

The background features a series of concentric circles on the left side, transitioning into wavy, organic shapes in shades of green, brown, and blue on the right side. The overall aesthetic is calm and natural.

# Reclaim Your Centre

*A day of soulful restoration and gentle reset.*

Pause • Breathe • Reconnect 01 August 2026 | Boschendal

# Surface solutions cannot heal what lives beneath

Many of us navigate life managing a profound duality between how we present ourselves and how we truly feel.



## The Capable Exterior

Managing daily pressures, functioning at a high level, and showing up relentlessly for others.

## The Unseen Exhaustion

Moving through a season of transition, silent questioning, emotional fatigue, and root-level stagnation.

# The journey to lasting internal change

You are here because something within you knows there is a deeper potential waiting. A life with greater clarity, peace, and purpose is possible when we stop settling for temporary fixes.

## 1. Acknowledge the Call

Honour the inner knowing that you require a day to slow down, step away from daily pressure, and attend to your own spirit.

## 2. Break the Root Pattern

Move beyond the surface and noise. Reclaim your joy and your inner child.

## 3. Elevate from Within

Rediscover your power, purpose, and peace—not as a temporary state, but as a renewed, authentic way of being.

# Three pillars to gently reset your inner balance

An invitation to release tension, regain clarity, and restore your spirit through a meticulously designed sequence.

## PAUSE

Step out of cognitive overload and physical tension.

**Modality:** Restorative Yoga & Gentle Somatic Practices

**Focus:** The Body

## BREATHE

Access the subconscious to heal the root of emotional fatigue.

**Modality:** Guided Breathwork & Subconscious work to reclaim your joy.

**Focus:** The Mind & Subconscious

## RECONNECT

Reawaken your intuitive wisdom and authentic self.

**Modality:** SoulCollage®

**Focus:** Imagination & Intuition

# The Triad of Restoration

Three distinct pathways converging to form one profound reset.

<b>Modality</b>	<b>The Entry Point</b>	<b>The Mechanism</b>	<b>The Outcome</b>
Somatic Yoga & Breathwork	The Physical Body	Awareness and Releasing and regulating nervous system	Somatic calm and physical spaciousness
Subconscious Rewiring (RTT Principles)	The Deep Mind	Breaking root emotional patterns and releasing limiting beliefs	Reconnecting to joy and enduring peace
SoulCollage®	Active Imagination	Exploring limitations of self-knowledge and accessing authentic inner wisdom	Creative clarity and renewed joy



# Accessing the subconscious to uncover the root

Surface-level rest is insufficient for deep-seated emotional fatigue. True restoration requires accessing the subconscious to rewire our mindset for peace and confidence.

## Discover the Root

We move beyond the noise and into your truth, safely exploring the subconscious to uncover what is genuinely causing low energy, anxiety, or emotional blocks.

## Reconnecting to Joy

Using principles of Rapid Transformational Therapy (RTT®)

## Lasting Change

This is not a temporary spa treatment; it is an internal rewiring. Feel lighter, more focused, and ready to live fully.

