

# trishholdengarde

Power of Personal Possibilities

*Achieve the Impossible*

## “Conscious Living” Retreats - 2012



**“Achieve the Impossible”** ..... *“I was truly blessed to have been able to spend some quality time with Trish on an Intuition Retreat. From the moment you meet Trish you feel completely relaxed and comfortable, like you have known her all your life. She has an incredible gift that she enjoys sharing with the world. I do not quite know how she does what she does, but after being with her, I was totally recharged and in tune with my intuition. She helps you to become a better version of yourself and get in touch with your inner voice. I highly recommend Trish and feel privileged to have become one of her many friends.”*

*Heidi Gavignin , SpaDirector, Gary Player HealthSpa, Sun City,*

Hosted at Granny Mouse Country House and Spa, in the tranquil Caversham Valley, Natal Midlands, South Africa the Retreat allows individuals from all walks of life to step away from the rigours of modern living and experience whole body transformation and revival. The serene and natural country setting along the banks of the Lions River, underneath the protective energy of the Drakensberg Mountains is a haven of peace, tranquillity, pampering and inner harmony, allowing you to restore balance and peace in your life whilst exploring your world, yourself and your opportunities .

The Retreat is facilitated by Trish Holdengarde from Cape Town. Trish is a respected and gifted Business Intuitive, Intuition Coach and Reiki Master facilitator, who has worked with top corporate companies, entrepreneurs and individuals assisting them to transform their businesses, heal their lives and find success through her intuitive wisdom, insights and facilitation whilst on Retreat.

### **You will experience :**

- 2 nights of luxurious 4 star sharing accommodation (single on request)
- Daily workshops with Trish to help grow and develop your innate intuitive abilities, reduce stress,
- The knowledge to manage your personal energy more efficiently and find direction in your life, career and business
- 4 guided morning and evening meditations
- A talk on the background and benefits of Reflexology
- Spa massage
- Relaxation and reflection
- The space and tranquillity in the country to assess your current situation with honesty and make decisions with clarity and peace
- Superb fine dining
- A personal one on one intuitive consultation with Trish including a full profile

### **The Retreat is designed to leave you :**

- Rested, rejuvenated and de-stressed
- Energetically in tune with your physical body, mind and soul
- Aware of the innate power of your own intuition, allowing you to reduce internal conflict and stress, having learned how to seamlessly decision make, using your intuition and your intellect
- Focused and positive about your life, your career and your own potential
- Ready to manage your personal and professional performance after learning about how to focus your personal energy flow to maximise both, diminish stress and achieve harmony, good health and inner peace
- Fully grasping the inter-connectedness of why you experience physical, emotional, mental and spiritual discomfort and ways to restore balance to the four pillars of your being
- Living an authentically intuitive life, in tune with yourself and with others
- Transformed and aware of the opportunities of the “now”

### **Venue :**

Granny Mouse Country House and Spa, Balgowan, Natal Midlands, Kwa Zulu Natal, visit [www.grannymouse.co.za](http://www.grannymouse.co.za) for more information on the venue.

**Dates :** **Workshop One - 20 & 21 April 2012**  
**Workshop Two - 7 & 8 September 2012**  
**Workshop Three - 2 & 3 November 2012**

**The rate of R5060.00 includes shared accommodation, breakfast, lunch and three course dinner, teas and coffees, massage, meditations, group workshop sessions and a one on one consultation with Trish. The rate excludes any additional spa treatments, beverages, spirits, and laundry. Additional nights have beneficial rates and are subject to availability at time of booking. Early booking essential as numbers are limited**

### **Bookings**

### **Trish Holdengarde :**

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