

Pathways to Purpose

An Integration and Embodiment Retreat

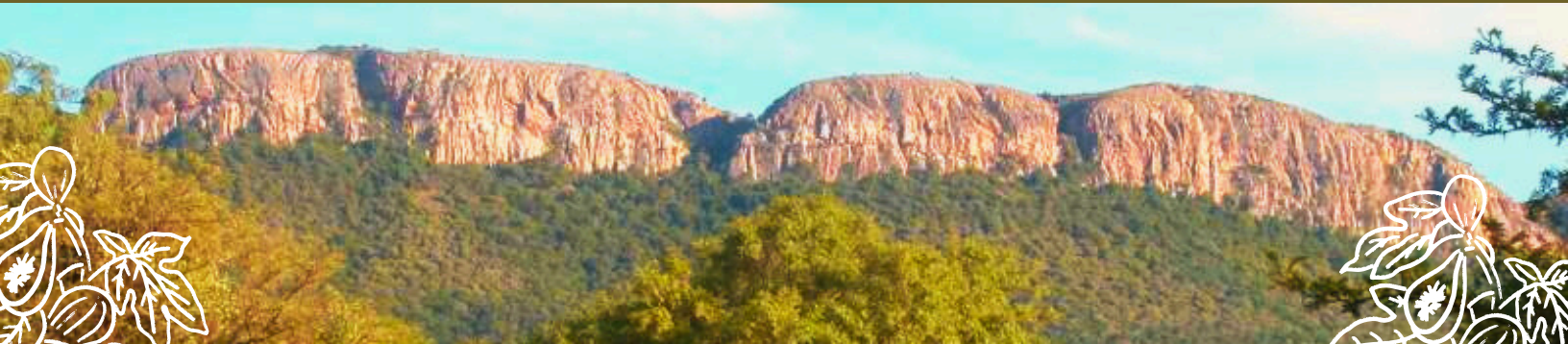


What is Integration?

Integration is the vital process of bringing all parts of ourselves into wholeness or harmony, so that we may live wholehearted lives.

Integration disintegrates separation and invites unification.

It's a process of anchoring the cognitive into the body, so that we may interact with what we know from an embodied space.



Why Integration?

INTEGRATION IS ABOUT...

Grounding your insights from a profound emotional, spiritual or psychological experience.

Creating sustainable change following an experience that has shifted your perspective such as a spiritual retreat, journey work, or a intensive inpatient process. Integration work creates the space for you to be able to emotionally process your experience in a safe container whilst creating community connection. Integration and embodiment processes with skilled facilitators allow you to deepen and anchor your work, creating sustainable resilience and holistic wellbeing.

Meet Alexa Daniela and Leigh-Anne



Alexa Daniela

Alexa Daniela has amalgamated a decade of pragmatism and professional experience as an ICF Recovery Coach, Employee Wellness Manager, Addiction and Intervention Specialist, Culture Liaison and Constellations and Psychodrama Practitioner with a profound Spirit Calling, including initiations into Red Tent, Yoga, Herbalism and Plant Medicine. She is currently studying her BPsych through SACAP.

Paralleled with her passion for play and her delight-in-life, she combines Sacred wisdom and sound theoretical backing - believing unwaveringly that joy is The Medicine and we are the changemakers we seek.



Leigh-Anne

Leigh-Anne has an extensive background in education and coaching. She is a Master Recovery Coach with 10 years experience of working in substance use, addiction and wellness. With almost 17 years of lived experience in her personal recovery, her work is grounded in systemic coaching and helping her clients integrate their treatment experience into their daily lives.

Leigh-Anne believes unwaveringly in compassionate care and treating her clients with unconditional positive regard. This gives them the space to empower themselves through their personal processes. Using multimodalities, Leigh-Anne is passionate about wellness in all its forms.



*An altering of your perception?
An awakening to your purpose?
A call to reconcile your past?
That requires grounding in your reality?
Reframing our narratives is not a simple feat.
And there is no magic bullet -
we hear this time and time again.*

BUT

Maybe there is nothing wrong with you...

AND

Maybe the endless seeking can cease...

Maybe it's time to integrate and bring home all the newly discovered and remembered parts. And ground and embody all the experiences you've had up to this point...

With a combined 2 decades of professional experience working in reintegration therapy, Alexa and Leigh-Anne have seen first-hand what works create

SUSTAINABLE, SYSTEMIC, PROFOUND CHANGE.

If you feel like the rug has been pulled out from underneath you. Or your consciousness has been rattled awake...

Yet somehow there is a dissonance between your internal world and external expression...

Why a Retreat?

A residential retreat offers the opportunity of an immersive experience, which creates a focused environment for deep work and introspection...

Throughout the weekend you will be held in a safe, connected container which creates the space for mind-body integration.

A residential retreat allows you to disconnect from your daily life and responsibilities and take full advantage of the serene, natural settings that encourage relaxation and introspection, enhancing the healing process.

Knowing that you are being held means that you are able to delve deeper into your experiences and emotions, facilitating breakthroughs that might take longer in a non-residential setting.

Pathways to Purpose offers a carefully curated programme that blends various modalities, providing a holistic approach to integration and embodiment work.

Sharing the experience with others fosters a sense of belonging and support, which is so powerful and affirming for healing and personal development. It enables you to learn from each other's experiences and journeys.



Alexa Daniela and Leigh-Anne will guide you through a series of integrative and embodiment practices and processes to help you anchor your experiences into your daily life, so as to create clear pathways to purpose, meaning, enrichment, and consciousness.

Interactive, integrative tools and processes
Fire-side Cacao ceremony and narrative reframing

Active process and depth work
Psycho-social-spiritual education
Conscious, restorative movement

Acudetox sessions
Take-home workbooks

Time for deep rest and restorative practices
Labyrinth and nature walks - Eco-friendly natural pool

An affordable R 4,750 (all inclusive, self-drive)

@ Thirsty Falls Nature Retreat

So that your healing and recovery journey can be forever rooted into the fabric of your existence...

Pathways to Purpose in the Beautiful Magaliesburg

3 Day - 2 Night Retreat

Friday, 15 - Sunday, 17 November 2024

Contact Alexa (067)792-2479 or Leigh-Anne (067)903-0070