

The Pulse Retreat

South Africa

Live to the pulse of your life.... on safari

Dates Coming Soon

<https://elantlc.co.uk/the-pulse-retreat/>

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Why feel you have to choose between engaging in life-changing conversations or a holiday when you can combine the two?

Pulse Retreats combine world-leading transformational coaching with the opportunity for experiential relaxation in extraordinary locations around the globe.



Join us in for our 5 day Pulse Retreat in the magnificent Madikwe Game Reserve where we will be learning to live to the pulse of our life while immersed in the splendour of the South African bush.

A Pulse Retreat nurtures the ideal environment in which to examine your mindset, improve your well-being and take on a new outlook to happiness. We focus on developing your states of being and supporting you to connect to your Purpose, Meaning, Spirituality and Vitality – resulting in you feeling more comfortable, healthy and happy, as well as improving the quality of your relationships both with yourself and others.

Our thoughtfully crafted itinerary draws on the nature of the environment to complement and enhance our coaching programme. It embraces the natural landscape and incorporates local experiences into your personal learning and development throughout the retreat. So this expect talks around the Boma (firepit), interactive group coaching sessions in the bush, as well as 1-2-1 coaching sessions and plenty of opportunities to see the Big 5 on safari.

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Key Information

Dates:

TBC

Number of nights:

6

Location:

Johannesburg and Jaci's Lodge in the Madikwe Game Reserve, South Africa

Max. group size:

14

Food and drink:

All-inclusive while at Jaci's Lodge

Accommodation:

You will have a private room or luxury tented suite to yourself throughout the retreat.

1 night at a 5* hotel in Johannesburg

5 nights in a luxury tented suite at Jaci's Lodge in the Madikwe Game Reserve

Single supplement:

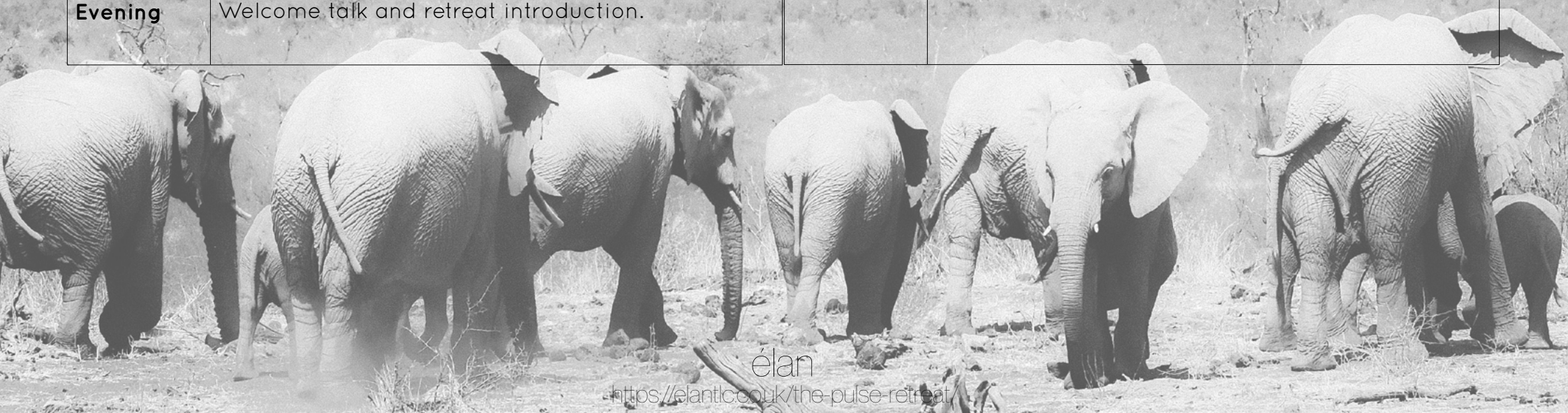
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Perfect for:

Anyone wishing to make positive changes in their life, who is courageous enough to take a deeper look at themselves to discover their true purpose and who wants to explore this in an awe-inspiring landscape.

