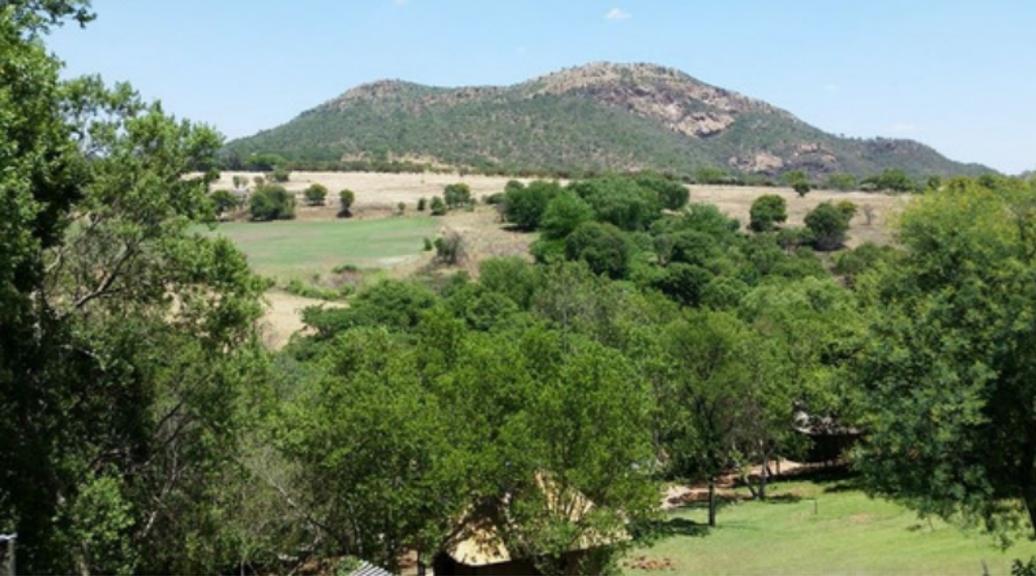


Health & Well-being Retreat

23 - 25 NOVEMBER 2018

SPIRAL ALOE



Health & Well-being Retreat

With views that look to the crescents of Memory Mountain and pockets of rest in rooms nestled under old trees, Riverview provides a place of silence and retreat from the busy cycles of dysregulation in our daily lives.

Held in contemplative silence, this retreat will give you the space and time to reflect while you walk the journey toward greater physical, emotional and spiritual well-being.

Explore healing modalities through the practice of mindfulness, insightful meditation, and inquiry, accompanied by therapeutic treatments and loving food.

Join us as we engage on the leading diseases of lifestyle, an introduction to Lifestyle Medicine, basic biometrics, health and lifestyle diseases, active living, emotional well-being, and resiliency.



About Us

Dr Mothomang Diaho

Dr Mothomang Diaho qualified as a medical doctor in Public Health at the University of Adelaide Australia 33 years ago and later completed a Masters degree in business. She is a qualified Gestalt practitioner and is passionate about preventative medicine, believing that lifestyle is the real medicine. She is the Medical Director of Spiral Aloe Medical Wellness and through consultation and engagement shares insights to optimise health and create wellbeing. She explores the direct relationship between the degree of awareness and the potential for new choices of behaviour that support the individual's wellness journey. She employs dialogic tools coupled with genetic testing to provide a unique perspective on health, diet and physical activity optimisation.

Ms Nobantu Mpotulo

Ms Nobantu Mpotulo is part of the Ethical Coach programme that was pioneered by Ben Croft and has been coaching for almost 20 years. She is a graduate of the Spirit Rock Meditation Centre in Community Dharma Leadership. She practices mindfulness in every situation and takes her clients to unimaginable heights. Nobantu is accredited as a professional Certified Coach with ICF. She facilitates peace circles, is an Enneagram Teacher and Gestalt practitioner.

Programme

Friday 23 November

- 14:30 - 16:00: Wellness Assessment
- 16:00 - 18:00: Check-in and Discovery
- 18:00 - 19:00: Dinner
- 19:00 - 21:00: Mindfulness Film and Engagement

