

# THE HEART OF KINDNESS WOMEN'S RETREAT

28 May - 2 June 2025

Buffels' Bay

Because kindness  
begins with taking  
care of yourself.



OUR POPULAR CORE  
ENNEAGRAM PROGRAMME

NOW EXPANDED INTO A  
TRANSFORMATIVE RETREAT

DEEP RELAXATION,  
DEEP DISCOVERY

# PROGRAMME

Our programme is structured yet flows with ease and calm. Each day includes a nature experience, group sessions, guided silent time, and relaxation. Whether sharing a room or seeking solitude, there's plenty of space to be on your own.

## Day 1 **Creating a shelter of kindness**

Working with instead of against my body |  
Creating an inner landscape that feels safe

## Day 2 **Exploring my own life patterns**

Delving deeper into my Enneagram type |  
Individual exploration sessions

## Day 3 **Learning to see my loveable parts**

Instincts | What's good about me

## Day 4 **My beautiful, flawed self**

Self-compassion | Self-acceptance |  
Childhood | Triggers | Blind spots

## Day 5 **Finding balance**

Harmony Triads & Growth paths

## Day 6 **Taking care of myself**

Dealing with Obstacles and Expectations



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

- You need space and time to re-connect with yourself
- You want to understand yourself better
- You want to spend time with like-minded people
- You long to be in nature
- Your life priorities feel upside down
- You've been neglecting yourself
- Your cup feels empty
- You feel ready to face what's been bothering you
- You want to improve your relationships with others
- You simply feel the urge to go!





# COSTS, FOOD AND ACCOMMODATION

Price includes:

- 5 nights' accommodation in a beach house with beautiful views
- 5 breakfasts
- 4 dinners
- 1 picnic lunch
- Daily refreshments, coffee & tea
- Individual Enneagram coaching session
- 6-day programme, including all group sessions and exercises
- Select outdoor activities
- Comprehensive Enneagram report.

Excludes:

- Transfer to/from airport
- Alcoholic drinks (honesty bar)
- Sanparks entrance fees
- 1 Dinner and 3 lunches

## Delicious Food

Our food is hearty and homemade, using only free-range meat and eggs. Vegetarian option available. For own meals, there is a beach restaurant within easy walking distance from the venue.

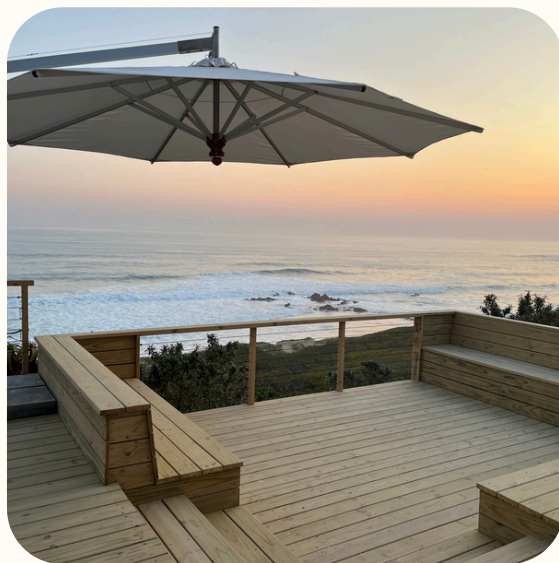


## Price per person sharing, 2 single beds

Courtyard double room R9 400  
Garden / Dune view double room R9 800  
Sea view double room with balcony R11 200  
Small single room with sea view R10 500

## Don't feel like sharing?

Any of the double rooms can be booked as single rooms; please add R650 per night. (R3250)



BOOKINGS ARE CONFIRMED WITH A 50% DEPOSIT. PAYMENT PLANS ARE AVAILABLE TO SPREAD YOUR COST OVER 2 OR 3 MONTHS - PLEASE ENQUIRE.

# FACILITATORS



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. She has a private practice in Knysna, offering career guidance and Enneagram coaching, and volunteers locally as a leadership training facilitator.



Gillian Doná is a Psychologist, Career Coach, and Enneagram practitioner who brings a deep passion for empowering people to live as their truest, most

fulfilled selves. She works in private practice in Johannesburg, offering career coaching and counselling as well as brain-based wellness interventions.

This hurting world needs you to quiet the noise inside your mind and look and listen deeply to what is right in front of you - your beautifully flawed human self included - with care and kindness and the deepest kind of compassion.

*Julia Fehrenbacher*



**For bookings, please email**  
[info@knysnaretreats.co.za](mailto:info@knysnaretreats.co.za)



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

*"Hilde creates such a warm, welcoming space to relax, and grow. She gently trusts each person's own wisdom to heal, without pressure or judgment. This retreat was a real gift—I learned so much and am so grateful for the experience."*

*"I've attended several group sessions facilitated by Gillian, and I cannot recommend her enough. She is kind, caring, and deeply empathetic, creating a safe and supportive space for everyone. Her professionalism and expertise truly stand out, making every session valuable and insightful."*

