

PROGRAMME

Our programme is thoughtfully structured to guide you through meaningful connection and growth. Each day includes group info sessions, private couples exercises, personal reflection time, and opportunities to explore the surrounding nature.

A taster of the topics we'll explore:

Day 1 Our Enneagram patterns Self-compassion

Day 2 What's right about me and us How our instincts differ Pitfalls in our relationship Childhood patterns

Day 3 Our social and conflict styles Triggers

Day 4
Growth and transformation

This retreat is for you if any, some, or most of the following is true for you:

- You need time to reconnect with each other and what matters most
- You're ready to face what's been getting in the way of deeper connection
- You want to better understand yourselves and your relationship
- Your relationship feels a bit drained or off-track
- You're drawn to time together in a supportive, meaningful setting









OOSTS, FOOD AND ACCOMMODATION

What is included in the price:

- 3 nights' accommodation at Swartvlei Guest Farm https://www.swartvleiee.co.za/
- All lunches and dinners, prepared by a dedidated chef
- Daily refreshments, coffee & tea
- 4-day programme, including all group sessions and exercises
- Comprehensive Enneagram Couples report.
- Birding
- Hiking
- Kayaking

Price per couple, all inclusive

Manor house private room with en-suite bathroom, sharing kitchen R8 700

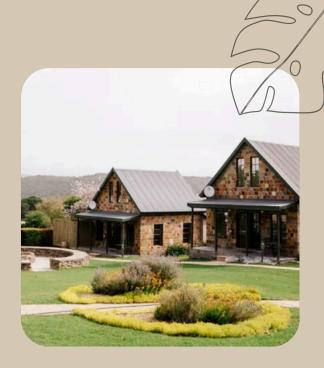
Fully private cottage with bathroom and kitchenette Includes a wood-fired hot tub R10 700

Excludes:

- Transfer to/from airport
- Drinks (honesty bar)
- Optional activities, é.g. boat trips, couples massages
- Self-catering breakfasts

Delicious Food

Hearty, soulful food is prepared especially for our group by talented chef Zelide Breedt. Her menus are designed to delight and surprise.







BOOKINGS ARE CONFIRMED WITH A 50% DEPOSIT.

FACILITATOR



Hilde Hay is a certified Enneagram practitioner and experienced retreat facilitator. A research psychologist by

training, she grounds her passion for emotional wellbeing in sound theoretical knowledge. Facilitating couples' retreats is one of her greatest joys, for any journey of connection is a privilege to witness, and a quiet miracle.

....because finally
after all the struggle
and all the years,
you've simply had enough
of drowning
and you want to live and you
want to love and you will
walk across any territory
and any darkness,
however fluid and however
dangerous, to take the
one hand you know
belongs in yours.

From The Truelove, David Whyte



For bookings, please email info@knysnaretreats.co.za



More information www.knysnaretreats.co.za





"The weekend was life-changing. We've never attended anything that just made so much sense." -E.F.

"Hilde has such a gift for holding the space with gentleness and non-judgement. I never felt any pressure. I'm so grateful to have been a part of this." -C.B.

