

FAQs

Q. Who is welcome to come to this retreat?

A. All genders are welcome, 18+ years of age. Anyone who wants the chance to combine a weekend away to relax and rejuvenate, with some valuable learning and practical experiences of a variety mind-body medicine modalities in a beautiful, warm and welcoming environment.

Q. I'm coming from outside SA, can you help me with my travel?

A. Sure! We can help you make travel arrangements and organise transfers for you. There may be additional costs associated, which we will discuss with you.

Q. Do I need to have any previous experience?

A. No, this retreat has been designed for both those with previous experience with mind-body medicine practices (e.g. meditation, yoga) and those completely new to it. During the intake process we will ask you more information about previous experience.

Q. I see you have movement sessions - what level of fitness do I need?

A. All movement sessions are designed to be gentle and accessible to all fitness levels. The facilitators are all highly experienced, will ask about existing injuries and limitations, and can provide options to suit your body's needs and capacity.

Q. I'm a current or past client of Miriam's - how will this work on retreat?

A. Firstly, your privacy and confidentiality remains protected and unless you choose to share with others about your existing experience with Miriam, no one will know. On retreat Miriam will be acting in the roles of Host and Facilitator, and will not be providing therapy as a Psychologist. If you are a current or past client, you will be provided with an Informed Consent form to complete as part of your registration process.

Q. Do I have to attend all the activities?

A. No, you absolutely have the option to sit out of any of the retreat activities. We just ask that you inform us ahead of the session if you plan to skip it.

Q. Do I have to share personal things with others in the group?

A. No, there's no expectation of personal sharing beyond what you feel comfortable with, so please just say "pass" if you would like to opt out.

Q. What is the alcohol policy for the retreat?

A. This event is a drug and alcohol-free event. As such, there will be no alcohol provided or allowed at the retreat. With many wineries nearby, including neighbours Coriole and d'Arenberg, you may like to explore these after the conclusion of the retreat.

Q. I'd like to collect CPD hours and the Certificate you mentioned - how does that work?

A. If you are a health practitioner or coach, you can claim up to 12 CPD hours for attending the retreat, completing the workshops and some additional learning requirements. A Certificate in Applied Mind-Body Medicine will be provided for those who advise they will collect CPD hours. Please talk to us for more information.

Q. I want to attend the retreat but not stay onsite. Is there a day retreat option?

A. Yes! If you'd prefer to return home to sleep or book your own accomodation elsewhere, you are welcome to choose the Day Retreat option, with details in the Pricing page.

Q. What's the process to register?

A. To register, there's a few online forms to complete. We have privacy consent, T&Cs, registration, and intake forms. Full payment of the fee is required to secure your registration. To start, click [here](#).

Q. How do I pay to secure my registration?

A. Once you've completed your intake forms, an invoice will be emailed to you for payment within 7 days. We prefer payment by direct funds transfer, and we have other payment options available (details on the invoice provided).