



# I AM WARRIOR

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

17 to 21 May 2023

# I AM WARRIOR

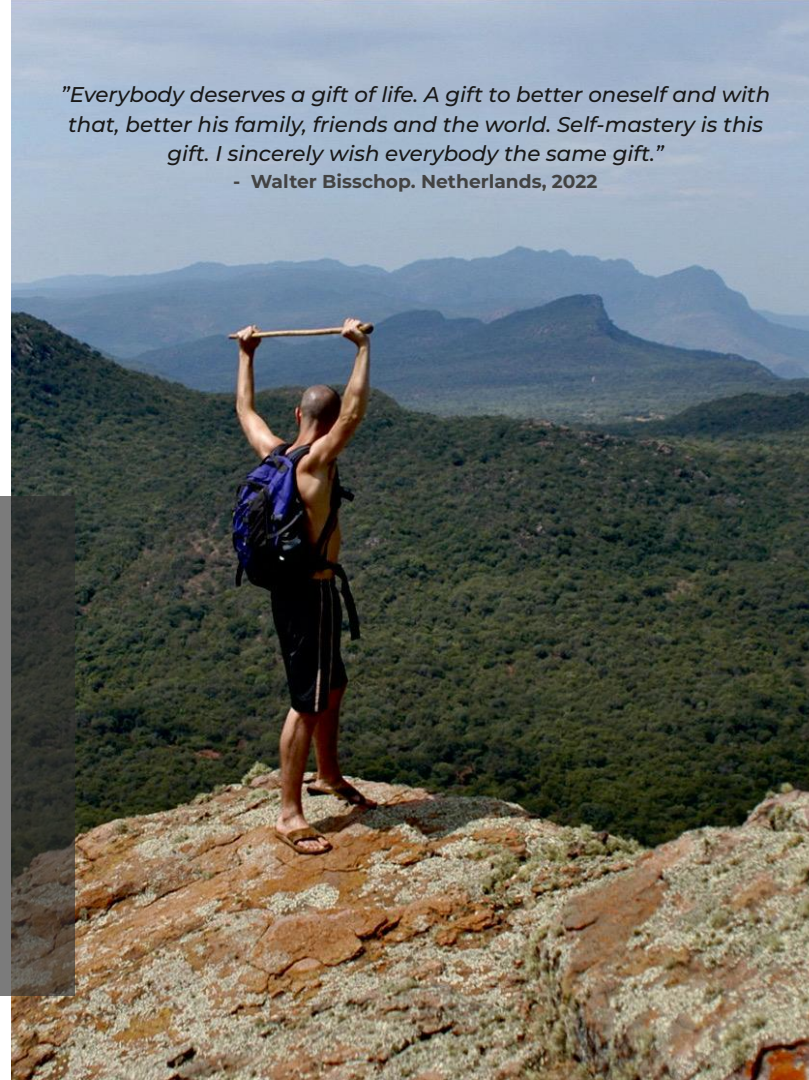
Join internationally-renowned Master Coach and Human Behaviour Specialist, **Rudi Viljoen**, as he takes his Self-Mastery programme into the African wilderness. Discover Leshiba Wilderness on top of the secret Soutpansberg mountains in the far northern region of South Africa.

Together Rudi Viljoen and Leshiba Wilderness 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





A photograph of a bird of prey, possibly a hawk or eagle, in flight over a dense, green forest. The bird is captured in mid-flight, with its wings spread wide, showing detailed feather patterns. The background is a soft-focus view of the forest canopy, creating a sense of depth and natural beauty. The image is split vertically, with the left half showing the forest and the right half being white with text.

