



EVENTS



## PRIVATE RETREAT

at

OLD JOE'S KAIA

*Event Destination*

### **What is a PRIVATE RETREAT?**

A **period of time** spent in a **safe and caring 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."

I have been ill and I need a peaceful and serene environment to recuperate

I need a quiet setting where I can focus for work or reflection

## 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.

A large pool in a magnificent secluded setting in the garden.

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.

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).



## 2022 RATE

**R 1499.00 per day** per person, single occupation **for a minimum 3-night stay** (assuming availability).

**R 1199.00 per day** per person, sharing occupation **for a minimum 3-night stay** (assuming availability).

**Please note**—this offer is based on availability, does not include public holidays or long weekends, nor is it available when the lodge is booked for an event.

### The cost includes the following per day:

1x 3-course dinner  
1x night's accommodation  
1x 2-course breakfast  
1x light lunch snack  
water, coffee & tea  
1x guided activity\*  
laundry service

The above does not include beverages from the bar.

#### \* GUIDED ACTIVITIES:

- Labyrinth walk
- Fire ceremony
- Creative painting / storyboard
- Forest bathing & grounding
- Plant-based cooking session



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WORKING IN HARMONY  
WITH BREATHTAKING NATURE  
TO NOURISH OUR GUESTS THROUGH  
SOULFUL ACCOMMODATION,  
WHOLESOME PLANT-BASED FOOD,  
WELLNESS TREATMENTS,  
INSPIRATIONAL RETREATS & WORKSHOPS

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requirements or concerns.

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