



## The RISE Healing Experience

*A Mind-Body Chronic Pain Healing Journey*

**21–24 May 2026 · Temenos Retreat Centre, McGregor**

**With Simone Steyn**

**(Hons. Psych, PgDip Pain Management, Masters Health)**



### Is Pain Quietly Running Your Life?

Perhaps you've been living with pain for months—or years. You've seen doctors, specialists, and possibly tried surgery. You've tried treatments, exercises, medications, supplements, and lifestyle changes... yet the pain continues. Maybe your scans are "normal," or the explanations never quite add up.

Over time, chronic pain doesn't only affect the body. It impacts your nervous system, emotions, relationships, confidence, work, and sense of safety.

The **RISE™ Healing Experience** offers a gentle yet powerful space to explore chronic pain through a mind–body lens—integrating modern pain neuroscience, emotional processing, somatic (bodily) reflection, and compassionate self-inquiry in a safe, in-person group setting.

## WHO THIS EXPERIENCE IS FOR

*The RISE Experience* is designed for individuals (16 years and older) who:

- Have been living with chronic pain for 6 months or longer
- Experience ongoing pain and other symptoms that persist despite medical care
- Feel confused, frustrated, or disheartened by conflicting explanations
- Notice that stress, emotions, or life pressures seem to influence symptoms
- Want to understand their pain without being told “it’s all in your head”
- Are open to a mind–body, emotion-focused & nervous-system-informed approach

To support safety and care, each participant will be offered a **free 30-minute 1-on-1 online session** before the event. This allows us to connect personally, discuss your needs and questions, and ensure that the *Rise Healing Experience* is a supportive and appropriate fit for you.

If you’re uncertain or would like to talk things through first, you’re warmly invited to book a session with me.

 [Click HERE to book your free session.](#)

## WHAT YOU WILL EXPLORE

Guided by a 5-Pillar Framework, you will be invited to explore:

- How chronic pain is created and maintained by the nervous system
- Why pain can persist long after tissues have healed
- The role of fear, stress, and emotional suppression in amplifying symptoms
- How your pain story, beliefs, and identity influence healing
- Working with inner parts to help you heal
- Gentle ways to calm the nervous system and build internal safety
- How emotional awareness and expression support pain recovery
- The impact of social relationships, crises, and secrets on your pain and symptoms
- How to improve your physical health by exploring sleep, diet, movement & wellbeing
- How to develop a kinder, more compassionate relationship with your body
- Exploring purpose and meaning in your life
- Relapse awareness and prevention

## WHAT TO EXPECT:

*The RISE Healing Experience* integrates:

- Clear, accessible pain neuroscience education
- Gentle nervous system regulation practices
- Guided reflection and written exercises
- Creative craft exercises for solidifying healing and learning
- Tools for brain rewiring and emotional awareness and expression practices

- Group discussions and shared learning in a supportive group environment
- Time in nature for integration and rest

A slow walk in nature and an **optional gentle yoga session** are offered as supportive elements—never as requirements.

## THE PROGRAM INCLUDES

### Pre-Event Online Session

- Live online orientation & introduction to mind–body pain. • Date & time to be confirmed

### In-Person RISE Healing Experience

- **21-24 May 2026**, Temenos Retreat Centre, McGregor, Western Cape. Checking in-time for the welcome and orientation session will be from **15:00 on Thursday, 21 May**. The retreat will end at around **14:00 after a closing ritual on the Sunday, 24 May**.

### Post-RISE Integration Session

- **90-minute online group check-in.** Approximately 2 weeks after the retreat (date TBC)

### Continued Support

- For those who feel called to continue working with me after The RISE weekend, a 20% reduction is offered on the first three 1-on-1 sessions in 2026.

## FEES

### Residential Option

- **R7,500**—Includes private accommodation, meals, and all online & in-person activities

### Non-Residential Option

- **R4,750**—For participants who live in McGregor
- Includes all meals and retreat activities

## WHAT'S INCLUDED

- Private, fully equipped cottage for three nights (residential option)
- Wholesome vegetarian brunches and dinners (*Thursday evening to Sunday morning*)
- All retreat activities and learning materials
- Access to sacred spaces and tranquil gardens
- Shared accommodation discounts available on request

Those who would like to stay on the Sunday evening can do so at 50% of the normal Temenos fee. Arrangements and payments for the Sunday evening need to be made with Temenos directly.

## WHAT PREVIOUS PARTICIPANTS SAY

- ❖ “The wealth of information and tools shared during RISE was truly life changing.”

