

Rejuvenation Retreat

A unique four day Experience combining Rest, Open Awareness & Inner Healing
24-28 July, 2017 at Temenos Retreat, McGregor



Rejuvenation :

“to restore to an original, authentic or new state”

Experience guided processes

Learn powerful techniques

Open yourself to discovery, renewal and change

Dr. Hennie Geldenhuys (www.innerheal.co.za) is a medical doctor, health and wellness coach and researcher with training in diverse fields that include Mindfulness, Authentic Self Empowerment (ASE), Neuro-Linguistic Programming (NLP), Transpersonal Coaching and Hypnotherapy.

He has a passion for facilitating **inner healing** by merging the **latest scientific research** on how the brain and mind works with **age old wisdom traditions**.

The **Rejuvenation Retreat** follows a four phase holistic structure, integrating body, mind, and spirit:

1. **Rest:** an opportunity for deep rest, and refreshing sleep
2. **Regeneration:** guided meditations and mindfulness exercises to help clear unresolved issues and recharge the mind and spirit
3. **Resilience:** fun and effective processes that establish harmony and strength in the Personal, Interpersonal and Transpersonal domains and integrate all levels of the psyche and body
4. **Resourcefulness:** learn and experience simple and effective techniques to unlock your potential, smooth out stress, apply your internal resources, and find your purpose

How it works

The retreat runs over four days from Monday evening to Friday morning.

Morning and evening retreat participants gather for a 90 minute session. Sessions include gentle **guided meditations, practice and discussion**. There is healing energy in the group dynamic, and individuals need only share as much or little as they choose.

In between group sessions participants can simply **rest and relax**, and make use of the **venue facilities**. Appointments at own cost can be made with resident therapists (yoga, massage, aromatherapy, Reiki). Complementary meditation sessions, walks through the gardens, and contemplation in the venue's various peaceful spots are recommended.

Dr. Hennie is available for additional individual **coaching or hypnotherapy sessions** at special retreat tariffs during the four days.

Breakfast/brunch and supper are included in the cost. Lunch is available at the venue's restaurant. Each unit also has self catering facilities. Please note that the first (Monday) evening is only self-catering, and that retreat participants qualify for an extended stay over the weekend at a special reduced price.

Cost and booking

R6100.00 per person, including 4 nights' accommodation, breakfast and supper, complete course participation, full use of the venue and gardens. Additional coaching sessions, or sessions with other therapists can be arranged at special retreat tariffs.

The venue

Temenos (<http://www.temenos.org.za/>) is the ideal country retreat location amongst the nature of the town McGregor in the Western Cape, only 2 hours' drive from Cape Town. There are countless special spots in the beautiful gardens, the on-site accommodation is very comfortable, and the catered food is something special.

For enquiries or bookings please contact: **Dr. Hennie Geldenhuys**



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APPROVED BY

