

Herlaai Women's Retreat

Herlaai is more than a retreat – it is a journey.

It is a safe and beautiful space where women can pause,
breathe, and reconnect with themselves.



28 - 30 November
2025
Monte Crous Hotel
Northern Cape

WHAT TO EXPECT

Over the course of the weekend, you will:

- Walk a practical, fun, and focused path designed for women.
- Explore your past and present to unlock a new future.
- Discover the power of your unique story.
- Align your core values, strengths, and identity.
- Gain strategic guidance to redefine both personal and professional goals.
- Recharge your mind, body, and soul in a nurturing environment.



Herlaai

Contessa & Dia

Women's Retreat

We foster women's empowerment and personal growth. At our retreats, we focus on creating a nurturing environment where women can connect, be themselves and rejuvenate their spirit.

Each retreat is carefully crafted to provide meaningful experiences, promote self-care and inspire transformation.

Our goal is to celebrate every woman's uniqueness and help her thrive in her journey towards self-discovery.

WHY JOIN?

This retreat is not just about relaxation – it is about transformation.

You will leave with:

- A refreshed perspective on life and work.
- Practical tools for emotional, mental, and spiritual growth.
- Clarity on your goals and purpose.
- A renewed sense of confidence and belonging.



YOUR STORY MATTERS

Every woman carries a unique journey worth honoring. At Herlaai, we create the space for you to:

- Reflect and heal
- Learn and grow
- Celebrate your individuality
- Step into your next chapter with courage and clarity





THE VENUE



The Monte Crous Hotel is the perfect escape — a haven of true Northern Cape hospitality.

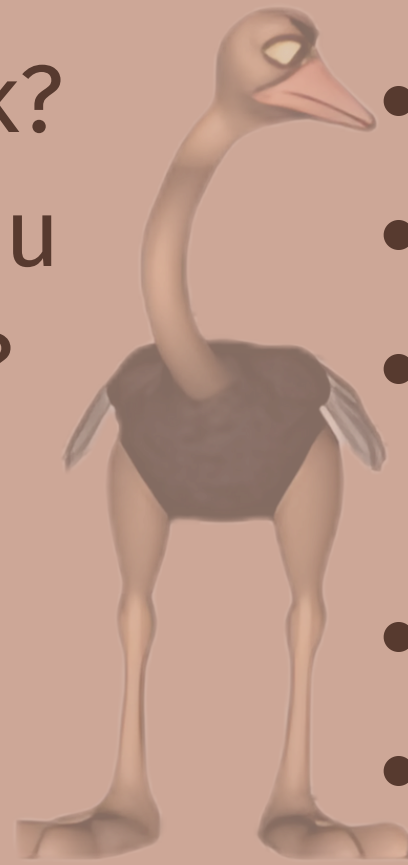
With breathtaking surroundings, it sets the stage for reflection, growth, and rest.



Event Schedule

Day 1 - Rethink

- Get Unstuck
- Who Gets the Oxygen Mask?
- When Did You Decide That?



Day 2 - Recharge

- Leave the Box Behind
- Pause the Tape Recorder
- Swim Upstream
- Trust Your Gut
- Stop Stepping in the same Pile of Rubbish
- Flip the Switch
- Grow, Damn It – Grow



Day 3 - Refocus

- Get the Rocket off the Ground
- What is Your Bull's Eye?

What's Included

3 EduTainment profiles (brain, personality & stress insights)	A special Herlaai gift for every woman	
All meals included	2 post-retreat online group sessions for ongoing support	Investment: R6 900 Early Bird: R5 900 (before 15 Oct)
2 nights accommodation	Quality guest speaker & facilitators	
Only 12 spots available!		



BOOK NOW

www.herlaai.co.za/herlaairetreat

Invest in Your Story.

Wherever you are on your journey,
Herlaai welcomes you.

BOOK NOW

www.herlaai.co.za/herlaairetreat

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