



# MAKING SENSE OF US

18 - 21 September 2025  
Swartvlei Guest Farm

*We're all just walking  
each other home...*

**AN ENNEAGRAM EXPLORATION  
FOR ALL COUPLES**

**COUPLE-FOCUSED;  
NO COMPULSORY GROUP SHARING**

**EXPLORE, CONNECT AND TRANSFORM  
YOUR RELATIONSHIP TOGETHER**

# 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



# COSTS, 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 dedicated 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, e.g. boat trips, couples massages
- Self-catering breakfasts

## Delicious Food

Hearty, soulful food is prepared especially for our group by talented chef Zelide Breedts. 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](mailto:info@knysnaretreats.co.za)



**More information**  
[www.knysnaretreats.co.za](http://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.*