# 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 great awakening for me"*  
- Machel Lombard. South Africa, 2022

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

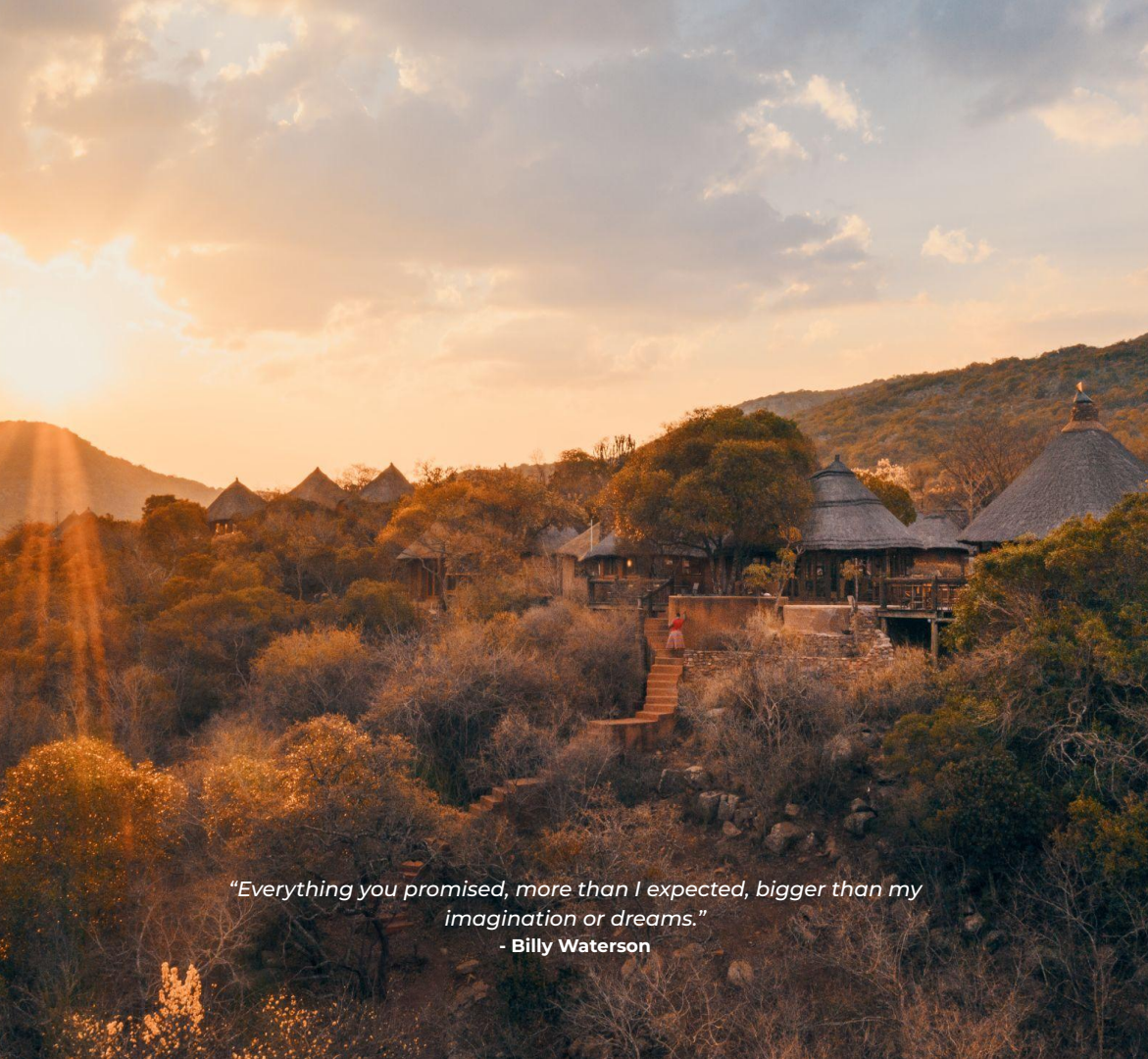
- The origin of your shortcomings and how to deal with them
- The events and beliefs that have shaped you into who you are
- How you can have a different conversation with yourself and others
- Your strengths and qualities and where they can take you

### **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







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

**- Billy Waterson**

# Leshiba WILDERNESS

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)









# 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, Peter 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

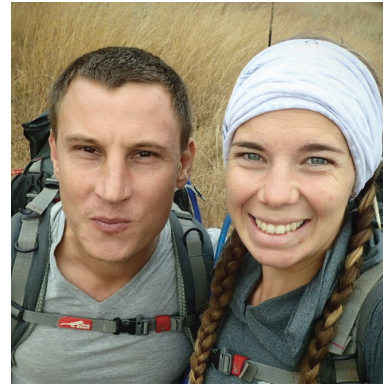
Here to support you on your journey.



Mia De Bruyn



Rowena Viljoen



Ruan Viljoen and Renske Hagg



Lukas Makadho



Rene Viljoen



Kathryn Straughan



Joyce Mulaudzi



Glynnis Steyn

# Leshiba

WILDERNESS



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)





*"A great awakening for me"* - **Machel Lombard. South Africa, 2022**

*"Most of all you will find out a lot about who you are and what you are capable of"* - **Tlou Mojela. South Africa, 2022**

*"We all need hope to generate energy, courage and purpose and this workshop does that!"* - **Laura Cree. South Africa, 2022**

*"I have never felt this alive"* - **Marissa du Preez. South Africa, 2022**

*"It feels like I have been resuscitated, like paddles have been placed on my chest and life shocked back into me. I feel as if I can no longer live an ordinary life in an ordinary way. The I am Warrior experience makes me wonder WHAT ELSE IS POSSIBLE!"* - **Tess Rayner. South Africa, 2022**

*"It was a journey of meaning"* - **Gabriel Seeber. South Africa, 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. 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**

# TESTIMONIALS





# CONTACT US

**Only 16 spaces available**

**Dates:** 17 to 21 May 2023

**Rate:** [ENQUIRE NOW](#)

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**Website:** [www.leshiba.co.za](http://www.leshiba.co.za)



# I AM WARRIOR

For more information join our webinar:

Thursday 24th of November 2022 - Join [HERE](#)

Tuesday 20th December 2022

Thursday 26th January 2023

Tuesday 7th March 2023

Monday 17th April 2023

Tuesday 23rd May 2023



The background of the image is a vast, atmospheric landscape. In the foreground, a thick layer of white mist or low-lying clouds fills the valley. Above the clouds, a dark, silhouetted mountain ridge stretches across the middle ground. In the far distance, more mountain ranges are visible under a sky transitioning from a deep orange near the horizon to a pale, hazy blue at the top. The sun is a bright, glowing orb positioned just above the horizon line, creating a lens flare effect. The overall mood is serene yet powerful, evoking a sense of natural grandeur and resilience.

I AM WARRIOR





# I AM WARRIOR

*"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 viltjen*

Leshiba  
WILDERNESS