

# JOURNEY





# OVERVIEW OF THE JOURNEY



- THE JOURNEY PROGRAM WAS CREATED OUT OF A PASSION FOR GUIDING AND MENTORING INDIVIDUALS ON THEIR OWN LIFE PATH AND JOURNEY THROUGH A PROCESS OF REFLECTION, INTROSPECTION , UNDERSTANDING AND ACCEPTANCE OF SELF.

IN TODAY'S SOCIETY, WE ARE ALL FACED WITH DAILY CHALLENGES AND STRESSES IN BOTH OUR PROFESSIONAL AND PERSONAL LIVES. THE JOURNEY PROGRAM OFFERS TOOLS AND TEACHINGS TO PREPARE FOR, ADAPT TO AND RECOVER FROM THESE EXTERNAL INFLUENCES.

- BY OFFERING THE PROCESS OF THE JOURNEY IN NATURE AND A UNIQUELY SENSORY EXPERIENCE, WE COMBINE THE ELEMENT OF 'BEING OUTSIDE OUR COMFORT ZONE' AND IN DOING SO WE MOVE AWAY FROM THE DEPENDENCIES THAT WE OFTEN CREATE IN OUR LIVES (E.G. SOCIAL MEDIA). THE CREATION OF A NEW PATH ALLOWS FOR MORE CONCISE AND AUTHENTIC THOUGHT AND DECISION MAKING.
- WE OFFER EFFECTIVE TRANSFORMATIONAL LIFE COACHING AND ENERGETIC HEALING MODALITIES BY INCLUDING RESILIENCE AND COHERENCE THROUGH THE HEARTMATH PROCESS INTO YOUR DAILY LIFE SO THAT YOU MAY CONTINUE YOUR JOURNEY FROM AN AUTHENTIC HEART CENTRED APPROACH AND BEING.



# WHAT TO EXPECT ON YOUR JOURNEY



- DYNAMIC AND TRANSFORMATIVE LIFE COACHING AND ENERGETIC HEALTH SESSIONS
- HEARTMATH COHERENT BREATHING AND EMOTIONAL SELF REGULATION TECHNIQUES AND PRACTICE
- INTRODUCTION TO STRUCTURED COACHING MODALITIES SUCH AS G.R.O.W, O.S.C.A.R, P.A.T.H & H.E.A.R.T
- SILENT WALKING MEDITATION, JOURNAL WORK, NATURE HIKES & STAR GAZING
- A COMPASSIONATE, SUPPORTIVE AND SAFE SPACE TO DISCONNECT FROM WAYS OF BEING THAT DO NOT SERVE YOU AND TO RECONNECT TO YOUR DEEPER SELF



# INFORMATION PACK

- ACCOMMODATION AT KROMRIVER TO BE EITHER GLAMPING TENTS OR LUXURY CHALETs
- PLEASE PACK ESSENTIAL HIKING GEAR INCLUDING, COMFORTABLE SHOES, HAT, SUNSCREEN AND WATER BOTTLE
- WIFI AVAILABLE AT MOST AREAS OF THE ACCOMMODATION FACILITY
- ALL TRANSPORT TO AND FROM THE CEDERBERG IS INCLUDED (VIA CAPE TOWN DEPARTURE)
- SELECTION OF REQUIRED CLOTHING TO BE WORN TO BE DISCUSSED BEFOREHAND DEPENDANT ON CURRENT WEATHER CONDITIONS IN THE AREA
- ULTIMATELY WE WANT YOU TO MAKE YOUR HEART SMILE !





