



A Transformational 3-day Retreat to Reawaken your Passions, Rediscover your Purpose, and Reignite your Joy!

Uncover new layers of your authentic self and align with your soul's highest calling through the wisdom of the goddess archetypes.



Does This Sound Like You?

- Feeling burned out, overwhelmed, and torn between personal needs, work commitments, and loved ones?
- Facing pivotal life changes, questioning your purpose, identity, or direction?
- Held back by societal expectations, self-doubt, or unresolved trauma?
- Disconnected from your body, emotions, and vital life force?
- Or perhaps you simply feel called to take a step back and realign with your truest self.

This retreat is your **sacred pause**—a chance to reclaim your power, reignite your passions, and step into a life of vigour, energy, and a renewed sense of self.



Why Choose This Retreat?

Set at the renowned Temenos Retreat Centre in McGregor's tranquil village, this experience nurtures mind, body, and soul. With nurturing guidance, transformational healing, and practical tools, you'll:

- Reignite your vitality and joy.
- Reclaim your personal power.
- Realign with your authentic self and life's purpose.

What Previous Participants Say:

"This is the best thing I could ever have done for myself!"

"Words cannot describe the profound change I feel in my soul."

"I learned so much about my relationships, and why they keep failing!"

"Such a liberating retreat, with so much wisdom and gems."

"Thank you with deep respect and gratitude for taking me deep within to an even deeper self-discovery."



What Awaits You:

Experiences:

- **Peaceful Self-Reflection:** Reconnect with yourself as you wander through the tranquil, lavender-scented gardens of Temenos or find stillness by its serene ponds. This elegant, nature-filled retreat centre is designed to invite inner silence and mindfulness.
- **Guided Healing Practices:** Immerse yourself in transformative experiences, including soul-stirring meditations, gentle movement practices, and optional Kahuna bodywork (available at a special retreat rate) that nurture your physical and emotional well-being. Discover a renewed connection to your body, sensuality, and physicality through these holistic practices.
- **Heartfelt Connections:** Engage in intimate fireside chats, breathtaking nature walks, and soulful fellowship with like-minded individuals. Share meaningful conversations and insights in a safe, nurturing space where you can fully express your authentic self.
- **Soulful Energy of Temenos:** Feel the deeply invigorating energy of Temenos Retreat, located in the peaceful, eclectic village of McGregor in the Western Cape, South Africa. The serene surroundings, coupled with the wisdom shared during the retreat, create an unmatched environment for self-discovery and growth.
- **Opportunities for Joyful Exploration:** Take advantage of breathtaking nature walks, invigorating swims, and serene moments of reflection. This retreat offers the perfect balance of structure and freedom, allowing you to tailor the experience to your unique needs.

Learnings:

- **Discover Archetypal Life Stages:** Explore the universal patterns our souls express in this life. By understanding these archetypes, you'll uncover hidden strengths, overcome self-sabotaging behaviours, and align with your highest purpose and soul mission. This awareness brings a sense of peace, flow, and ease to your life.
- **Insights from Greek Mythology:** In a fun, empowering, and deeply insightful way, delve into the world of mythical Greek gods and goddesses. These timeless stories serve as mirrors, revealing personal patterns, blind spots, and hidden potential. Gain profound clarity about your behaviours and those of the people around you, unlocking new possibilities for growth and connection.
- **Practical Tools for Everyday Life:** Learn powerful techniques for self-expression, clarity, and balance. Discover how to apply these tools in your daily routines to create harmony, strengthen relationships, and foster a deeper sense of fulfilment in your life.

Walk Away With:

- **Restored Well-being:** Feel your nervous system enter a state of deep calm and restoration, unlocking the energy needed to heal and revitalize. Surrounded by the fresh air of the Cape countryside, nourished by wholesome meals, and grounded through gentle movement, your mind, body, and soul will be nurtured in harmony.

- **Inspiration & Clarity:** Reignite your passion for life as you uncover your unique gifts and learn how to express them in empowering ways. Gain a renewed sense of purpose and direction that energizes your creativity and drive.
- **Connection, Flow & Harmony:** By prioritizing meaningful self-care, you'll cultivate deeper relationships with yourself, others, and life itself. Discover how creating space for understanding leads to effortless flow and harmony in all your connections.
- **Personal Power & Balance:** Gain honest insights into where your personal power has been suppressed or lost and learn how to reclaim it. Strengthen your inner resolve and confidently express your grounded, authentic power in the world.
- **A Clearer Life Purpose:** Align with your soul's authentic calling, embodying a sense of ease, grace, and flow. Step into a life of purposeful expression, where your path feels clear, vibrant, and deeply fulfilling.

Unique Features:

- **Archetypal Life Stages & Greek Mythology:** Explore your life's journey through a blend of ancient wisdom and self-discovery. These frameworks will unveil patterns that may have kept you stuck and provide pathways toward growth.
- **The Serene Temenos Retreat:** Set in the heart of McGregor's rolling hills, this sanctuary features tranquil gardens, quiet ponds, and cozy cottages—ideal for unwinding and reflecting.
- **Integration of Ancient & Modern Practices:** Experience rituals that connect you with timeless wisdom, paired with tools designed for modern living.
- **Your Facilitator:** Celeste Du Toit—a seasoned retreat leader with over a decade of experience in transformational coaching, holistic healing, and self-awareness facilitation—will guide you through a deeply personal journey of renewal. Known for her compassionate and grounded approach, Celeste incorporates powerful techniques such as Neuro-Linguistic Programming (NLP), Family and System Constellations, energy healing, and body-centred practices to help participants unlock their true potential and align with their soul's purpose.
- **A Holistic Approach:** From meditation and movement to reflective journaling and nurturing group discussions, this retreat addresses every layer of your being.

To book or Enquire: – email hello@celestedutoit.co.za

Retreat Details:

Dates: March 6–9, 2025

Location: Temenos Retreat Centre, McGregor, Western Cape

Fee:

- Normal rate: R6,850 – Includes private accommodation, meals, and all activities.
- R4,000 – Non-residential option (meals included).

What's Included:

- Private, fully equipped cottage for three nights.
- Wholesome delicious breakfasts and dinners (Thursday evening to Sunday morning).
- Tea/coffee and all retreat activities.
- Optional 45-min private online session with Celeste (pre- or post-retreat)
- Shared accommodation discounts available upon request.

Enquiries: – email hello@celestedutoit.co.za

Meet Your Facilitator:



Celeste Du Toit is a Durban-based Soul Alignment Coach. Through Transformational Coaching, Family Constellation Work, and Holistic Bodywork, she helps individuals shed outdated patterns, align with their truth, and embrace their highest potential.

A seasoned retreat leader at Temenos since 2014, Celeste combines grounded wisdom with deep spiritual insight, offering transformative experiences that inspire balance, clarity, and authentic expression.

Connect at www.celestedutoit.co.za or on social media - “Live Your Truth with Celeste”.

Spaces Are Limited. 50% deposit secures your place on this soul-stirring journey.

This is your moment. Your invitation to step into your most authentic self.

Book Now and Let's Journey Together! – email hello@celestedutoit.co.za