



# I AM WARRIOR

## A Self-Mastery Journey

A 6-day retreat-style Workshop  
with **Rudi Viljoen** in collaboration with  
**Leshiba Mountain Retreats**

21 - 26 October 2022

# I AM WARRIOR

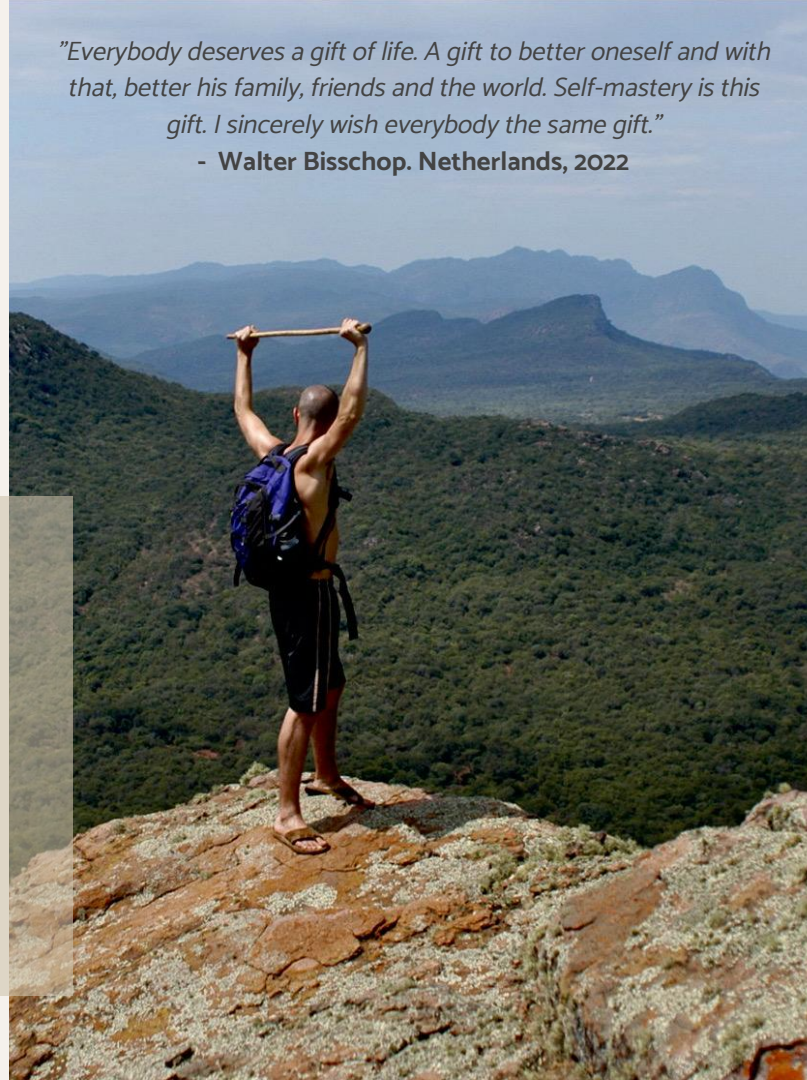
Join internationally-renowned Master Coach and Human Behaviour Specialist, **Rudi Viljoen**, as he takes his Self-Mastery programme into the African wilderness. Discover **Leshiba Mountain Retreats** on top of the secret Soutpansberg mountains in the far northern region of South Africa.

