

**LUX\***  
RESORTS

“IgniteYour Life” Retreat Programme  
29 May – 3 June 2014

Life is too short to muck about playing small.  
It urges individuals and companies to be rid of physical clutter, emotional baggage, personal fears and limiting beliefs; of disorganisation or chaos; of the desperation brought by workloads or procrastination.

## Let Go..

Kate Emmerson enables the people with whom she works to create space in their lives through several aligned threads, from books to TV, inspirational talks to mastermind groups, and more. She engages with clients authentically and energetically, offering humorous yet honest insights in supporting them to shift. She is funky and passionate. Her support is enthusiastic. She inspires and motivates. Her outlook on life will challenge and stretch you, as it's founded on integrity and brings a shining, no-nonsense clarity to her credo to LIVE LIGHT, LIVE LARGE. Kate Emmerson stands for energetic transition to live light, to transforming South Africa, one life, one home and one business at a time.

### Guiding Principles

Kate and her team encapsulate the following in all her services and products:

**Space** – creating space at all levels to enable flow

**Live light** – shine your light by “letting go”

**Authentic** – align who you are to how you live

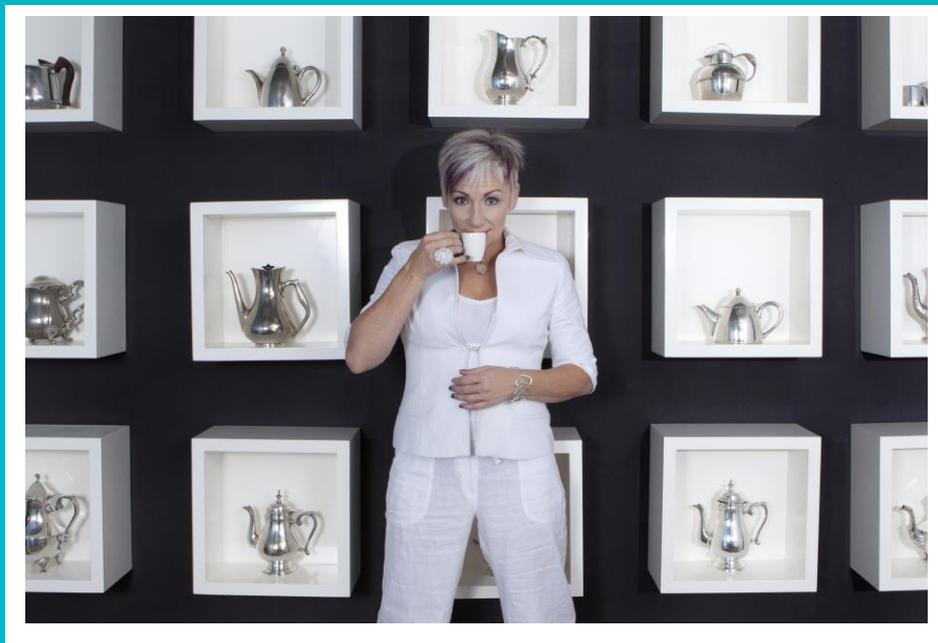
**Courageous** – challenging boundaries to re-invent yourself

**Insightful** – wisdom and compassion offers you unique ways to shift

**Funky** – “kick-ass”, passionate yet no nonsense approach

**Energised** – va va voom and vitality enable you to engage right now

**Clarity** – honing in on what's truly important to your success



## Date:

29 May–3 June  
2014

LUX\*Grand Gaube  
Mauritius

## Ignite Your Life....

We are delighted in inviting you to join a transformational Wellness Retreat in collaboration with Kate Emerson, Air Mauritius & LUX\*Resorts.

**Do you long to take time out of your life to address the following?**

- Take stock and **re-evaluate** exactly where you are at?
- Defrag, breathe and find a **new way forward?**
- Gain a different perspective to work **ON your life**
- Know you want to **make changes** but get overwhelmed and busy
- Just yearn **“time out”** to collect yourself in a tranquil retreat setting
- Know that getting away from it all will help you **get it all back again**
- Feel your fire is running pretty low and want to **recoup, renew and recharge**
- On the **brink of a decision**, but need courage to follow through

Kate is inviting you to come and take a break, to breathe and to spend quality time at the exquisite LUX\* Grand Gaube, on the magical island of Mauritius.

Ideal if you want to get away on your own, or with a girlfriend, this is 5 days that will renew your MIND and SOUL and help you IGNITE YOUR LIFE once more.

## This Retreat will leave you:

- **100% IGNITED** and able to take charge of your **PERSONAL FIRE**.
- Have **CREATED ALIGNED GOALS** in 1-3 different areas of life.
- Learn to take **RESPONSIBILITY** & finally stop the blame game
- Face any **LIMITING BELIEFS** that **dampen your flame**
- Face your **FEARS** and use them to **FAN THE FLAME**
- Create **HEALTHY BOUNDARIES** so others don't **steal your heat**
- LET GO OF **EMOTIONAL BAGGAGE** to unleash energy & **FIRE**
- Experience **INCREDIBLE FORGIVENESS** to **oxygenate** your FIRE
- Understand your personal **VALUES** - which is **WHY your flame burns**
- Taken time out to **BREATHE** energy into your soul again
- Created a **VISION BOARD** to catapult your life forward

**Kate Emmerson, the Quick Shift Deva** is your renowned, inspirational facilitator to help you **IGNITE YOUR LIFE**. She has a compassionate yet powerful combination of Industrial Psychology, Life Coaching, NLP, EFT, Professional Speaking, is a best selling author, trained in alternative therapies and over 20 years' experience in the personal transformational world. Kate enables the people with whom she works to create space in their lives through these several aligned threads.

