

HOUSE IN THE WILD

M A A S A I M A R A

Balance in the Wild

Do you want to achieve more balanced, personal growth, and **positive energy** to start a successful 2019?

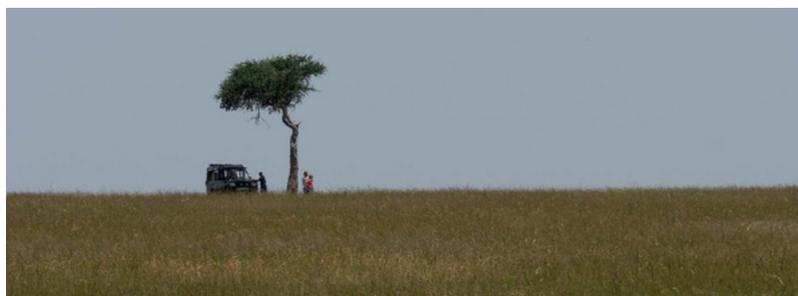
Are you searching for what's next in your **life's journey** professionally or personally?

Do you run your own a business and find it difficult to manage work-life **balance**?

Do you put too much pressure on yourself, and feel **burnt out**?

How often do you allow yourself to focus on what is truly important to you, considering what you want more of in **life** honoring you and your values?

Do you seek connection, support and **inspiration** from other dynamic women?



If any of the above resonates, please join us at House in the Wild
For our premier women's workshop:
Balance in the Wild
February 5th - 9th, 2019

By participating fully in this retreat you will:

- Gain **clarity** around what matters to you most (your values) while being reminded why these values are important to you
- Understand the **power** of being at choice
- Identify and conquer the inner critic voices that keep you small - holding you back from your greatness
- Take time to **slow down** to notice the space in between
- Connect with **nature** as a source of **energy, healing, and resilience**
- Experience camaraderie, support and deep connections with incredible women
- Deepen your **compassion**, vulnerability and **strength**
- Reconnect with your Leader Within
- **(Re) awaken** to YOU at your very best



This retreat will meet you where you are in life and is dedicated to radical self-care. Designed by women for women to include a daily mix of experiential learning workshops, space for personal reflection, yoga/fitness, game drives, massage/facial sessions, down time, plus other unique surprises only found at House in the Wild.

Balance in the Wild Powered By:

Lippa Wood, Owner - House in the Wild

<http://www.houseinthewild.co.ke>

Lucy Reynolds, Balance in the Wild Leadership Coach & Facilitator

<http://oleraileadership.com/about/>

Jen Whalen, Yoga in the Wild

Studied under Baron Baptiste, Seane Corn, Ana Forrest,
Rodney Yee, Sri Dharma Mittra and David Swenson

Sheena Miller, Functional Fitness in the Wild

<https://www.the-dip-station.com/>

Judy Kepher Gona, Sustainable Business Consultant & Facilitator

<https://sustainability-leaders.com/judy-kepher-gona-interview/>

Moses Nampasso, Eco Training Coach and Silver Level Safari Guide

<http://www.houseinthewild.co.ke/about>

Retreat Notes:

With it being the start of another year, we will create a safe space for you to learn new tools for how to keep on track with your New Year's resolutions while also providing you with leadership coaching to support you in your life & business.

There will be a strong focus on radical self-care around health and nutrition with daily yoga sessions, meditation, cycle rides and hikes for those interested.

Finally, as this workshop is all about balance, we will ensure you can relax and enjoy wonderful Mara sundowners, including House in the Wild's new gin bar and cocktail menu as well as wine tasting and tapas around the evening fire.

Still not convinced? Have a read as to why a retreat is good for your business:

<https://www.entrepreneur.com/article/231195>

Limited spaces available.

To book your space or for more info please contact

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