# Erika | LEELTherapy

*Guiding you through the subconscious to liberate, empower, elevate, and love.*

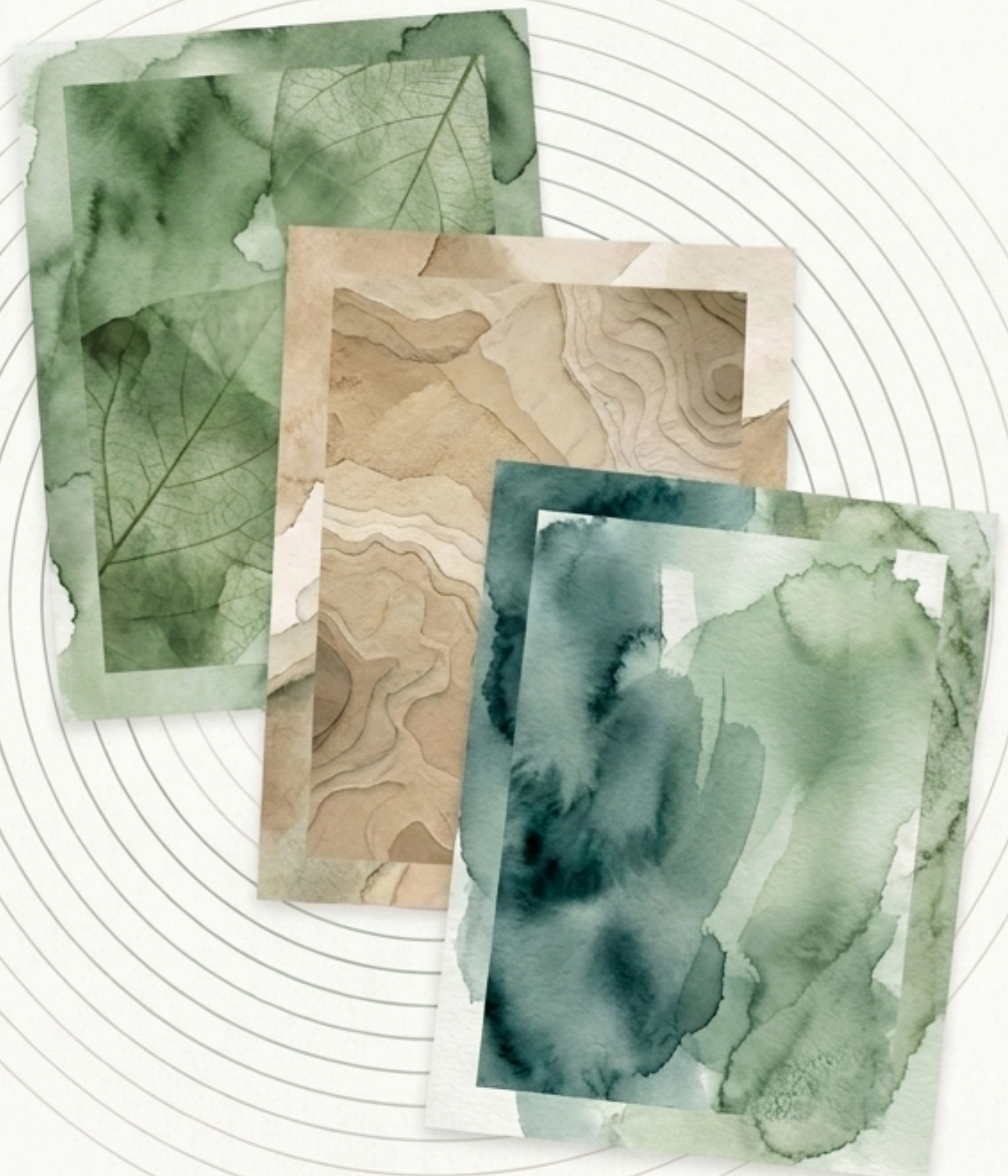
Erika specializes in Rapid Transformational Therapy (RTT®) and uses subconscious work, helping individuals break free from emotional and physical blocks. She provides a safe container for deep internal rewiring, allowing clients to overcome trauma, fears, and stagnation, and experience joy, fulfillment, and balance in their lives. She is also a certified yoga teacher with over 30 years of experience in breathwork.

## The Joyful Approach

Erika also brings elements of joyful, sensory reconnection to her practice. Her work helps reawaken the light-hearted, spontaneous inner child—restoring emotional balance, releasing mental tension, and rediscovering genuine warmth and joy.

**Focus Areas:** Subconscious rewiring, lasting transformation, inner child reconnection.





# Imagination as a vital resource for navigating crossroads

When we feel stuck or exhausted, logic alone cannot always map the way forward. We must engage our intuition.

## **The SoulCollage® Modality**

An intuitive, Using active imagination that honours your personal journey and reconnects you with your authentic self.

## **Play and Create**

By stepping away from analytical thinking and into imagination, we explore the crossroads of our lives—inner and outer, known and unknown. This joyful, playful practice allows profound insights to emerge organically, offering fresh perspectives on your life's direction.

# Don Shay | Integral Coach

*Using imagination and intuition to resource the human spirit.*

“Tell me, what is it you plan to do with your one wild and precious life?” — Mary Oliver

Don is a Certified Integral Coach®, iEQ9 Integrative Enneagram Practitioner, and an Accredited Artist's Way and SoulCollage® Facilitator. He specializes in creating environments where rich reflection, deep trust, and active imagination can flourish.

