



reboot. reset. recover.



**vala**house  
centre for wellbeing and creativity

# Burnout recovery and wellness retreat

Escape the pressures of everyday life and embark on a transformative journey of healing and rejuvenation at Vala House. Nestled amidst the tranquil beauty of Knysna, our burnout recovery and wellness centre offers a sanctuary for individuals seeking respite from the overwhelming pressures of modern living. Here, amidst the stunning natural surroundings, you'll discover a path to restoring balance, revitalizing your spirit, and reclaiming your well-being.

## Our Approach

At Vala House, we believe that true healing comes from addressing the root causes of burnout and nourishing the mind, body, and soul. Our holistic approach combines evidence-based therapies, personalized care, and a range of wellness practices to create a comprehensive recovery programme tailored to your individual needs. We strive to empower you with the tools and support necessary to embark on a sustainable path to wellness.



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## programme highlights

**Therapeutic Interventions:** Engage in a variety of evidence-based therapies, including talk therapy, mindfulness-based stress reduction (MBSR), art therapy, inspirational breathwork, reiki, cold exposure and more. These therapeutic interventions aim to promote self-awareness, develop coping strategies, and foster emotional healing.

**Mindfulness and meditation:** Learn techniques to quiet the mind, cultivate inner peace, and enhance self-reflection. Guided meditation sessions and mindfulness practices will help you regain focus, reduce stress, and improve overall well-being.

**Physical wellbeing:** Nourish your body through our yoga programmes, nature walks and hikes, and nutrition advice. We will guide you towards adopting a balanced and healthy lifestyle.



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### **Stress management:**

Acquire effective stress management techniques to cope with daily challenges. Workshops and individual sessions will equip you with practical skills to identify stress triggers, implement healthy boundaries, and promote self-care.

### **Healing Environments**

Immerse yourself in the natural splendour of Knysna, known for its breathtaking landscapes, lush forests, and calming waters. Vala House is a place where you can reconnect with nature, find solace in serenity, and rejuvenate your senses.

### **Post-Recovery Support**

We believe that long-lasting change requires ongoing support. After completing the program, you will have access to our alumni network, follow-up sessions, and resources to sustain your newfound balance and prevent relapse.



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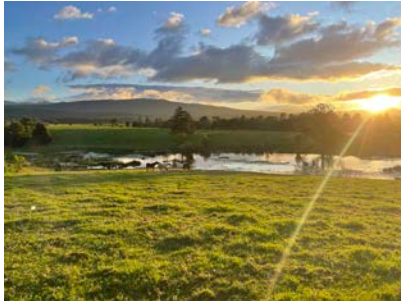
## what's included

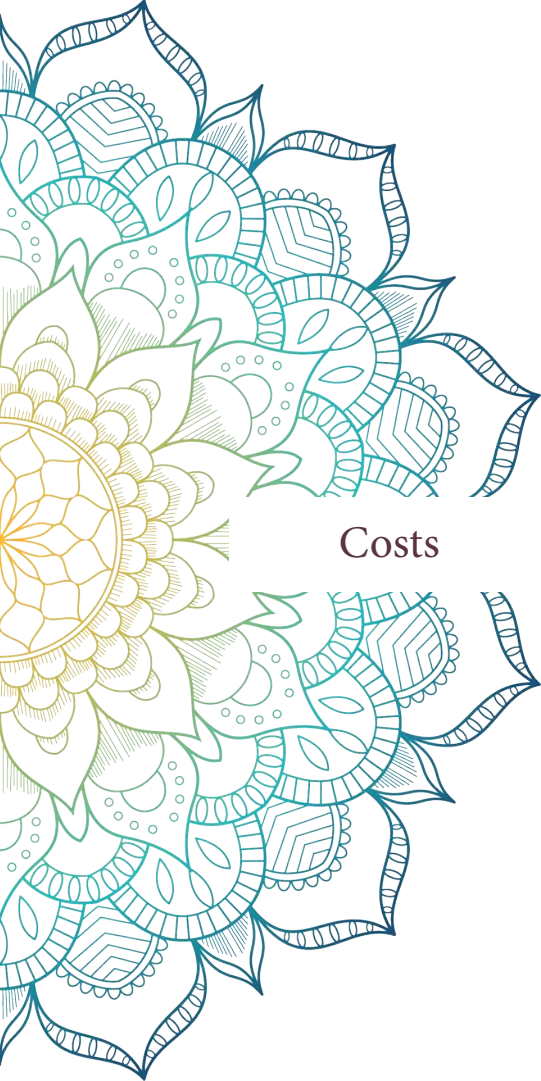
We want your stay to be as stress-free as possible and have developed a programme that can be highly adaptable. The foundation of every wellness retreats includes:

- Tasty, nutritious vegan meals
- Morning Hatha/Vinyasa Yoga,
- Saunas
- Ice baths
- Evening Yin Yoga
- Meditation, three times a day
- Inspirational Breathwork session
- Forest immersion
- Reiki session
- Mindfulness training
- Stress relieving skills learning sessions
- Hiking



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## Costs

You can tailor your retreat as you wish. But our standard 7-day/6-night retreat costs R18,000.00 and includes all meals, drinks and snacks; daily yoga, pranayama, meditation, and cold exposure therapy; an inspirational breathwork session; a reiki session, and a biomimicry forest immersion.

Although our programme is designed to give you plenty of free time to integrate our teachings, tools and your personal discovery, you may want to modify your experience by adding one of these services:

### Massages and Beauty

Back, Neck and Shoulder (45 min)	R700
Indian Head Massage (45min)	R700
Foot Massage (45 min)	R700
Full Body Swedish or Aromatherapy (60 min)	R800
Full Body Swedish or Aromatherapy (90 min)	R1000
Hot Stone Full Body (90 min)	R1000
Reflexology	R600
Soulful Half-day Package (4 hours)	R1750

### Healing

Reiki (60 min)	R750
Coaching (60 min)	R950
Art Therapy	R350
Poetry Therapy	R250
Inspirational Breathwork	R750
Sound Frequency Immersion	R750
Enneagram Personality Profiling	R2000
Sound Journey	R350
Cacao Ceremony	R350
One-on-one yoga class (60min)	R550
Hypnotherapy	R1200

### Outdoor

Horse riding (2 hours)	R750
Canoeing and hiking	R300
Robberg Hike	R150
Paragliding	R1600
Ziplining	R900
Birds of Eden	R450
Monkeyland	R450
Jukani Wildlife Sanctuary	R450
Airport Transfer (each way)	R700



## what to bring

Don't stress, just get here and we will make sure that we have you covered. We have yoga mats and all the equipment; your room has everything you need from soap, shampoo and conditioner to body lotion, towels and all the comforts you need.

Although we are in a beautiful remote location, we are just a couple of kilometres away from an excellent padstall, and only 20kms from Knysna and all the shops.

### Personal items to consider bringing:

- Good walking shoes
- Yoga clothes
- Swimming costume
- Sunscreen
- Hat
- Water bottle
- Medications



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## contact us

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