



Abrahamskraal

SILENT RETREATS

A peaceful haven to take time out



This beautiful, historical farm – close to Prince Albert in the Great Karoo – offers a contemplative setting in nature to support **silence** and **inner stillness**.

It is surrounded by nature's wide open, uninterrupted spaces, offering many consciously created areas where you can withdraw for quiet meditation or reflection.



For bookings or enquiries contact
info@abrahamskraal.co.za
Hestie Fourie, 082 649 4235
www.abrahamskraal.co.za

*Break away from hurry sickness and worry sickness
and experience the healing energy of the Karoo*

Retreats at Abrahamskraal offers a calm space to:

- connect with nature
- refresh your thoughts
- reconnect with your inner truth
- start creating a new approach to life and its challenges



Elements of the retreat:

Mediation: Quiet the inner chatter and connect with stillness

Coaching Sessions: Leading you to integrate insights and support your next step in life. (not compulsory)

Silence: Rejuvenate your physical, emotional and spiritual well being

Yoga: Unite body and soul

Massage/Reiki: Connect deeper with your body and restore energy

Wholesome food: Healthy home cooked meals – we prefer fresh locally sourced products and accommodate dietary preferences.



Your hostess: Hestie Fourie

a Professional Educationalist and Events Organiser

Your coach: Gretha Cronjé

a Certified Integral Coach, Consultant and Facilitator
www.grethacronje.com

For full details, dates and cost

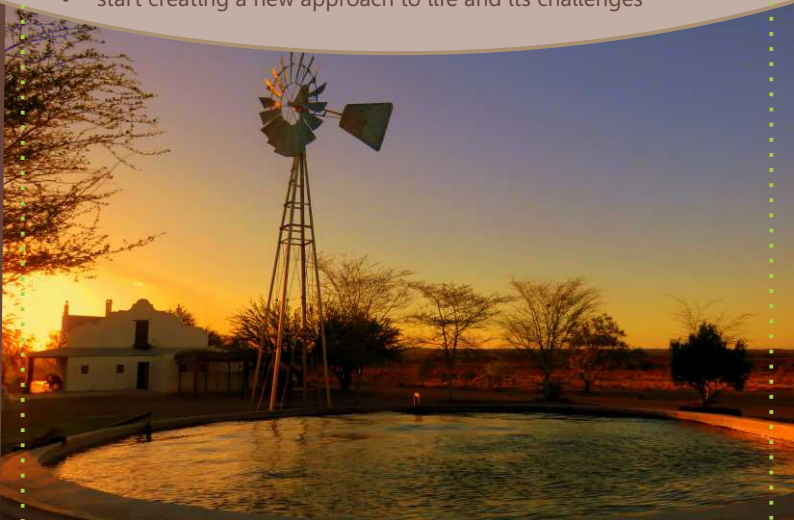
visit www.abrahamskraal.co.za

or write to info@abrahamskraal.co.za

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