# WHAT'S INCLUDED

- ACCOMMODATION : COMFORTABLE AND SERENE LODGING AMIDST NATURE
- NUTRITIOUS MEALS : DELICIOUS MEALS PREPARED WITH LOCAL AND ORGANIC INGREDIENTS
- DAILY MEDITATION, LIFE COACHING AND ENERGETIC HEALING SESSIONS & TEACHINGS
- GUIDED HIKES AND NATURE EXCURSIONS TO EXPLORE THE BEAUTY OF THE SURROUNDING LANDSCAPES
- WORKSHOPS AND GROUP COACHING SESSIONS TO ENGAGE IN TRANSFORMATIVE EXERCISES
- JOURNALING AND REFLECTION ACTIVITIES FOR SELF GROWTH AND EXPLORATION
- SUPPORTIVE COMMUNITY TO CONNECT WITH LIKE MINDED INDIVIDUALS ON THE PATH TO TRANSFORMATION





# PROGRAM HIGHLIGHTS



- TRANSFORMATIVE LIFE COACHING SESSIONS:  
RECEIVE ONE-ON-ONE COACHING SESSIONS FROM HIGHLY SKILLED TRANSFORMATIONAL LIFE COACHES. EXPLORE YOUR INNER LANDSCAPE, UNCOVERING LIMITING BELIEFS, AND SET CLEAR GOALS FOR YOUR PERSONAL GROWTH AND SELF-EMPOWERMENT.
- HOLISTIC APPROACHES TO SELF-REFLECTION:  
ENGAGE IN HOLISTIC PRACTICES SUCH AS MINDFULNESS, MEDITATION, YOGA, AND BREATHWORK TO DEEPEN YOUR AWARENESS, CULTIVATE PRESENCE, AND DEVELOP SELF-COMPASSION. THESE PRACTICES WILL HELP YOU CONNECT WITH YOUR INNER WISDOM AND HEALING POTENTIAL.
- GUIDED NATURE IMMERSION:  
EXPLORE THE BEAUTY AND SERENITY OF NATURAL SETTINGS THROUGH GUIDED NATURE WALKS, HIKES, AND MEDITATIVE PRACTICES. ENGAGE WITH THE ELEMENTS AND FIND STILLNESS AMIDST THE RICHNESS OF THE NATURAL WORLD.
- ONGOING SUPPORT AND RESOURCES:  
RECEIVE CONTINUED SUPPORT BEYOND THE JOURNEY EXPERIENCE, INCLUDING TOOLS, RESOURCES, AND RECOMMENDATIONS TO MAINTAIN YOUR PERSONAL GROWTH JOURNEY. CONNECT WITH A THRIVING COMMUNITY OF LIKE-MINDED INDIVIDUALS WHO WILL SUPPORT YOUR CONTINUOUS GROWTH.



