

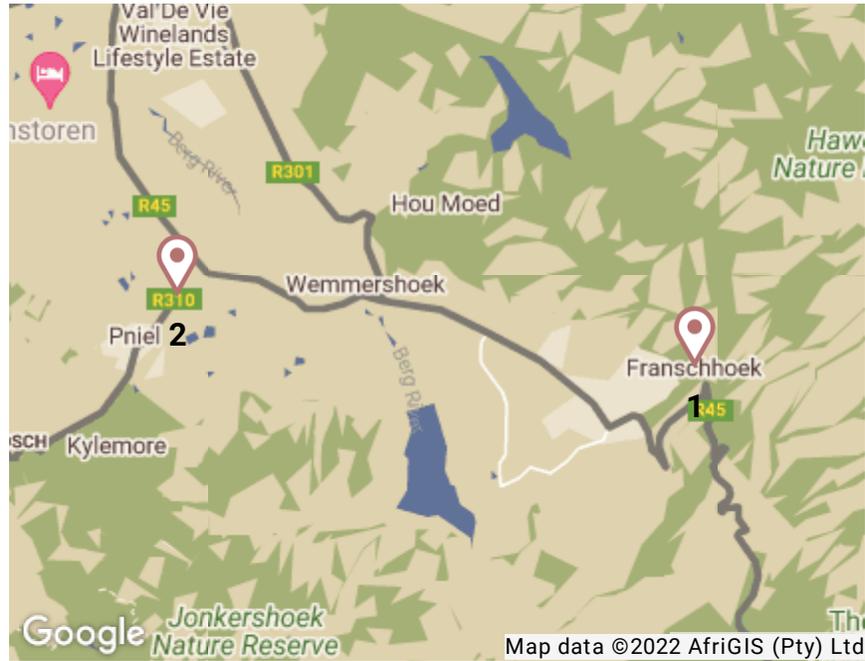
Prepared for EO IGNITE DELEGATES

WINELANDS FORUM RETREAT

27 - 29 May 2022

Lookbook Overview

Visualize your journey



Summary

- 1) Franschhoek, South Africa
- 2) Boschendal Farm, Cape Town

Forum Retreat Schedule

Day 1: Friday, 27 May 2022

12:00 - **Adventure** Scootours or Ebiking on Franschhoek Pass

2:10 pm - **Check In** Boschendal & explore the estate

4:10 pm - **Compass Check In** spending 2 hours reflecting on the last year and planning the next one.

7:00 pm - **Dinner** at French Connection, Franschhoek Village

Day 2: Saturday, 28 May 2022

7:00 am - **Morning Meditation** (optional)

