

WELLNESS PACKAGES



1. HIKES AND WALKS IN NATURE

Time spent in nature has been shown to reduce levels of stress, depression and anxiety. Our guided mountain walks and hikes is an experience for you to reset, recharge and regenerate your inner battery and to connect to nature.



2. WELLNESS OFFERINGS

At the Journeyman Experience, we collaborate with like-minded wellness practitioners who offer a variety of wellness modalities (e.g. Yoga, Wellness Retreats, Sound meditation etc) in a compassionate and professional environment.



3. TRANSFORMATIONAL LIFE COACHING

Life Coaching is a journey of self-growth, and discovery. It is a process where we take responsibility and accountability for our decisions and actions. My sessions are held in nature which holds a balanced and coherent state for the client.



4. HOLISTIC HEALTH

Do you believe you are more than your mind & body? Energetic Health specialist, Lilah Wolpert offers private sessions to assist in physical, emotional or mental healing and will also offer insights into the wisdom of your highest self.



5. OUTREACH PROGRAMMES

At The Journeyman Experience we are committed to offering our wellness services (Hiking and Walking) to underprivileged communities through a process of community building, ubuntu and understanding amongst different cultures.

