

THE SACRED PAUSE

JOHANNESBURG PRIVATE HOME RETREATS

10-25 SEPTEMBER 2026 • SELECTED JOHANNESBURG AREAS

A private, one-on-one wellness retreat brought to your home. This information guide explains the cost, booking process, payment requirements and what is needed for your session.

RETREAT AT A GLANCE

PRICE	R1 250
DURATION	Approximately 3 hours, including setup and packing away.
VENUE	In the comfort and privacy of your home.
AVAILABILITY	Selected Johannesburg areas only.
BOOKING WINDOW	Bookings open 17 August and close 4 September 2026.

YOUR PRIVATE EXPERIENCE

30 MIN	Herbal tea and a heart-centred consultation.
GUIDED	Replenish and Restore guided meditation.
15 MIN	Quiet reflection or journaling.
60 MIN	Ayurvedic Anti-Stress Therapy.

Full payment is required to confirm your booking.

HOW TO SECURE YOUR BOOKING

Please complete each step so that your date, address and health information are correctly recorded.

01 Request availability

Send a WhatsApp message with your preferred date and Johannesburg suburb. Messages only; calls are not accepted.

02 Confirm that your area is covered

The mobile retreat is available only in selected Johannesburg areas. Your address must be approved before payment.

03 Make full payment

A booking is confirmed only once the full R1 250 payment has been received. A payment notification alone does not reserve a date.

04 Send proof of payment

Send your POP as soon as the EFT has been completed. Use your full name as the payment reference.

05 Complete the Google form

After payment, you will receive a Google booking and health-disclosure form. This must be completed before your session.

06 Review the cancellation rules

Please read the cancellation rules at www.revivebodymindandsoul.com before making payment.

IMPORTANT HEALTH DISCLOSURE

PLEASE DISCLOSE	Pregnancy; medical conditions; recent operations; injuries; allergies; skin conditions; current medication; or anything else that may affect safe participation.
WHY IT MATTERS	Your information helps Revive decide whether the retreat can proceed safely or whether medical clearance or an alternative treatment is needed.
CONFIDENTIALITY	Information supplied in your form will be handled privately and used for your booking and wellness session.

The Sacred Pause is a complementary wellness experience and does not replace medical treatment, psychological therapy or trauma counselling.

YOUR HOME SESSION REQUIREMENTS

To protect the privacy and calm of the experience, the session area must remain uninterrupted for the full retreat.

REVIVE BRINGS	The massage bed and herbal tea required for your private retreat.
YOU PROVIDE	A clean, private session space with enough room for the massage bed, as well as clean towels and pillows.
PRIVACY	No children, pets or other people may enter or remain in the session area during the retreat.
TIME	Please allow approximately 3 hours in total. This already includes time for setting up and packing away.

EFT PAYMENT DETAILS

BANK	FNB
ACCOUNT NAME	Revive Body, Mind & Soul
ACCOUNT TYPE	Cheque Account
ACCOUNT NO.	63122810608
BRANCH CODE	250655
REFERENCE	Your full name

Please send proof of payment as soon as payment is made.

CONTACT & POLICIES

WHATSAPP	083 538 0468 - messages only, no calls.
WEBSITE	www.revivebodymindandsoul.com
CANCELLATIONS	View the full cancellation rules on the Revive website before payment.

Bookings close 4 September 2026. Limited spaces are available.

God bless