

Spirit of being a Woman - Soul Nature Safari – Explore, Nurture Body, Mind and Soul

12 –14 October 2012 – Personal Development Wellness for a Woman

If you are searching for what is missing, come and uncover the tools that already are part of your heart and soul. Women are gifted with an expanded capacity and sensitivity - and it is our privilege to consciously rediscover and welcome these tools. Yoga, Journaling, Dance, Self-Enquiry and Healing, Bliss, Beauty and Abundance is your birthright.

Support yourself, with Laughter, Abundance, Authenticity, Energy/vitality, Inspiration, and your Intuition!

Activities include:

ALL below Fun Workshops with the accomplished multidisciplinary Muse, Charlotte D

- **I am Woman, Hear Me Roar** – how to use your senses; how to access your feminine intuition; AND make it all count to support yourself; are you living your life purpose? ...the ripple calming effect... ; create your own destiny, create and love choices.
- **I am Woman, Primal YOU** – Discover which stage of your life are you at, life purpose and where do you want focus for OWN success and happiness. Access your list of personal TO DO's, to get ahead and take charge of your destiny and life path. **Includes techniques; use your Core, powerful and easy art of Meditation.** We are each unique, your journey is yours alone, and that is more than ok, it's perfect!
- **Yoga and Breathing** – easy techniques for rejuvenating body and mind and releasing stress
- **I am Woman, Hear me Purr** – Walk your talk, using the art of Belly Dance, experience how to access your natural self confidence, understand the power of sensual vs sexual energy, improve body posture. Love being a woman
- **Nature walk** – tips and tools to integrate, acceptance and understand purpose and value of stillness in your life – bring comfortable walking shoes, hat, sun screen.
- **Discussions** and Journaling for self reflection, if you wish - bring a "ME" journal to write in(or I can arrange to get one for you, before the event)
- **Chill out time** – bring a book and a Swimsuit!

PLSE note, none of the above activities are compulsory on the weekend, is **entirely** up to you if you wish to participate in some, all or not!

Investment in your Soul Nature Safari weekend:

R2500 p/p sharing with a friend – 50% deposit required by 31 August secures your booking, balance due by 25 Sept. Discount available for groups of 4 or more.

Includes:

Luxury log cabins, 3 bed self catering Chalet Accommodation, 2 nights, includes **Welcome drinks, Dinners + Brunch** and **all** activities listed.

Excludes:

Shared travel costs to get there(once all bookings in, we will coordinate shared travel), lunch, beverages (cash bar)

Venue:

Thula Meetse (2.5 hours' drive from JHB North)

RSVP required:

25 August, via email: please submit full names of all attending, plus any dietary restrictions, if any.

Terms:

50% deposit secures your booking, and is non-refundable

Sense of humour.

www.emotioninmotion.co.za, and www.bellydance.co.za for all credentials and testimonials.

If the Woman in the workplace is happy, then everyone is happy!

This weekend is a stunning opportunity for Corporate Teams, Friends, Moms & Daughters, Sisters, to bond, set new personal inspirational goals + healthy boundaries for own balance and harmony



"The contented person has placed his or her values on things that will last forever; and counts his or her blessings and names them one by one." John Maxwell

Kind Regards, **Charlotte (Muse)**

Trained Facilitator, Performer, Entertainer, Credentialed Professional Business/Life Coach

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