrap up Session: 11:00 - 12:00 PM Departure 12:00 PM

WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
langdam guest farm	2	Jungle Cabin	Langdam Guest Farm	4 Star	Shared

- **Guide**

- **Meals**

- Meat
- Vegetarian

All Meals

Breakfast

Lunch

Dinner

WHAT'S EXCLUDED

- Flights
- Pickup & Drop-Off
- Insurance
- Transport
- Transport
- **Other Excluded:**

- n/a

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Covid Safety

Guests will be required to be vaccinated on arrival at the hotel or 24 hours before arrival and to wear a face mask at all times, except when eating and drinking.

Tour Cancellation Policy

Free cancellation up to 60 day(s) prior departure, Or traveler will pay 100 % of the tour amount

No refund but the event will be rescheduled will no fees.

Good To Know

- Please find the address to Sima Kade here: Langdam Guest Farm
02318, Montagu, 6700
- ~~4-in-1 of fun, fitness, and relaxation. The retreat includes a 20-minute daily yoga session, a nature hike, a women's health session, and a relaxation forest time.~~
- ~~Will be held in a private retreat space. WhatsApp group just before the retreat so any urgent messages.~~

FAQs

*2 NIGHTS WEEKEND RETREAT
R6500 PP (SINGLE OCCUPANCY)
R5500 (DOUBLE OCCUPANCY)*

All Meals

Safari-Style Tent

Maximum of 15 pax

Nature Mountain Hike

Women Health Session

Relaxation Forest Time

Authentic Me Workshop

Conversations that Matters

Daily Yoga & Mindfulness (Beginners Welcome)

Secluded Bush Farm (Perfect for Social Distancing)