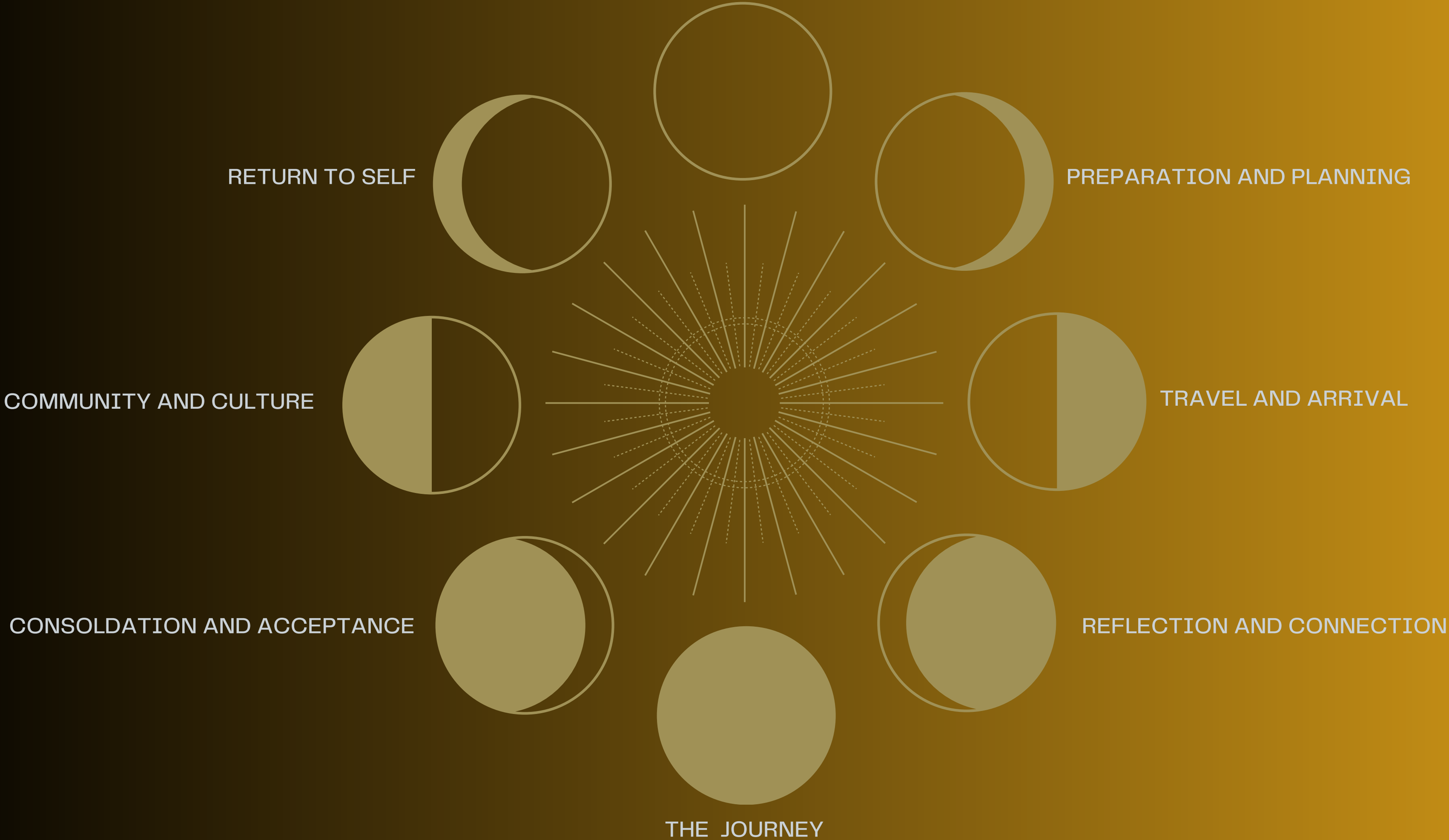
# ABOUT THE CEDERBERG

- LOCATION: THE CEDERBERG IS LOCATED IN THE WESTERN CAPE PROVINCE OF SOUTH AFRICA.
- GEOLOGY: IT IS KNOWN FOR IT'S UNIQUE SANDSTONE ROCK FORMATIONS AND ANCIENT KHOISAN ROCK ART.
- NATURAL BEAUTY: THE REGION BOASTS SPECTACULAR MOUNTAIN RANGES, ROLLING HILLS, RIVER GORGES, AND WATERFALLS.
- FLORA AND FAUNA: THE CEDERBERG IS HOME TO A DIVERSE RANGE OF PLANT SPECIES, INCLUDING THE ICONIC CEDAR TREES. IT IS ALSO ABUNDANT IN WILDLIFE, INCLUDING BABOONS, LEOPARDS, AND BIRDS.
- HIKING AND CLIMBING: THE AREA OFFERS EXCELLENT HIKING TRAILS AND OPPORTUNITIES FOR ROCK CLIMBING, ATTRACTING OUTDOOR ENTHUSIASTS FROM AROUND THE WORLD.
- SANCTUARY FOR WILDERNESS: IT IS A PRIME DESTINATION FOR NATURE LOVERS AND THOSE SEEKING PEACEFUL AND TRANQUIL ENVIRONMENTS.
- CULTURAL HERITAGE: THE CEDERBERG HAS SIGNIFICANT CULTURAL IMPORTANCE, AS IT WAS HISTORICALLY INHABITED BY THE SAN PEOPLE, WHO LEFT BEHIND ANCIENT ROCK ART REPRESENTING THEIR RICH HERITAGE.





IN THE BEGINNING - WHERE AM I?