She engages with clients authentically and energetically, offering humorous yet honest insights in supporting them to shift. Her outlook on life will challenge and stretch you, as it's founded on integrity and brings a shining, no-nonsense clarity to her credo to **LIVE LIGHT, LIVE LARGE**. Kate stands for energetic transition to live light, to transforming South Africa, one life, one home and one business at a time.



## The Ignite Your Wellness Retreat Includes:

4 x Practical morning group workshops with Kate and team (15 hours total)

Morning and evening breathing / meditation sessions

Evening programme supporting the facilitated session

Guided self work

Daily yoga

1 x One on one coaching session as a follow up

3 Months Online support programme

## LUX\*Grand Gaube offers you:

5 x Nights luxury sea-facing Accommodation

Breakfasts, lunches & dinners daily in a choice of 3 Restaurants and 2 Bars

All Drinks excluding premium brands

Afternoon Tea & Coffee

Complimentary Wifi access throughout the resort

3 Beaches and a serene Lagoon

24 Hour Room Service

Minibars refilled daily

LUX\* Me Spa

**Café LUX** – Our signature collection

Complimentary windsurfing, pedal boat, kayak, aqua gym, sailing, snorkeling, glass-bottom boat, waterskiing

**LUX\* Me Fitness** - High quality modern equipment, body building, stretching, progressive and adapted

Complimentary: gym, beach volley, table tennis, bocce balls, tennis\*, yoga

## TOTAL PACKAGE INCLUDES:

Return flights from Johannesburg to Mauritius on Air Mauritius

Return airport transfers

Airport Departure Taxes

5 x Nights Accommodation

All meals and drinks (excluding premium brands)

All land and watersports as featured by the resort

4 x Days Kate Emmerson “Ignite Wellness Retreat” programme

**Reasons To Go** Added Values:

- Screen on the Beach
- Message in the Bottle
- Secret Bar
- Café LUX
- Keep in Touch Phone Booth

# The Programme

## Price Per Person:

**From R 26 260** Per person sharing

**From R 30 130** Per Single

You know if this wellness retreat is right for you to attend – trust, breathe and book your place.

## Terms & Conditions:

Price is based on minimum of 16 participants, subject to rate of exchange fluctuations, airfare increases and tax increases.

## For More Info:

Full details of the “IGNITE YOUR LIFE” programme please call Kate directly on 0823413143 or e-mail; [kate@kate-emmerson.com](mailto:kate@kate-emmerson.com)

## To Book:

Please contact Island Light Holidays on:

(011) 770-7821

Or e-mail [info@islandlightholidays.co.za](mailto:info@islandlightholidays.co.za)

## Secret Bar

Wander around some resorts and you see the same old faces in the same old bars... Not here, We're in touch with our spontaneous side, so there are always new and exciting moments to discover. Sometimes they're waiting just around the corner. Sometimes they're not...

Imagine, for argument's sake, a wardrobe on wheels. There you are, walking across a clearing. Birds are singing in the palm trees, the sky is blue and the sun is shining - just like yesterday. Except today, there's a wardrobe. Open the doors, take a peek inside.

We promise you won't be disappointed... When you return the next day to share your discovery with some new friends, it's gone. Two days later there's a rumour circulating by the pool. A wardrobe has appeared at the far end of the beach....



About LUX\* Resorts

# PHILOSOPHY

What's your picture of a dream holiday – swimming in the sea of sameness or, given the chance, would you like to celebrate life a little more richly?

Lying on a beach day after day,  
or a rich tableau of experiences with memories that  
last long beyond the tan?

For people who wish to escape from clutter and complication, the simple inspiration of our 1,804 team members is your time. It's the one, true luxury and one we should all spend wisely.

LUX\* doesn't impress with pretentious wines and city cuisine. We've no time for mediocre coffee and expensive phone calls.  
And we don't import fancy marques of water just for the mark-up.

We've cut the excesses to create a simpler and more light-hearted vacation. Unconventional and exhilarating, it's an award-winning concept:

*Start the day with organic coffee, freshly-roasted on the island Manage your lifestyle through the LUX\* Me approach to wellbeing Enjoy refreshing water that doesn't cost the earth, literally*

*Indulge in ice cream, bursting with fruit flavours, from retro parlours Find a message in a bottle and you're sure of a big surprise Open the secret bar but don't forget to sign the book*

*Dine al fresco at the pop-up island kitchen*

*And be sure to catch a beachside screening before heading to bed – Cinema Paradiso, island style.*

A LUX\* Resort is a place where each moment matters.

It's where the ordinary is done extraordinarily.

It's a rest from which you return, both invigorated and inspired.

There are many reasons to go LUX\* but remember... some dreams really do come true.

\*LIGHTER.BRIGHTER.

