



Reiki Retreat

Inspiration, Rejuvenation, Soul-Care

with Johann van Greunen,
Specialist Wellness Counsellor and Reiki Master

**20 – 22 November 2026
TEMENOS RETREAT, McGREGOR**

“Reiki is an art of living, and at the deepest level, Reiki is ONENESS.”

- *Paula Horan*

This retreat, offered in the beautiful and nurturing environment of Temenos, is for Reiki Practitioners and Masters. As energy healers we often find ourselves depleted and in need of support and nurturing. Taking a retreat is an invaluable part of taking care of ourselves, rest and rejuvenate in order to return to our practices of caring for others with renewed and inspired energy. This retreat aims to provide the space for rest and replenishment, as well as receiving healing from others in a group context, connect with other Reiki healers, and refresh our skills-base through group discussions.

The retreat programme will include the following:

- ⊕ Morning and evening Reiki Meditations in The Well.
- ⊕ Morning movement practices and Walking the Labyrinth
- ⊕ Reiki Undo (Movement) and Dancing the Symbols
- ⊕ The Reiki Current Practice
- ⊕ Group Treatments
- ⊕ Group Discussions
- ⊕ Evening Sound Journeys
- ⊕ Creative Writing and Drawing

Requirement: It is not a requirement to have a Reiki healing practice to attend the retreat but a minimum of **Reiki Level 2** qualification is necessary to attend the retreat, as we will be working with the symbols.

What participants say about this retreat:

- ⊕ “From the first day I felt protected, welcomed and Johann held such a beautiful space for me to grow and heal. I will be for ever grateful for this!!”
- ⊕ “Magic! Great energy, great balance!”
- ⊕ “I felt nourished and supported and I’m really glad I came.”
- ⊕ “The best gift I have given myself this year. Transformative, profound and nourishing to my spirit. I knew Johann’s retreat would be of high standard, but I had no idea what a life-changing spiritual journey I would have in one weekend.”

You are invited to join me for this weekend retreat at Temenos Retreat Centre on 9 October 2026. Checking in-time will be from **14:00 on Friday 20th November** and we will gather **17:00** for the start of the retreat. The retreat will end at around **14:00** after a closing ritual on **Sunday 22nd November**. The fee includes two night's accommodation brunch and dinner daily, retreat activities and materials used. **Those who would like to stay on the Sunday evening can do so at 50% of the normal Temenos fee.** Arrangements and payments for the Sunday evening need to be made with Temenos directly. The restaurant at Temenos, Tebaldi's, is closed on Sunday evenings, but you can book for a dinner in town or order a take-away from Tebaldi's or choose to self-cater. The cottages at Temenos are fully equipped for self-catering.

The retreat fee is **R 5 000.00*** for shared accommodation and **R 5 500.00*** for single accommodation. An immediate deposit of **R1 000.00** secures your booking. The balance is payable on **13th November**. A payment plan can be discussed. Discount will be offered to those that repeat this retreat. **I offer special non-residential rates to residents of McGregor.** Please book soon as space is limited. For bookings, contact Johann at johann@johannvangreunen.co.za or 083 764 5978.

*International rates do apply.

Please note my **Cancellation Policy:**

- Should you cancel your reservation up to **4 weeks** prior a retreat, you will be refunded. An option would be to keep your deposit, but to transfer it to another retreat at no additional cost. **Do note that transfer costs will be deducted for the refunding of international deposits.**
- For cancellations **2-4 weeks** prior the retreat, refunds will only be offered if your place can be re-sold. You will still have the option to transfer your deposit to another retreat at no additional cost.
- Cancellations up to **2 weeks** prior the retreat will not be refunded, and no deposits will be transferred.

About your facilitator:

Johann Van Greunen



Johann is a Specialist Wellness Counsellor in private practice with training and background in Pastoral Therapy. In his practice he focuses on counselling, Reiki healing and training, teaching mindfulness meditation, MARI® (Mandala Assessment Research Instrument) readings and he runs various workshops and retreats focused on mindfulness practices, inner wellbeing and creativity. Johann has realised the value of Meditation and Mindfulness Practices early in his life and has come to know Mindfulness Meditation as an invaluable aid in assisting us to develop integrated and coherent life stories. With an interest in Integral and Complementary Medicine from early on, Johann qualified as Reiki Master to offer a hands-on healing practice that complements his counselling practice. Being a Master in Reiki, he teaches courses on Levels 1, 2 and Master Level.

Johann had been training in both contemporary and ballroom dance for years and developed a strong interest in the healing power of creative processes, especially in art, movement and music. He uses these processes working with groups and during his workshops and retreats teaching Mindfulness Practices. He encourages his clients coming for counselling to use creative processes in order to develop new narratives for their life stories. Entering the domain of art therapy, Johann has qualified as a MARI® (Mandala Assessment Research Instrument) Practitioner and offers the group version of MARI® on some of his retreats.

Johann holds an Honours degree in Psychology from the University of Pretoria and a M.Th. (Clinical Pastoral Care) from the University of Stellenbosch. He is registered as Specialist Wellness Counsellor at the Association for Supportive Counsellors & Holistic Practitioners. He is involved with mentoring programmes for the City of Cape Town which involves psycho-social support for health clinic staff and clinic managers. His work with these teams includes team building, trauma debriefing and teaching mindfulness practices. Past work in this field includes mentoring programmes for HIV/AIDS counsellors at Lifeline, Wola Nani, Sothembra AIDS Action Group, Positive Muslims and Desmond Tutu TB Centre linked to the University of Stellenbosch. He was also supervisor for the M.Th. Clinical Pastoral Care (HIV Counselling) programme for 5 years.

Johann is passionate about life, the arts, music, dance, nature, good food, coffee, wine and soulful friendships. He lives with his partner and two cats in the leafy suburb of Kenridge in Durbanville.