Together Rudi Viljoen and Leshiba Mountain Retreats bring you their first Mind Over Mountain experience and personal transformation workshop

**‘I AM WARRIOR’**

*"Everybody deserves a gift of life. A gift to better oneself and with that, better his family, friends and the world. Self-mastery is this gift. I sincerely wish everybody the same gift."*

**- Walter Bisschop. Netherlands, 2022**





# SELF-MASTERY

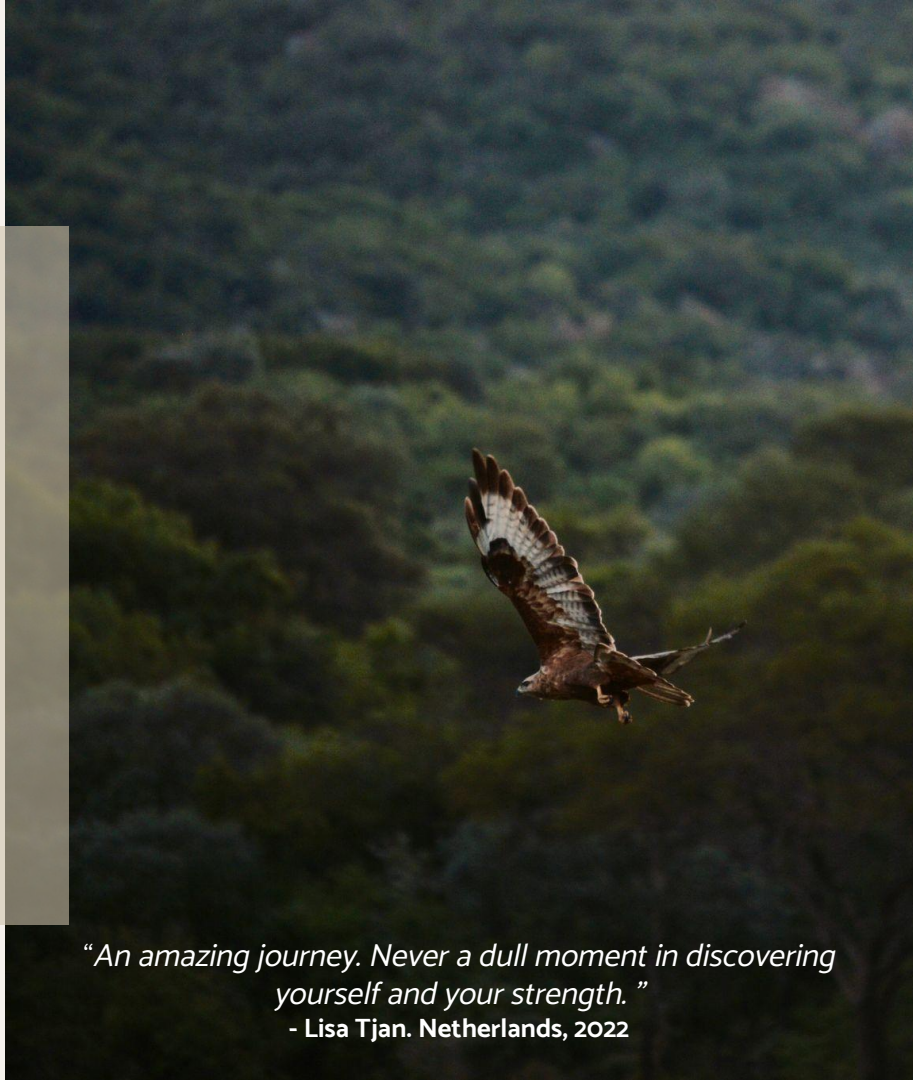
**Rudi Viljoen's Self-Mastery workshop** is a journey of self-exploration and self- understanding. It will take courage and commitment. It will take becoming a warrior.

The workshop has all the elements, experiences and learning aimed at individuals committed to bettering themselves in various aspects of their lives, both private and professional.

Self-mastery is learning to have a different conversation with yourself, hearing what you actually have to say and rewriting your story.

Your attitude and perception will be fundamentally shifted, providing you with a set of skills that you can benefit from immediately and easily integrate into every area of your life.

You'll be challenged and invited to dig deep in order to create new possibilities.

A photograph of a bird of prey, likely a hawk or eagle, in flight. The bird is shown from the side, with its wings spread wide, revealing dark feathers on the underside and lighter feathers on the top. It is flying over a dense, green forest. The background is slightly blurred, emphasizing the bird in the foreground.

