INTEGRAL WELLNESS WORKSHOP

12th – 14th October 2023

Mont Fleur, Stellenbosch

‘If you don’t make time for your *wellness*,
you will be *forced* to make time for your *illness*’

Our ground-breaking and innovative **Integral Wellness Workshops** have had such positive feedback that we are holding our next three-day course at Mont Fleur, Stellenbosch, and hope you can join us.

Our innovative Integral Wellness Workshops recognizes that good health depends on a holistic approach which we define as four crucial threads –

Reflecting, Nourishing, Moving and Pausing.

Attending the workshop will enable insight as to what constitutes each of the four threads and an opportunity to rethread yours into a tapestry of optimal wellbeing.

Our experienced facilitators will guide you compassionately through each of these threads into a **deeper understanding of your health and patterns**, and will encourage you to bring wellbeing to your daily living.

Integral Coach Helen During will facilitate the **‘Reflecting’** thread with the **Enneagram assessment** tool that provides **insights** into what shapes the **subconscious drivers of behaviour,** and the **impact** these have on **health**. Helen’s style inspires curiosity and insights that will offer a stronger sense of agency and action.

Personalised Nutritional Therapist Judith Johnson will guide you on **Nourishment** for your brain, gut, and neural systems. She specializes in **gene-based nutrition,** chronic disease and **lifestyle choices.** Judith will guide you to make improved food choices for a healthier immune system.

Integral Yoga Instructor Helen Wills is passionate about the benefits of regular **Movement** through yoga and breathwork, and mindful pausing with **meditation** and **relaxation**. Helen’s gentle and compassionate techniques will increase your daily dose of **calmness**.

Our breathwork facilitator will bring alive the thread of **Pausing** in a powerful **Conscious Connected Breathwork** session.

Our past participants have left their workshops feeling nurtured and inspired in body and mind and with a personalised, well-defined action plan and ‘toolkit’ that incorporates all four threads for integral health.

THREE-DAY
INTEGRAL WELLNESS WORKSHOP

At Mont Fleur
12 – 14th October 2023

Mont Fleur is a luxurious and peaceful sanctuary overlooking the peaceful mountains of Stellenbosch

The innovative content of our Integral Wellness Workshop offers the chance to...

- Establish the current status of each of your threads
- Familiarise yourself with what constitutes each thread and experience the practices/ exercises that will strengthen each one
- Weave your four threads into an action plan to implement your integral wellness journey

*The workshop offers a rewarding **mix of practical exercises and contemplative spaces** to ease processing and understanding of these new insights.*

R8 250 pp sharing

Bring a friend or partner and take advantage of a significant discount

R9 500 single

Spaces are limited to ensure a personalised experience

Inclusive of the full 3-day / 2-night workshop (private, en- suite accommodation with single beds for those sharing)is a copy of your personalised Enneagram report and a delicious nutri-genomic culinary experience at every meal and teatime, ensuring the restoration of your gut biome.

HAVE A QUESTION? ENQUIRE HERE FOR DETAILS

Book Now

Deposit amount per person:
R3,500
Deposit is required to secure booking. Deposit is fully transferable in the event of illness.

PAY DEPOSIT TO BOOK

MEET YOUR **FACILITATORS**

HELEN DURING

Helen During is an internationally accredited Enneagram Specialist and Executive Coach with a strong corporate and entrepreneurial background. She has more than 15 years' coaching experience and her forward-looking coaching style inspires curiosity and insight that results in a greater sense of agency and action.

JUDITH JOHNSON

Judith Johnson combines her knowledge of integrative nutrition therapy and nutrigenetics to work with the power of food, lifestyle and environment to change an individual's health outcomes. Judith has more than 30 years' experience in private practice, focusing on integrative nutrition therapy, gene-based nutrition (Nutrigenomics), chronic diseases, sports nutrition diabetes care, weight management, holistic wellbeing and complementary medicine, and is co-author of the recipe book, Genes to Plate.

HELEN WILLS

Weaving together the threads of 'pausing for optimal health' and 'moving for optimal health' is our Integral Yoga teacher, Helen Wills. She will facilitate your pause and movement into guided meditations, deep breathwork and healing restorative yoga asanas throughout the workshop. Helen has practised yoga for 52 years and her experience is that regular practice provides the tools be in the moment, in the breath and in the body. Trained as an instructor at Ananda Kutir Ashrama in Integral yoga,she also has a degree in Psychology and a Coaching Certificate and is a retired writer, researcher and lecturer.

INTEGRAL WELLNESS

Judith Johnson & Associates
CONSULTING DIETICIANS

WHAT OTHERS **HAVE TO SAY**

"What an amazing weekend we experienced with you at the helm. I have topics to discuss continuously with friends and family, and realise the volume of information that was given to us. As a doctor I came with my own lens, but now I see health in a di erent context. A fantastic workshop that I will think about for months."

Dr P.

"Thank you so much for the absolutely fabulous retreat, I thoroughly enjoyed it. So, so fulfilling on every level. I think I enjoyed going deeper and also not feeling like it was linked directly to, or constrained by, my work focus and persona either. So it felt fully and uninhibitedly around ME which was unashamedly self-indulgent. And then there were a good few moments when others shared something that really gave me a-ha moments, which added to the enrichment and allowed for deeper realisations and learnings."

J F

"I wanted to thank you so much for putting together such a phenomenal program... The venue was absolutely perfect, set in such a beautiful, rural part of Stellenbosch and they produced the most magnificent healthy food for us! Judith was a mine of information and presented this new way of eating life to us so well. Your presentation of the power of Enneagrams was mind-blowing. You opened a whole new world to each of us, of understanding deeply who we are, what makes us who we are and how we could work on our strengths and weaknesses. I've had a paradigm shift in many aspects of my life ... and am very grateful I came to the Retreat to experience its richness."