- ❖ “Simone creates such a safe and caring space.”
- ❖ “I can highly recommend Simone’s RISE coaching program.”
- ❖ “Simone saved my life. Join her program. You will not regret it, and you will discover things about yourself that will help you to look forward to life again.”
- ❖ “I have never felt this connected to myself. The RISE program has helped me heal parts of myself I didn’t know needed healing.”
- ❖ “Finally someone that has also walked this road of pain and suffering. Simone gets it, and she is good at teaching how brain rewiring & childhood wounds play a role.”
- ❖ “Finding someone to be genuinely interested in my pain was a true gift.”
- ❖ “Simone is not only interested, but is fully invested in my healing.”



## MEET YOUR FACILITATOR

### **Simone Steyn: Founder of [PainEase Coaching](#)**

Simone is a certified mind-body health and wellbeing coach, a pain reprocessing and Emotion Awareness and Expression Therapy (EAET) practitioner, a mental health counsellor, a health researcher, and is always engaged in ongoing learning... Her work integrates Pain Neuroscience Education (PNE), Pain Reprocessing Therapy (PRT), EAET, mindfulness, and nervous-system-informed healing practices.

Her diverse training across various modalities, coupled with her personal journey, has given her deep insights

into working with individuals who are living with daily physical and emotional pain and other chronic symptoms. She is passionate about creating safe, compassionate spaces, in individual and group settings, where people can move out of fear and into healing—without blame, pressure, or pathologising.

Simone's Qualifications include the following Certificates and Degrees	Professional Memberships & Registrations
<p><b>Certificates in:</b> Addiction Coaching, Health &amp; Wellbeing Coaching, Pain Reprocessing Therapy, PNI-Psychoneuroimmunology Coaching and Emotional Awareness &amp; Expression Therapy (EAET) Therapy;</p> <p><b>Diplomas in:</b> Counselling and Communication; Postgraduate Diploma in Interdisciplinary Pain Management - UCT;</p> <p><b>Degrees in:</b> Bachelor in Applied Social Sciences; Honours in Counselling Psychology; Master's in Public Health Research - UCT</p>	<p>- Association for Supportive Counsellors &amp; Holistic Practitioners (<b>ASCHP: Registration no: SWC22/1428</b>)</p> <p>- Association for Treatment of Neuroplastic Symptoms (ATNS)</p> <p>- Pain South Africa (PainSA)</p> <p>- International Association for the Study of Pain (IASP)</p>

## OUR VENUE—TEMENOS RETREAT CENTRE

Nestled in the tranquil village of McGregor, **Temenos Retreat Centre** is a sanctuary of stillness, reflection, and natural beauty. With its lush gardens, non-denominational sacred spaces, and gentle atmosphere, Temenos offers an ideal setting for nervous-system regulation, deep learning, and meaningful inner work.

For a glimpse into this special place, visit [www.temenosretreat.co.za](http://www.temenosretreat.co.za)

## A FINAL WORD

Healing from chronic pain is not a quick fix. It's about safety, compassion, and gently learning a new way of relating to yourself and your body.

***The RISE Healing Experience*** invites you into a grounded, supportive space where healing becomes possible — not through force, but through awareness, connection, and care.

Your symptoms are real — whether they are visible or felt only by you. Your pain is real. Your diagnosis is real. And the impact on your life matters.

Chronic pain is often rooted in a nervous system that has become dysregulated through stress, injury, emotional suppression, or prolonged threat. When we understand this—and learn how to support the nervous system differently—healing becomes possible.

The approach shared in this experience has helped thousands of people worldwide and is grounded both in decades of clinical practice and in my own personal healing journey.

You are not broken. And you are not alone. I hope to meet you and guide you to finding freedom from chronic pain.

## BOOKINGS & ENQUIRIES

**Only 10 spaces are available. A 50% deposit secures your place.**

To reserve your spot or ask any questions, please email or WhatsApp me:

 [info@paineasecoach.com](mailto:info@paineasecoach.com)

 WhatsApp: +27 72 117 4876

 Website: [www.paineasecoach.com](http://www.paineasecoach.com)

 LinkedIn profile: <https://www.linkedin.com/in/simone-steyn-37ab0626/>

Instagram: [https://www.instagram.com/painease\\_coaching](https://www.instagram.com/painease_coaching)

If you're unsure whether ***The RISE™ Experience*** is right for you, **please reach out to me for a free 1-on-1 assessment** to explore fit and readiness.

 Click [HERE](#) to book your free session.