



## get present in nature

### 3 day Trust Technique® workshop

Sneeuberg Nature Reserve, South Africa



This three-day workshop is an introduction to the Trust Technique. The main focus of this workshop is to experience presence and see how it can change your relationship with yourself, others, and animals. Through the Trust Technique and simple practices, you learn to move from thinking to feeling, creating calm, trust, and genuine connection.

This is a unique opportunity to experience the Trust Technique in the truly peaceful and natural setting of Sneeuberg Nature Reserve, surrounded by the beauty of the Great Karoo in South Africa.

Host: [Sneeuberg Nature Reserve](#)

Your guide: [Joey Philips](#)



## What to expect:

- Learn how to be truly present and aware
- Learn how to live the Trust Technique way
- Deepen your connection with animals and nature
- Beautiful walks in a 14.5000 Ha private nature reserve
- Stay in an authentic, old farmhouse, far from distractions
- Delicious meals by Sneeuberg's chef Anne-Claire



All proceeds of this workshop support the conservation of Sneeuberg Nature Reserve.

Contribution: tbd per person, this includes the workshop and:

- 4x accommodation
- 4x breakfast
- 3x lunch
- 4 x dinner

\*Although the workshop begins on the 21st, please plan to arrive the afternoon or evening of the 20th to ensure a timely start the next morning.

## Friday

**Day 1** introduces the Trust Technique®, exploring how we all share and react to feelings, and how being in the present moment creates peace and allows for creative responses. We discuss how the senses can guide us into presence, followed by a few practical exercises. After a break, we delve deeper into the concept of the present moment—what it truly is, with references to Buddhism, its history, and prominent teachers of presence. We also explore the difference between thoughts and thinking, supported by some more exercises. Later in the day we continue with an outdoor session, practicing walking with presence in the garden before walking into the veld to integrate the experience with nature.



## Saturday

**Day 2** begins with a short recap of the previous day before continuing with a discussion on overthinking—how it creates suffering and influences our daily lives. The next session focuses on animals and the Trust Technique®, revisiting the concept of shared feelings and emotions and how energy is universal. We look at how animals naturally respond with calmness when we are peaceful ourselves, supported by stories and video footage of the Sneeuberg horses. This leads into a deeper explanation of the Trust Technique, and how genuine communication and cooperation with animals can arise when we are fully present and place our attention on the other. The afternoon is spent outdoors, walking mindfully in the veld, being present, and experience a deep sense of connection with animals and nature.

## Sunday

**Day 3** After breakfast we head out for a longer walk in the veld—an opportunity to deepen presence in nature and experience the quiet connection that arises from simply being. The walk, including moments of stillness and reflection, will take around three hours in total. If weather allows, we will have lunch in the veld. On return, we gather to share experiences and insights from the walk, followed by a conversation on integrating presence into daily life touching on different themes; forgiveness, gratitude, connection with nature, compassion, and intentional living.

\*If possible, you will have the chance to see the Sneeuberg horses, but since they are semi-wild, their presence can never be guaranteed.

\*Please note that the schedule may change depending on the weather conditions.

\*If time allows, we will also do a few gentle Qi Gong exercises specifically designed to help participants connect more deeply with the present moment.

\*This workshop is held with care and respect for all participants, following a flexible program that can adapt to everyone's needs.

\*Participants may use the Gordonville indoor pool.

## More info:

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