Retreat Itinerary

Day 1		Day 2	
Morning	Arrive at leisure throughout the day in Johannesburg.	Morning	GROUP COACHING: TAKING YOUR PULSE. Before embarking on your journey, it is important to pause for a moment to take a breath and slow the mind down. Take stock of your current situation: What do you know about yourself? What are you searching for? Why are you here?
Afternoon	Optional excursions available on request.		
Evening	Accommodation: 5* hotel in Johannesburg	Afternoon	BODYWORK SESSION AND 1-2-1 COACHING: CHECKING YOUR PULSE. Is everything that you <i>know</i> about yourself true? What could life look like if you rewrote the rules or got rid of them all together? The afternoon is split between 1-2-1 coaching time and a Bodywork group session to develop the connection between your mind and body.
Sunday 23rd February		Evening	Evening safari and sundowners to nourish your sense of adventure and wonder.
Morning	Depart for Madikwe Game Reserve via private luxury coach transfer.		
Afternoon	Arrive at Jaci's Lodge (accommodation for next 5 nights). Have lunch, settle in and enjoy your first safari.		
Evening	Welcome talk and retreat introduction.		



Retreat Itinerary

Day 3		Day 4	
Morning	Nature walk and breakfast in the bush. GROUP COACHING: QUICKENING YOUR PULSE. Get ready to journey into your identity and beliefs. Why do you think the way you think? Is there a reason that you behave in a certain way?	Morning	Morning energiser yoga session. GROUP COACHING: THE PULSE OF YOUR MIND. It's time to look at how you deal with struggle, challenges and upsets. Is everything that you believe to be true actually true? Instead of being overwhelmed and stressed, what if you felt gratitude and peace? How different could your life be?
Afternoon	GROUP COACHING: MATCHING YOUR PULSE TO OTHERS. Learning how to live in harmony with others and traverse the challenges of your relationships is an essential step towards living a life full of vitality and happiness. GROUP COACHING: PULSE OF THE WORLD. How does your journey fit into the larger picture? What do you perceive your place in the world to be and is your life's purpose and meaning personal, local or global?	Afternoon	GROUP COACHING: FINDING THE RHYTHM OF YOUR PULSE. Explore what really makes you tick and what brings passion and joy into your life.
Evening	SLOWING YOUR PULSE. Downtime for you to enjoy a yoga or Bodywork session, have the chance to chat with the coaches or go for a swim or to simply watch the animals at the waterhole.	Evening	Evening safari and sundowners to continue to nourish your sense of adventure and wonder.



Retreat Itinerary

Day 5		Day 6	
Morning	Early morning safari. GROUP COACHING: LIVING TO YOUR PULSE. If there were no constraints or restrictions, what would you be doing right now? Who would you dare to be? What do you want your next step in your journey to look like?	Morning	Optional early morning safari or morning energiser yoga session GROUP COACHING: Appreciations, acknowledgements and completion
Afternoon	1-2-1 COACHING: SETTING YOUR PULSE. How are you going to take all of your happiness, purpose and vitality back into your daily life? This afternoon you will get a 1 hour private session with one of the coaches. You will also work individually on your own journals and journeys.	Afternoon	Depart for O.R.Tambo International Airport via private luxury coach transfer. Approx. arrival 17:00.
Evening	Celebration Dinner	Evening	Depart on international flights or continue with optional extensions.



Cost

Starting from £7,700 per person

Exact price TBC. 14 places available.

Reserve your place with only a 50% deposit.

Includes:

- Private room in 5* hotel in Johannesburg x 1 night
- Private luxury tented suite at Jaci's Lodge x 5 nights
- All-inclusive food and drink during your stay at Jaci's Lodge
- Return private group transfer in a luxury coach to Jaci's Lodge including snack pack
- All conservation and park entry fees
- At least 20 hours of group coaching
- Two 1-2-1 coaching sessions
- Bodywork sessions
- At least 3 evening safaris and 1 morning safari
- Guided bush walk and the chance to take your learning outdoors
- Yoga sessions
- 1 post-retreat 1-2-1 coaching session as well as online group support
- Group tip kitty

Not Included:

- Meals on Day 1 in Johannesburg
- Any activities not specified in the itinerary
- Flights to Johannesburg. The airport in Johannesburg is O.R. Tambo International Airport (JNB). It is your responsibility to book a flights.
- Any visas required. We recommend that you check with your foreign office for any South African visa requirements. If you are British, this information can be found on the FCO website: <https://www.gov.uk/foreign-travel-advice/south-africa/entry-requirements>
- Personal travel insurance. All participants on a Pulse Retreat are required to have comprehensive travel insurance.
- Any vaccinations required for travel. You should consult your GP for any vaccinations required before travel.



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Please visit the Pulse Retreat website for further information, which can be found at <https://elantlc.co.uk/the-pulse-retreat>. Full retreat terms and conditions can be found here (click to open link).

If you would like to extend your stay in South Africa either before or after the Pulse Retreat, please get in touch and we would be happy to help you make further travel arrangements.

If you have any questions regarding the retreat, please get in touch with ian.hale@elantlc.co.uk

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