# IN THE BEGINNING

- THE PROCESS OF SELF TRANSFORMATION TAKES COURAGE AND BRAVERY - A SELF UNDERSTANDING THAT CHANGE IS REQUIRED IN YOUR LIFE IN ORDER FOR YOU TO LIVE YOUR LIFE TO ITS FULLEST.
- WE ENCOURAGE YOU TO BE AUTHENTIC AND VULNERABLE DURING THE PROCESS IN ORDER TO BENEFIT FROM THE INVESTMENT. AT ALL TIMES WE PROVIDE A PROFESSIONAL AND CARING ENVIRONMENT AND SUPPORT SYSTEM.
- OUR OBJECTIVE DURING THE JOURNEY IS TO UNDERSTAND YOUR VISION AND WHERE YOU ARE IN YOUR LIFE, CENTRED AROUND YOUR SELF GROWTH AND AWARENESS AND THE IMPORTANCE OF YOUR INNER VALUES SO THAT YOU MAY UNDERSTAND AND ACCEPT YOUR PATH AHEAD
- WE OFFER A CONCISE PRE-TRIP INFORMATION PACK VIA EMAIL AND VIDEO CALLS PRIOR TO YOUR JOURNEY TO ANSWER ANY RELEVANT QUESTIONS, TO ASSIST YOU IN PLANNING ACCORDINGLY.





# JOURNEY

- THE JOURNEY PROCESS BEGINS WITH SELF AND INNER REFLECTION AND INTROSPECTION. THIS IS FACILITATED AND ENCOURAGED DURING TRANSFORMATIVE LIFE COACHING SESSIONS AND ENERGETIC HEALING PRACTICES.
- WE UTILISE JOURNALLING, SILENT WALKING MEDITATIONS, SOLITUDE IN NATURE, DAILY REFLECTIONS AND VARIOUS OTHER HOLISTIC FORMS OF WELLNESS AND WELLBEING TO SUPPORT YOUR PROCESS OF TRANSFORMATION
- WE INTRODUCE AND SHARE VARIOUS TECHNIQUES, MODALITIES AND SUPPORTIVE TOOLS TO ENHANCE YOUR JOURNEY AND LEARNING EXPERIENCE.
- THE LOCAL COMMUNITY AND CULTURE IS INTRODUCED INTO THE JOURNEY PROCESS IN ORDER TO BRIDGE THE DIVIDE THAT IS OFTEN SET IN PLACE WITH OTHERS.
- WE ENCOURAGE INTENTION SETTING SO THAT YOU MAY REWRITE YOUR OWN LIFE STORY WITH THE OUTCOME OF MAKING YOUR HEART SMILE.





# THE RETURN

- THE JOURNEY ITSELF NEVER ENDS - IT IS A CONTINUAL CYCLE OF SELF LEARNING AND UNDERSTANDING. THROUGH ONGOING SUPPORT FROM OURSELVES, WE ENCOURAGE HIGHER LEARNING AND PRACTICE OF THE TECHNIQUES AND PROCESS AT HAND
- WE ALSO ENCOURAGE ONGOING SUPPORT AND INTEGRATION FOR THE LOCAL COMMUNITY AND CULTURE. THIS CAN BE SUPPORTED VIA ONGOING DONATIONS TO SPECIFIC ORGANISATIONS/SCHOOLS E.T.C THAT WOULD BENEFIT FROM YOUR GENEROSITY
- WE DONATE A PERCENTAGE OF OUR INCOME/EARNINGS FROM THE JOURNEY TOWARDS UNDERPRIVILEGED CHILDREN AND SCHOOLS IN THE LOCAL COMMUNITY
- WE SEE THE RETURN AS A COMPLETION OF THE CIRCLE OF YOUR OWN JOURNEY. ON YOUR RETURN HOME, WE WILL STILL PROVIDE A COMPASSIONATE AND SUPPORTIVE STRUCTURE FOR YOU TO CONTINUE THE EXPERIENCE OF SELF DISCOVERY AND GROWTH