*"An amazing journey. Never a dull moment in discovering yourself and your strength. "*

*- Lisa Tjan. Netherlands, 2022*



## **This Workshop will help you find**

- The origin of your shortcomings and how to deal with them
- The events and beliefs that have shaped you into who you are
- How you can have a different conversation with yourself and others
- Your strengths and qualities and where they can take you

## **Ultimately gifting you with**

- The ability to make conscious choices about your life and your behaviour
- More clarity and self-awareness
- Tools for a more meaningful life
- Fulfilling relationships both personal and professional



# Leshiba

MOUNTAIN RETREATS

**Leshiba** is a family-owned private eco and wildlife reserve on top of the Soutpansberg in South Africa.

For thousands of years this mountain has been a gathering place, a place for ceremony and connection. Leshiba opens hearts and minds.

Our mountain-top reconnects you to the earth, to yourself and to Africa's deeply powerful soul and energy.

Leshiba is one of the few places on earth where you are able to walk freely amongst wildlife. Venture out to read the spoor in the sand telling the stories of the night and find your own story tracking your path back to who you are.

Explore Leshiba: [www.leshiba.co.za](http://www.leshiba.co.za)



*"Everything you promised, more than I expected, bigger than my imagination or dreams."*

- Billy Waterson









# WALK ON THE WILD SIDE

**Get ready for six life-changing days**

- Journey through the timelines of this mysterious mountain with master tracker and guide, **Peter Straughan**
- Explore ancient human history while following your own journey to self
- Reconnect to the wild within you, the place in yourself that roars with possibility
- Reignite your own inner fire



# WALK WITHIN

## You will experience

- Daily Yoga
- Guided bushwalking
- Indoor learning
- Outdoor experiences
- Group and individual coaching
- Interactive discussions
- One-on-one talks

*'What if the question is not: why am I so infrequently the person I really want to be, but: why do I so infrequently want to be the person I really am?'*

- Oriah Mountain Dreamer







# RUDI VILJOEN

HUMAN BEHAVIOUR SPECIALIST,  
COACH, SPEAKER,  
CONSERVATIONIST, ADVENTURER &  
ENTREPRENEUR

Rudi's philosophy is that we all have the skills to actively create our future and reach our highest goals. Deliberate creation is an important technique, which, once learnt and harnessed, can produce powerful outcomes. To add value, individuals need to delve into and gain an understanding of their own belief systems, equipped with this personal insight an individual is in an enhanced position to fulfil their role in their lives and others.

Find out more about Rudi [here](#)



## PETER STRAUGHAN

### TRACKER, GUIDE, BOTANIST, ARCHAEOLOGIST & CONSERVATIONIST

Peter Straughan is the Soutpansberg's very own 'bush-man'. Self-taught and passionate about the environment, Pete has lived at Leshiba for the past 29 years. He does not have an office or a computer and is in the Stone Age when it comes to tech but he lives and breathes everything wild.

Peter represents a different era when living off the land was crucial to our survival. When there are no clear answers to a problem, Pete will find a solution and put it into action. He is committed to saving our endangered species and being a caretaker of this mountain. He truly 'sees' what is around him.

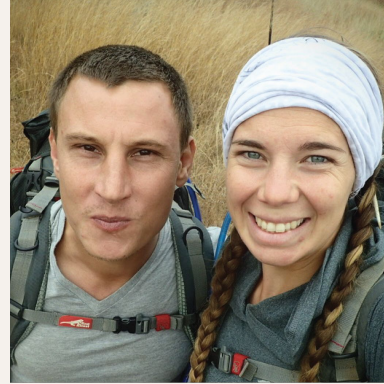


# MEET THE REST OF THE TEAM

Here to support you on your journey.



