

**Vision Board Retreat**

Step into Spring "raring to go" - with clear vision and a sense of purpose. This is the season to plant seeds for a future harvest: to reflect, make choices, recharge and re-connect with your direction.

**Take Action**

Join Moira Burmeister and Karen Nebe at Temenos Retreat in McGregor for a weekend of new possibilities from 31 August – 2 September 2018

Package includes accommodation, meals, art materials, creative guiding, guided meditations, mindful movement and 2 follow up coaching sessions.

Connect for more details.  
[karen@karennebe.com](mailto:karen@karennebe.com)

**Quicket**  
 QUICK ONLINE TICKETS

Have you been promising yourself to create a **Vision Board** for...ages? Never enough time?  
**Time to STOP!** We will guide you through the process and re-connect you with your vision.

Step into Spring "raring to go" - with clear vision and a sense of purpose. This is the season to plant seeds for a future harvest. Join Moira and Karen for a weekend in the nurturing gardens of **Temenos Retreat in McGregor, South Africa**. Take time to reflect and make important choices and take action. Be still and present in a space that helps you to restore and recharge so that you can move forward with intention.

Through guided coaching conversations and creative processes we will help you to become clear on what is most important to you and to create a **Vision Board on Canvas** that helps you bring new possibilities to fruition. You'll be able to display your Vision Board in your space (work or home) so that you can view it on a daily basis which will help to keep your focus.

During the weekend we will reflect, write, experience guided meditation and mindful movement and get creative. **NO ART EXPERIENCE IS NECESSARY**. After the weekend you will have the opportunity to have a **follow up coaching session** with both Moira and Karen individually.

The package includes 2 nights accommodation, meals, art materials, guided meditations, mindful movement and creative guiding and coaching sessions.  
 Sunday night accommodation is free and optional. (supper on Sunday evening is not included).  
 Beverages from the restaurant are not included. (coffees, teas, bottled water & sodas). The cottages are set up for self-catering with fridges.  
**ALCOHOL IS NOT ALLOWED ON THE RETREAT.**  
 Personal Investment: R4900 per single cottage  
 Or R4300 pp sharing cottage with a friend

To book your space: Karen: +27 82 828 2028 [karen@karennebe.com](mailto:karen@karennebe.com)  
 Tickets available at [Quicket](https://www.quicket.com.au)



## More about Your Hosts:



**Moira Burmeister is an Integrative Life Coach, Counsellor and Naturalist** who has spent over 20 years working with the mind, body & spirit connection. Her passion is to connect individuals to self through nature. Moira guides Mindful Walks in Nature for Corporate Wellness, Health Care Providers in NGO'S and private individuals.



**Karen Nebe is a Creative Guide, an Ontological Coach and a Leadership Embodiment Coach.** Karen has over 15 years of Corporate Retail & Marketing experience. She now partners with clients to reconnect with their own inner wisdom and cultivate a more resilient and resourceful way of being. Through guided art processes, coaching conversations and mindful body practices she invites self compassion, curiosity, and playfulness.

**More about Creative Guiding:** In a nurturing environment Karen gently nudges and steers the art making. She draws on inspiration from nature and its elements, stories, poetry and other stimuli. **The emphasis is on the experience of creating, developing and reflecting through the artwork and not on the finished product.** An invitation to let go of expectations and be curious about whatever emerges.

