



## ✦ **Awaken, Embody, Express: A Retreat for Your Whole Self**

**14–17 May 2026 | Temenos Retreat Centre, McGregor, Western Cape**

*There comes a time when the ways we've defined ourselves no longer fit. Old stories feel too small, and the life we're living doesn't fully reflect who we are becoming.*

*This retreat offers a sacred pause: a space to reconnect with your essence, step into your truth, and explore your full potential through authentic, embodied expression.*

### 🌿 **Does This Feel Familiar?**

*This retreat is for you if you're ready for a rest, reset, and soulful connection, whether you're just starting your journey or a seasoned inner explorer:*

- ❖ *You sense there's more to life than the routines and roles you've been living.*
- ❖ *You're moving through a season of change and questioning your identity, purpose, or next steps.*
- ❖ *Stress, overwhelm, or exhaustion leave you longing for rest, clarity, and presence.*
- ❖ *Old patterns, beliefs, or stories keep repeating, subtly shaping your choices.*
- ❖ *Your body, creativity, or vitality feels muted, and you're ready to reconnect with your energy and presence.*
- ❖ *You long to uncover the stories, archetypes, and inner wisdom guiding your life — and integrate them into how you live, love, and express yourself.*
- ❖ *You need a rest, reset, and restore, and some soulful connection along the way.*

*Wherever you are on your journey, this retreat offers a sacred space to pause, reflect, embody, and realign — helping you step more fully into your truth and authentic expression.*

## **Your Invitation to a Sacred Pause**

At **Temenos Retreat Centre**, you'll be held in a serene, nurturing environment designed for presence, embodiment, and soulful awakening. Step away from the noise of life and tune into the rhythms of your body, mind, and soul.

Through the **Soul Alignment Compass™**, you'll explore four directions of authentic living:

- *Aligning to your highest, most current values*
- *Tuning into your soul's unique calling*
- *Freeing yourself from outdated patterns, beliefs, and stories*
- *Grounding your natural expression in the world*

Along the way, we'll draw on **mythological and archetypal stories** that mirror your own journey. These timeless myths help illuminate unconscious patterns, inner characters shaping your behavior, and the wisdom available when you live from your whole self.

This is not about performance. It's about **presence, integration, and the courage to live fully, authentically, and embodied.**

## **What Awaits You?**

### **Experiences:**

**Deep Reconnection:** Slow down, reflect, and reconnect with yourself amidst the serene gardens and nature of Temenos. Quiet moments, journaling, and gentle spaces support grounding and presence.

**Nature Walks:** Move mindfully through the surrounding landscapes, allowing the rhythms of nature to inspire clarity, reflection, and inner stillness.

**Embodied Practices:** Breathwork, movement, stretching, and optional restorative sessions (like Kahuna massage) help anchor you in your body, energy, and vitality.

**Archetypal Exploration:** Greek myths and archetypal stories act as mirrors, illuminating recurring patterns, hidden gifts, and pathways to authentic expression.

**Heart-Centered Connection:** Share in safe, supportive spaces with like-minded souls, fostering soulful dialogue, inspiration, and community.

**Space to Just Be:** Time for journaling, reflection, meditation, or rest — allowing integration and personal pace alongside guided experiences.

### **Learnings & Insights:**

**Soul Alignment Compass™ in Action:** Practical tools to align with your values, follow your soul's guidance, release what no longer serves, and embody authentic expression.

**Myth as Mirror:** Archetypal stories illuminate unconscious patterns, helping you understand choices, behaviors, and life dynamics with clarity.

**Integration for Everyday Life:** Simple, grounded practices support resilience, clarity, and embodied living beyond the retreat.

## **You'll Leave With**

- ❖ Grounded clarity and alignment with your soul's calling
- ❖ Renewed energy, presence, and vitality
- ❖ Tools to navigate life authentically and confidently
- ❖ Deeper connection to your body, voice, and inner wisdom
- ❖ Insight into the patterns and stories shaping your choices
- ❖ Soulful connections with others on a similar journey

## **What Makes This Retreat Unique:**

- ❖ A powerful blend of Archetypal Wisdom & Greek Mythology
- ❖ The sacred, serene setting of Temenos Retreat Centre
- ❖ Holistic practices integrating body, mind, and soul
- ❖ Practice and rituals connecting timeless wisdom with tools for modern living
- ❖ Expert facilitation by Celeste Du Toit with over a decade of experience
- ❖ An exquisite environment for deep reflection, embodiment, and connection
- ❖ Grounded togetherness, celebration and fellowship

## **Retreat Details:**

**Dates:** 14-17 May 2026

**Location:** Temenos Retreat Centre, McGregor, Western Cape

### **Fee:**

- Normal rate: R7,500 – Includes private accommodation, meals, and all activities.
- R4,750 – Non-residential option (meals and all activities included).
- Early Bird offerings of 10% up to end of January 2026 – please enquire.

## **What's Included:**

- Private, fully equipped cottage for three nights if residential.
- Wholesome delicious breakfasts and dinners (Thursday evening to Sunday morning).
- All retreat activities, access to sacred spaces and tranquillity in the gardens.
- Shared accommodation discounts available upon request.

**To reserve your spot, Email [hello@celestedutoit.co.za](mailto:hello@celestedutoit.co.za)**

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

## **Activities:**

For parts of the retreat, we will observe mindful silence. This will be supplemented by teachings, discussions, and activities, a powerful activation ceremony, opportunity for honest reflection, meditation, breathwork, nature walks, and movement/stretching/dance. Heart connections are formed during our meals, reflections and informal chats.

Check-in Thursday 14 May at 14h00, retreat commences at 16h00, ending Sunday 17 May just before lunch. You are invited to stay Sunday eve at 50% accommodation charge.

*Use of local therapists at own cost. Please enquire for best times to book for minimal impact on retreat activities. Optional restorative and selected holistic treatments available with Celeste at retreat at a reduced rate.  
The retreat is suitable for both genders.*

### **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 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](http://www.celestedutoit.co.za) or on social media via Live Your Truth with Celeste.

### **What Previous Participants Say:**

- ❖ "An unforgettable experience!
- ❖ "My soul feels moved, joyful, and grateful.
- ❖ "...I will never forget this retreat.
- ❖ "Walking away so much lighter.
- ❖ "The activities were wonderful!
- ❖ "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."
- ❖ "What a sacred and wholesome experience to cherish."
- ❖ "Learning about archetypes within me - such a powerful and fascinating topic. "
- ❖ "Thank you for masterfully holding the space, guiding and encouraging each of us to be brave, strong, and powerful."

### **Our Venue: Temenos Retreat Centre**

*Nestled in the tranquil village of McGregor, Temenos Retreat Centre is a haven for seekers of stillness, reflection, and renewal. Its lush gardens, sacred spaces, and gentle atmosphere make it the perfect setting for inner work, soulful rest, and quiet inspiration.*

*For a glimpse into the magic, visit [www.temenosretreat.co.za](http://www.temenosretreat.co.za) or follow @temenosinmcgregor on social media.*

### **A Final Word**

*This is more than a retreat.*

*It's a homecoming to yourself, a journey into authentic living, soulful expression, and embodied truth.*

*Come rest, realign, and remember the fullness of who you are.*

***Find your essence. Express who you are. Live your Truth!***