# ITINERARY

## DAY 1

- DEPART CAPE TOWN EN ROUTE TO THE CEDERBERG (APPROX 3.5HRS)
- ARRIVAL AT KROMRIIVER ACCOMODATION AND CHECKING IN
- LUNCH & DISCUSSION ABOUT THE JOURNEY EXPERIENCE AND WHAT TO EXPECT WITH Q&A
- BRIEFING FOR THE WEEK AHEAD AND ACCLIMATISING TO THE NEW SURROUNDS
- BARBECUE/BRAAI DINNER AND INTENTION SETTING CEREMONY

## DAY 2

- BREAKFAST FOLLOWED BY SILENT WALKING MEDITATION FOR REFLECTION AND INTROSPECTION
- SESSION 1 - LIFE COACHING AND INTRODUCTION TO HEART, OSCAR AND GROW MODALITIES AND TECHNIQUES
- LUNCH AND REST
- VISIT TO STADSAAL CAVES AND KHOISAN ROCK ART PAINTINGS WITH LOCAL GUIDE
- DINNER AND CAMPFIRE WITH DISCUSSION AROUND SELF WORTH AND CAPACITY FOR GROWTH

## DAY 3

- BREAKFAST AND HIKE TO MALTESE CROSS INCORPORATING SOLITUDE IN NATURE AND JOURNAL WORK - EMBRACING CHANGE
- REST UNTIL LUNCH
- LUNCH AND REST
- SESSION 2 - INTRODUCTION AND FACILITATION OF HEARTMATH SESSION WITH COHERENT BREATHING
- DINNER AND CAMPFIRE WITH FEEDBACK SESSION FROM TODAY. POSSIBLE VISIT TO CEDERBERG OBSERVATORY

## DAY 4

- BREAKFAST AND VISIT TO THE CAPE LEOPARD TRUST AND LOCAL COMMUNITY
- ENERGETIC HEALTH SESSION WITH LILAH WOLPERT - EMBRACING TRANSFORMATION INTO YOUR DAILY LIFE
- LUNCH & REST
- AFTERNOON SWIM AT MALGAT ROCKPOOLS AND/OR HIKE TO TRUITJIESKRAAL ROCK FORMATION AND ROCK ART
- DINNER WITH DISCUSSION ON EMPOWERMENT AND CREATING A VISION FOR YOUR FUTURE

## DAY 5

- BREAKFAST AND SILENT WALKING MEDITATION INCLUDING FINAL JOURNAL
- CLOSING CEREMONY - END OF THE JOURNEY
- LUNCH & REST
- DEPART CEDERBERG EN ROUTE TO CAPE TOWN (APPROX 3.5HRS)