08:30 am - Breakfast

09:30 am - **Forum**

12:30 pm - Lunch

1:30 pm - **Wine Tour**

3:30 pm - Afternoon at leisure

6:00 pm - **Evening Cold Water Swim**

7:00 pm - Dinner

8:00 pm - **Gameplay**

Day 3: 29 May 2022

7:00 am - **Morning Meditation**

8:00 am - Breakfast

09:00 am - **One Page Personal Plan**

Forum Retreat Schedule

11:00 am - **Check Out** and departure



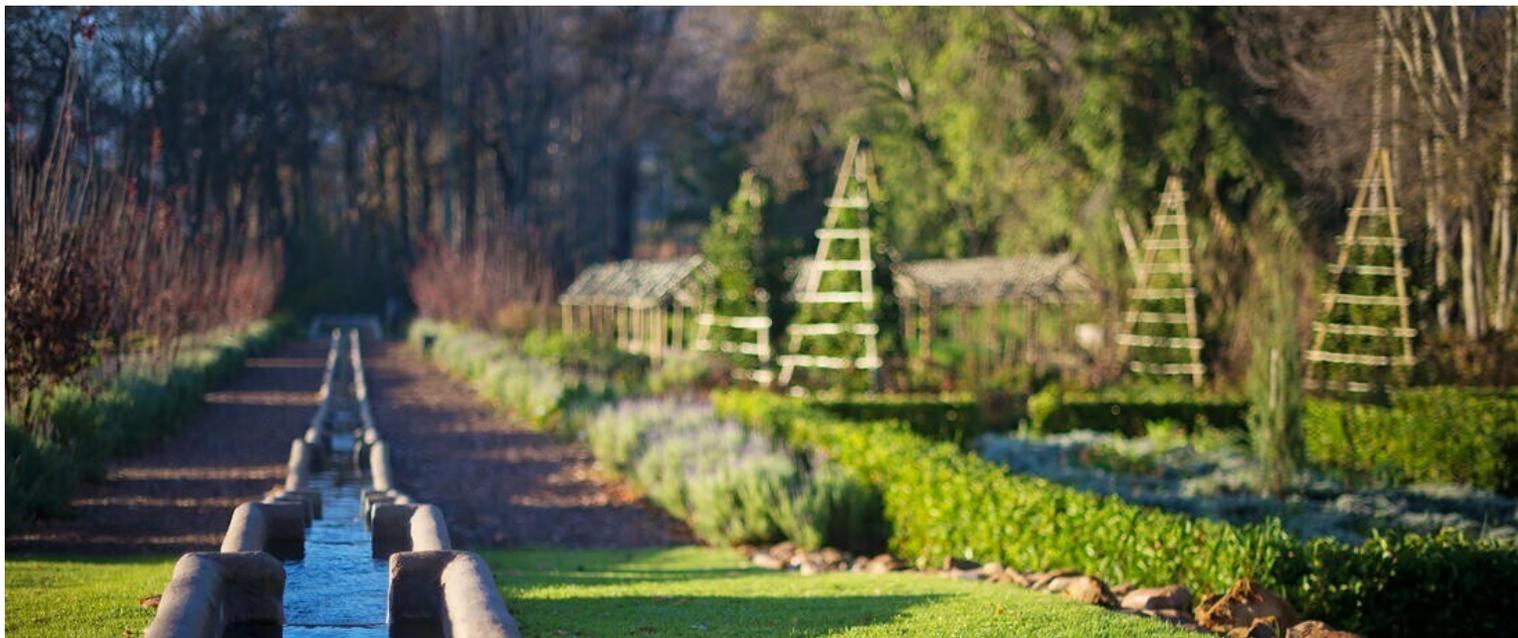
Franschhoek

Area Overview

Located about 75 km (45 mi) east of Cape Town, Franschhoek is one of the oldest towns in South Africa. French Huguenot settlers first arrived in the late 1600s and began what has become a thriving agricultural industry focused primarily on winemaking. Much of the traditional Cape Dutch architecture has been preserved, making this one of South Africa's prettiest places to visit, not only for the classic churches and farmhouses but also for its breathtaking landscapes. The town itself is situated in a picturesque valley nestled at the foot of imposing surrounding mountain ranges.

The main road is lined with art galleries, boutiques and small shops selling freshly baked goods, charcuterie, olive oil, jam, artisanal chocolate and, of course, wine. Also, some of the country's top restaurants and most renowned wineries are here.

A variety of quaint boutique wineries and large cellars offer guided tours and tastings, which can be visited aboard the famous Franschhoek Wine Tram. For those seeking outdoor adventures, there are a number of scenic walking trails in the surrounding mountains, particularly in the Mont Rochelle Nature Reserve and around the Berg River. Other activities include cycling, horseback riding, polo, and golf.



Boschendal Farm

Property Overview

Experience exceptional farm living at Boschendal. You are invited to enjoy all this magnificent farm has to offer; award-winning wine and food experiences, a rich heritage, and spectacular natural landscapes.

Guest accommodation range from the historical Herbert Baker designed Cottage 1685, to beautifully restored farm cottages. With an emphasis on stylish simplicity, the guest cottages are authentic and rural yet contemporary in character. With privileged access to the farm, guests staying in the cottages will be able to savour the best of farm living.

Experience & Activities

With access to this historic wine farm, in-house guests get to savour the best of farm living. Join experienced guides on a morning farm tour or explore the wine estate on foot, following trails that take you through orchards and mountain fynbos. There are world-class mountain biking and hiking trails to explore, wine tasting to enjoy, beautiful dams to swim in, and plenty of opportunities to sit back, relax and breathe in the splendour of nature.

Accommodations

Situated behind and adjacent to the historic werf of Boschendal with ravishing views of the surrounding countryside and mountains, these subtly restored and furnished farm cottages create a virtual village in the Cape-picturesque manner in an idyllic setting.

Boschendal Farm

Orchard's Cottages - Two Bedroom/Two Bathroom

The Orchard cottages is a collection of luxury cottages with kitchenettes, outdoor dining areas for braais, a large shared swimming pool, and a magnificent setting among the Boschendal orchards.

Fast Facts

Highlights

The cottages are ideal for authentic farm living with a contemporary feel

The primary focus is on providing flavorful and nourishing food, from soil-to-fork

In-house guests get to savor the best of farm living with a complimentary farm tour

Quick facts

Historical and restored cottages

Laundry Service (Available)

Library

Pool and spa

Restaurants and bar

Complimentary Internet access

Pets allowed

Children are welcome

Shoshin Walks: Executive Retreats and Walks of Gratitude

About Us.

Shoshin (A beginner's mindset) is the starting point for our retreat process. For even the most experienced traveler and the hungriest experience junky, there are incredible new experiences to be had, should you adopt a Shoshin Mindset. We like to offer a balance of rest and renewal in both the inner and outer experience. Our small group walks are run a few times a year in South Africa and abroad, and our custom retreats take place in the Western Cape and Mpumalanga areas.

Our Process.

Our retreats are based on three principles: Physical activity combined with Gratitude Work, Nourishment of body and mind through curated meals and mindfulness... and holding the space for your Forum experience on your desired outcomes.

Our Ethics.

We pride ourselves in our personalised consultations, intimate client relationships, impeccable service and standards, sustainability support and the fact that we have visited every place we recommend.

Shoshin Walks: Executive Retreats and Walks of Gratitude

Our Promise.

The very best of travel planning combined with an outcome based facilitation for your personal work.

Our People.

With over 25 years experience in the retreat space, our team bases our approach on our core values of Setting Intention, Overdelivering on Promises made, and always being mindful of the bag of potatoes. PG and the facilitation team takes care of the retreat journey, and Abby minds the details in office.