



EVENTS



...FOR THE DREAMERS OF A BETTER WORLD...

PRIVATE RETREAT

at

Old Joe's Kaia

Event Destination

What is a PRIVATE RETREAT?

A **period of time** spent in a **safe space** where the guest wishes to be **entirely alone** with a **specific intention**.

When does one NEED a Private Retreat?

The following statements may be applicable:

"My life is a mess – I don't know which way to turn.

I've been through trauma and need time to gather myself and get up.

I am aimless, have no purpose and feel terrible about myself and the world around me.

My relationships are too demanding and I would like a break.

I am mentally and physically exhausted.

I'm in the wrong place altogether – not doing what I want to do, not being with whom I should be with.

I am battling to survive – burning the candle from both ends, not coping.

I try so hard, but nothing works. There is no 'flow' in my life and I feel as if I'm on the wrong path and in the wrong place.

I simply want some time to myself."

The BENEFITS of a Private Retreat:

The most important outcome would be a **personal transformation** on a level or in an area that would make a **life-changing difference**. This could include:

- Clarity and new insight into your life.
- The break in routine assists in objective observation - 'the fly on the wall' syndrome.
- Enough rest will ensure renewed energy for your path forward.
- Courage and calmness for your journey to come.
- New motivation and enthusiasm for finding solutions and solving problems.
- A sense of relief in having made decisions relating to issues that have troubled you.
- The positive and revitalising effects of having eaten healthy sustainable meals.
- A deep sense of connectedness to you inner needs and external circumstances.

What Old Joe's Kaia PROVIDES:

- Regard for your private space and need for solitude.
- A relaxed and peaceful ambiance with no demands or expectations.
- Flexibility around your preferred daily schedule.
- Healthy and delicious plant-based meals and snacks.
- Beautiful garden with enough private seating areas in various locations.
- A living Labyrinth that provides space and tranquillity for contemplation and meditation.
- The Olive Room is a sacred space for fire rituals and ceremony.
- A comfortable lounge and balcony at tree-top level with library, overlooking the mountain.
- Option of a massage and/or reflexology session as arranged with our therapist (cost additional).
- A yoga studio with opportunity to paint, create, dance, exercise and play.



What Old Joe's Kaia DOES NOT provide:

- Medication or medical advice or assistance of any sort.
- Psychological advice or assistance of any sort.
- A detox programme.
- A guided retreat (although activities and assistance will be available).



2021 COST per guest, single

R1250.00 per day

R 1000.00 per night after 5 nights, should you want to extend your stay.

The cost includes the following per day:

1x 3-course dinner
1x night's accommodation
1x 2-course breakfast
1x lunch
1x bedroom snack
water, coffee & tea
laundry service

The above does not include beverages from the bar.



WE ARE A COUNTRY HAVEN OF AUTHENTIC LIVING
WORKING IN HARMONY
WITH BREATHTAKING NATURE
TO NOURISH OUR GUESTS THROUGH
SOULFUL ACCOMMODATION,
WHOLESOME VEGAN FOOD,
WELLNESS TREATMENTS,
INSPIRATIONAL RETREATS & WORKSHOPS

Feel free to contact us,
speak to Marian about your
requirements or concerns.

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