# COMMUNITY & CULTURE

- THE CEDERBERG AREA, SITUATED IN THE WESTERN CAPE OF SOUTH AFRICA, BOASTS A RICH CULTURAL HERITAGE AND A VIBRANT COMMUNITY. THE REGION IS HOME TO DIVERSE GROUPS OF PEOPLE, INCLUDING THE INDIGENOUS KHOISAN COMMUNITIES, WHO HAVE A PROFOUND CONNECTION TO THE LAND AND A DEEP UNDERSTANDING OF ITS NATURAL RESOURCES.
- THE COMMUNITY OF THE CEDERBERG AREA IS CHARACTERIZED BY A STRONG SENSE OF UNITY AND RESILIENCE. THEY HAVE ESTABLISHED VARIOUS COMMUNITY PROGRAMS AIMED AT PRESERVING THEIR CULTURAL HERITAGE, FOSTERING SOCIAL DEVELOPMENT, AND PROMOTING SUSTAINABLE PRACTICES. THESE PROGRAMS OFTEN INVOLVE COLLABORATION WITH LOCAL ORGANIZATIONS, GOVERNMENT ENTITIES, AND TOURISM INITIATIVES.
- ONE NOTABLE COMMUNITY PROGRAM IN THE CEDERBERG AREA IS FOCUSED ON CULTURAL TOURISM. IT AIMS TO SHOWCASE THE UNIQUE TRADITIONS, CUSTOMS, AND KNOWLEDGE OF THE KHOISAN PEOPLE TO VISITORS FROM AROUND THE WORLD. THROUGH GUIDED TOURS, CULTURAL PERFORMANCES, AND STORYTELLING SESSIONS, VISITORS HAVE THE OPPORTUNITY TO LEARN ABOUT THE KHOISAN WAY OF LIFE, THEIR ANCIENT TRADITIONS, AND THE SIGNIFICANCE OF THEIR NATURAL SURROUNDINGS.
- ADDITIONALLY, COMMUNITY-BASED INITIATIVES IN THE CEDERBERG AREA EMPHASIZE ENVIRONMENTAL CONSERVATION AND SUSTAINABLE PRACTICES. EFFORTS ARE MADE TO PRESERVE THE BIODIVERSITY OF THE REGION, PROTECT ENDANGERED SPECIES, AND PROMOTE RESPONSIBLE TOURISM. THESE INITIATIVES OFTEN INVOLVE PARTNERSHIPS WITH CONSERVATION ORGANIZATIONS, EDUCATIONAL INSTITUTIONS, AND LOCAL COMMUNITIES, FOSTERING A SENSE OF ENVIRONMENTAL STEWARDSHIP AMONG THE RESIDENTS.
- THE CEDERBERG COMMUNITY HAS ALSO ESTABLISHED PROGRAMS FOCUSED ON EDUCATION AND SKILLS DEVELOPMENT. THESE INITIATIVES AIM TO EMPOWER INDIVIDUALS, PARTICULARLY THE YOUTH, THROUGH ACCESS TO QUALITY EDUCATION, VOCATIONAL TRAINING, AND ENTREPRENEURSHIP OPPORTUNITIES. BY INVESTING IN EDUCATION AND SKILLS, THE COMMUNITY SEEKS TO CREATE SUSTAINABLE LIVELIHOODS, IMPROVE ECONOMIC CONDITIONS, AND PROMOTE SOCIAL WELL-BEING.





# OUR MISSION

OUR MISSION IS TO EMPOWER INDIVIDUALS ON THEIR TRANSFORMATIVE JOURNEY TOWARDS SELF DISCOVERY, PERSONAL GROWTH AND HOLISTIC WELL-BEING. THROUGH OUR COACHING & COUNSELLING EXPERTISE AND IMMERSIVE EXPERIENCES IN NATURE, WE AIM TO FACILITATE REFLECTION, UNDERSTANDING AND ACCEPTANCE, FOSTERING LASTING POSITIVE CHANGES IN YOUR LIFE AND PERSONAL JOURNEY OF SELF GROWTH AND AWARENESS.





# OUR VISION

OUR VISION IS A WORLD WHERE EVERY INDIVIDUAL EMBRACES THEIR INNER POTENTIAL AND LEADS A PURPOSEFUL AND MEANINGFUL LIFE. AS A TRANSFORMATIONAL COACHING AND ENERGETIC HEALING OFFERING, WE ASPIRE TO BE THE CATALYST THAT EMPOWERS YOU TO UNLOCK YOUR TRUE SELF AND EMBRACE THE BEAUTY AND POWER OF YOUR OWN JOURNEY.

BY INTEGRATING NATURE AS A POWERFUL BACKDROP FOR REFLECTION AND GROWTH, WE STRIVE TO CREATE A TRANSFORMATIVE EXPERIENCE THAT ENABLES YOU TO FIND CLARITY, UNDERSTANDING AND ACCEPTANCE OF YOURSELF WHICH FOSTERS A PERSONAL TRANSFORMATION IN YOUR RELATIONSHIPS, COMMUNITIES AND BEYOND



# MEET OUR TEAM



Paul Wolpert

- Accredited Transformational Life Coach and Mentor
- Accredited HeartMath Coach & Mentor
- Accredited Western Cape Tourist Guide
- Accredited Adventure Mountain Guide



Lilah Wolpert

- Practitioner of Multidimensional Energetic Healing
- Accredited HeartMath Coach & Mentor
- Spiritual Teacher and Guide



# OUR CONTACT



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