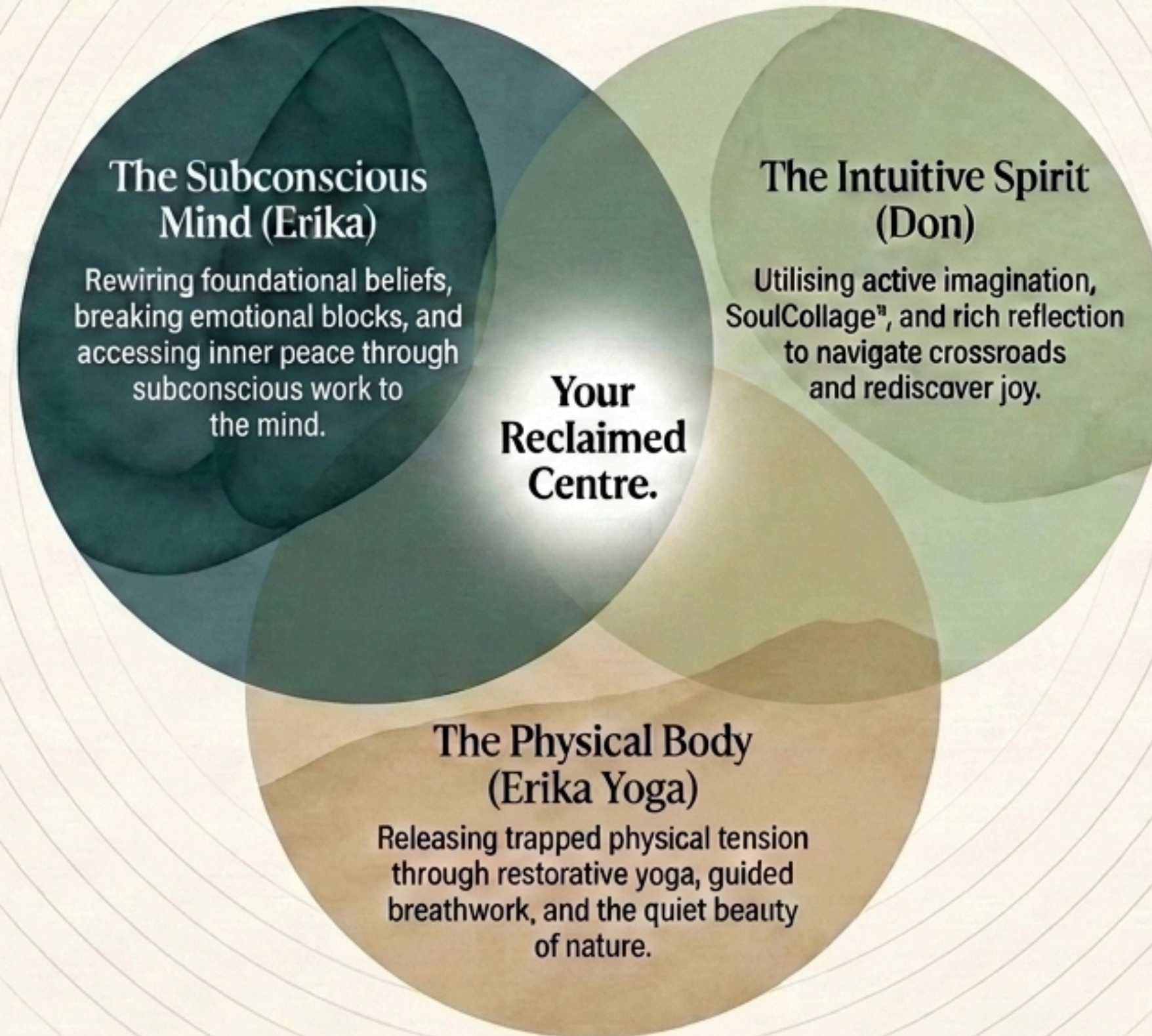
## A creative Catalyst


Don guides individuals to resource and refresh themselves, using creativity not as an art project, but as a profound tool for self-discovery, navigating life transitions, and honouring your personal journey.



# The Architecture of Transformation

A meticulously engineered container combining three powerful dimensions of human experience.





# The Container for Your Reset

*"Nature is not just a backdrop; it is an active participant in your restoration."*

**Venue:** The BE Hive, Boschendal Estate

Nestled deep within the Franschhoek valley, Boschendal provides the quiet, expansive space necessary to step away from daily pressure. The natural beauty of the estate supports somatic grounding, allowing your nervous system to exhale fully the moment you arrive.

# Join us to Reclaim Your Centre

Spaces are strictly limited to ensure a safe, intimate container for deep restorative work.

## Date & Time

Saturday, 01 August 2026  
08:30 for 09:00, concluding at 16:30

## Location

Boschendal, Gate 1685, BE Hive  
Pniel Road, Franschhoek, 7690

## The Investment

R1590.00 per person

Early Bird Special: R1450.00  
(For bookings made before 10 July 2026)

All day catering: Light snacks and fabulous locally grown organic forest to fork lunch.  
Please bring your own yoga mat and light blanket.

**Leave with greater clarity, renewed energy, and a nourished spirit.**

Choose not to settle for unseen exhaustion.

Give yourself the space to pause, the safety to breathe, and the guidance to reconnect.

**Secure your space today.**