Saturday 24 November

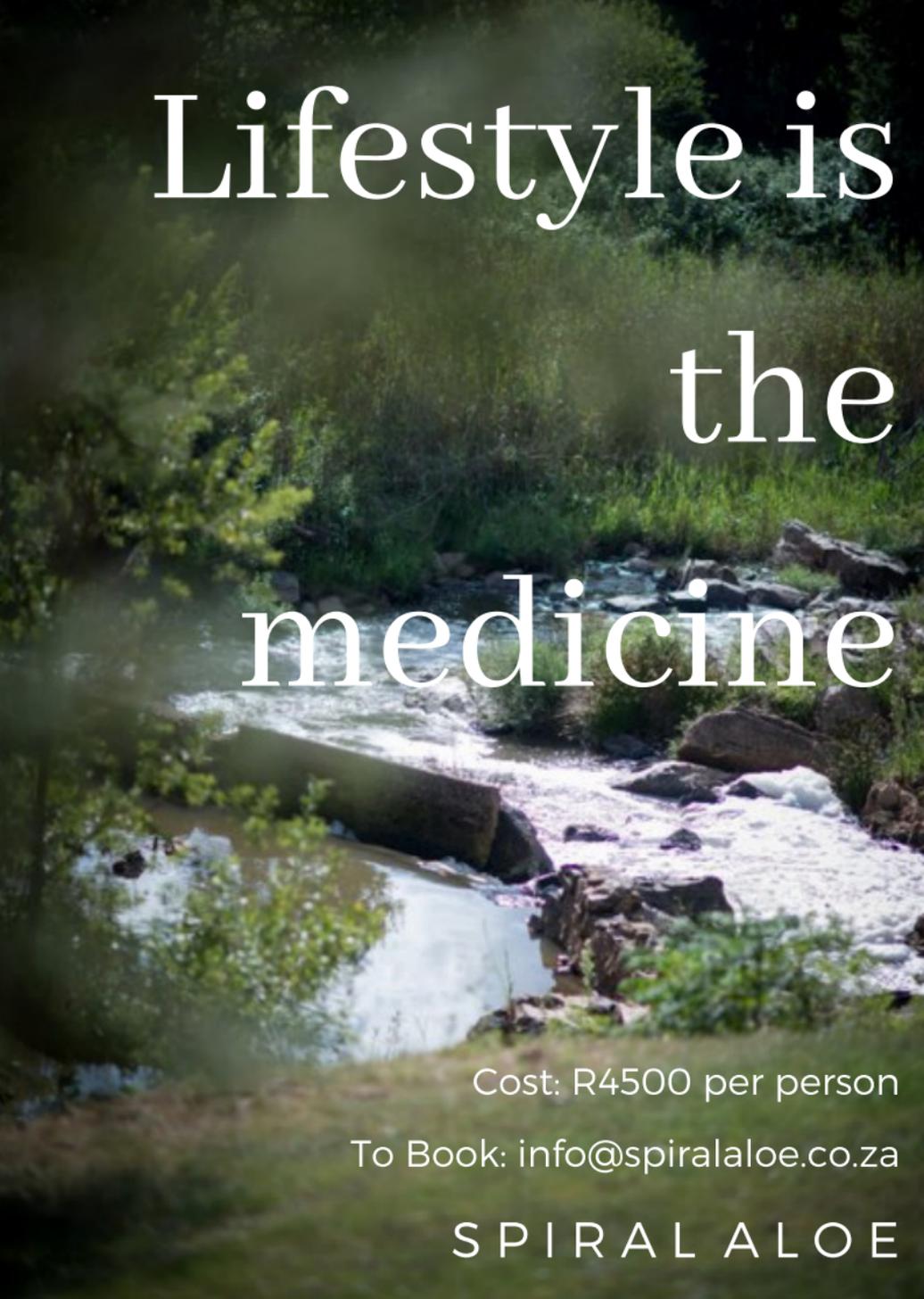
- 06:00 - 06:30: Morning Walk
- 06:30 - 07:00: Meditation
- 07:00 - 08:00: Breakfast
- 08:00 - 09:00: Grounding Mindfulness Practice
- 09:00 - 11:00: Wellness Practice
- 11:00 - 11:15: Tea
- 11:15 - 12:15: Somatic Work
- 12:15 - 13:00: Silent Lunch
- 13:00 - 16:00: Journaling / Relaxation / Therapeutic Massages
- 16:00 - 16:30: Meditation
- 16:30 - 17:30: What are your fears?
- 17:30 - 18:00: Dialogue and Engagement
- 18:00 - 19:00: Dinner
- 19:00 - 21:00: Fireside Storytelling

Sunday 25 November

- 06:00 - 06:30: Morning Walk
- 06:30 - 07:00: Meditation
- 07:00 - 08:00: Breakfast
- 08:00 - 10:00: What is holding you back?
- 10:00 - 12:00: Wellness Assessment Feedback
- 12:00: Lunch

Unlimited use of facilities:

Jacuzzi, Sauna, Steam Room, Outdoor Pool



Lifestyle is the medicine

Cost: R4500 per person

To Book: info@spiralaloe.co.za

SPIRAL ALOE