Rene Viljoen



Ruan Viljoen and Renske Hagg



Lukas Makadho



Kathryn Straughan



Joyce Mulaudzi

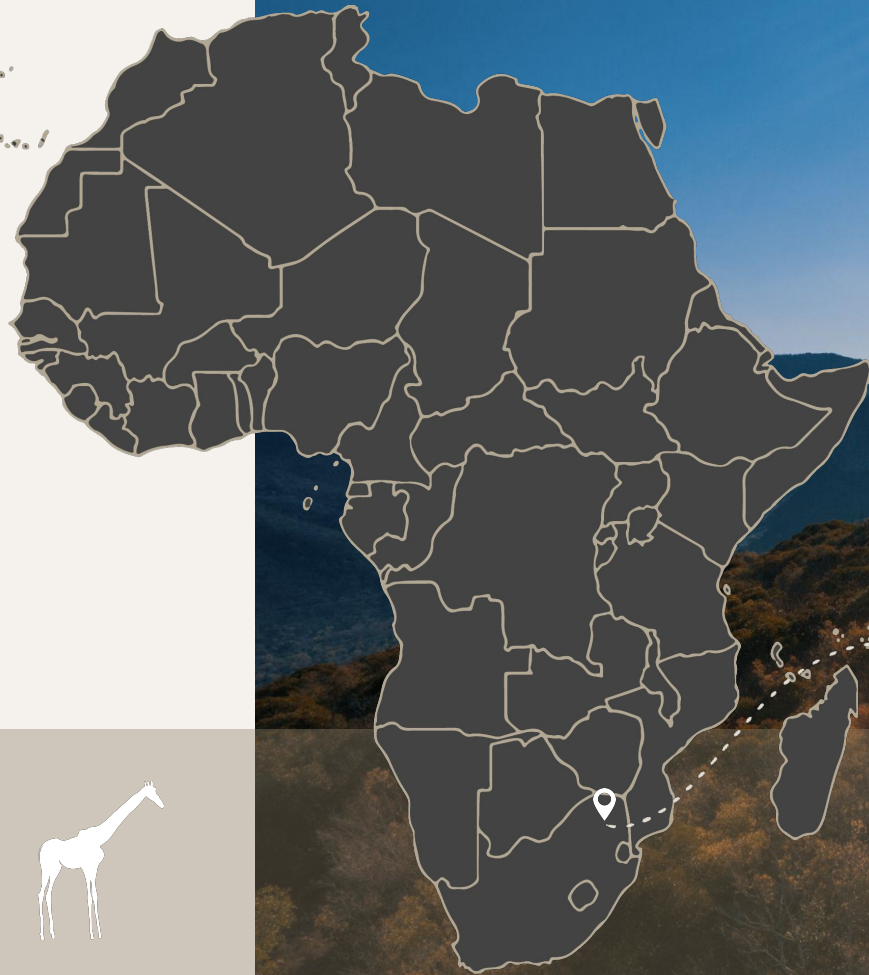


Rowena Viljoen



# Leshiba

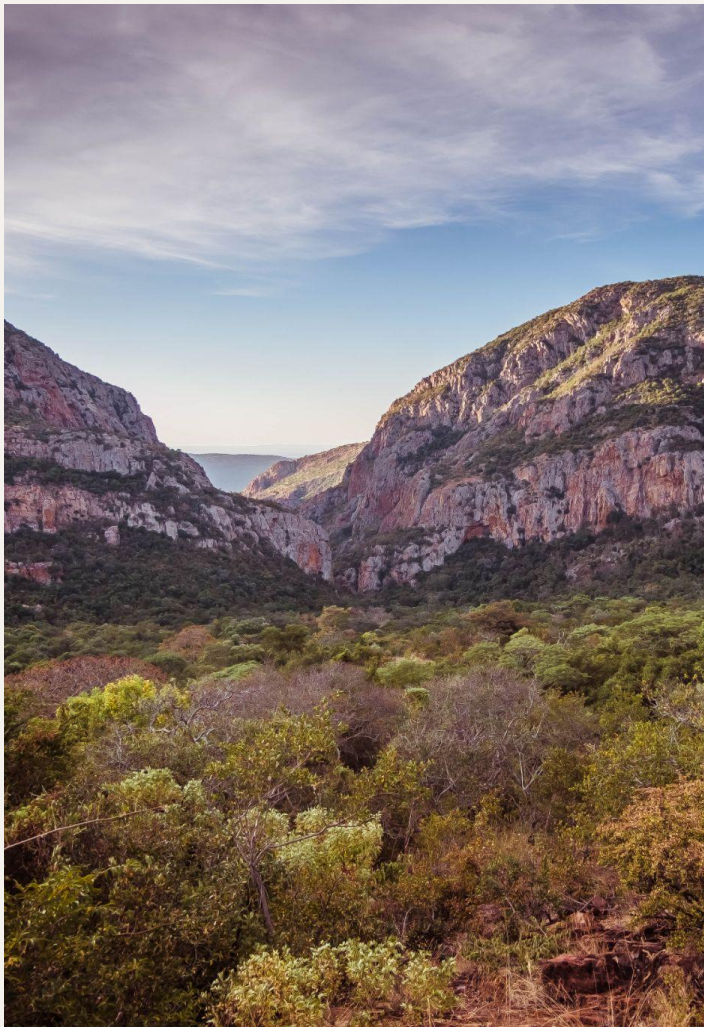
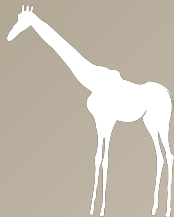
MOUNTAIN RETREATS



Leshiba is located on top of the Western Soutpansberg, South Africa's northernmost mountain range

Explore Leshiba: [www.leshiba.co.za](http://www.leshiba.co.za)





*"The learnings here will be with me for life" - Amit Singhal. India, 2022*

*"What an amazing journey it has been! This was the best experience I have ever had." - Lindeni. South Africa, 2022*

*"Excellent program, was definitely worth the trip and effort. I am going away with a much clearer frame of mind, with the momentum to discover myself and do something (good) for myself. The Team was spectacular, dedicated and professional."*  
**- Sanjay Agamval. Curacao, 2022**

*"I'm not sure where to start thanking you. What an extraordinary week I experienced. The way you manage to create a totally safe environment, smother each participant in unconditional love, and ensure absolute respect for each of us was amazing. I know from the other participants that we felt as if you and your remarkable team solely had our own interests at heart. In such an environment, no wonder magic flourishes.*

*Sharing with such a diverse group of people really highlighted how each of us could use our strengths, vulnerabilities and experience to help, teach, and encourage each other. You do important and life changing work up there in the mountains. I feel energized, cleansed, free, and at ease with others and myself as a result. The last time I felt like that – well you know it was 47 years ago. Oh! and I haven't laughed as much for years – and I mean really laugh until I could hardly breathe. Thank you. I would recommend this to anyone – like planting a tree, if not thirty years ago, then go now. - James Hill. United Kingdom. 2014*



# RATES & CONTACTS

**Dates:** 21- 26 October 2022

**Rate:** \$5 200 per person sharing  
\$3 500 if booked before 1 August 2022

Rates exclude travel arrangements. Please enquire for more information

**Enquiries:** **Rudi Viljoen** (Master Coach and Workshop facilitator)  
**Tel:** +27 82 802 0880  
**Email:** [rudi@warriors.co.za](mailto:rudi@warriors.co.za)  
**Website:** [www.rudiviljoen.com](http://www.rudiviljoen.com)

**Enquiries  
& bookings:** **Kathryn Straughan** (General Manager at Leshiba)  
**Tel:** +27 83 444 0456  
**Email:** [kathryn@leshiba.co.za](mailto:kathryn@leshiba.co.za)  
**Website:** [www.leshiba.co.za](http://www.leshiba.co.za)

\*Includes workshop, accommodation and meals. Excludes travel arrangements



"A warrior does not give up what he loves, he finds the love in what he does"

- Dan Millman



*ruofu viljoen*

Leshiba  
MOUNTAIN RETREATS

“For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.”

- Brianna Wiest

*rudi viljen*

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