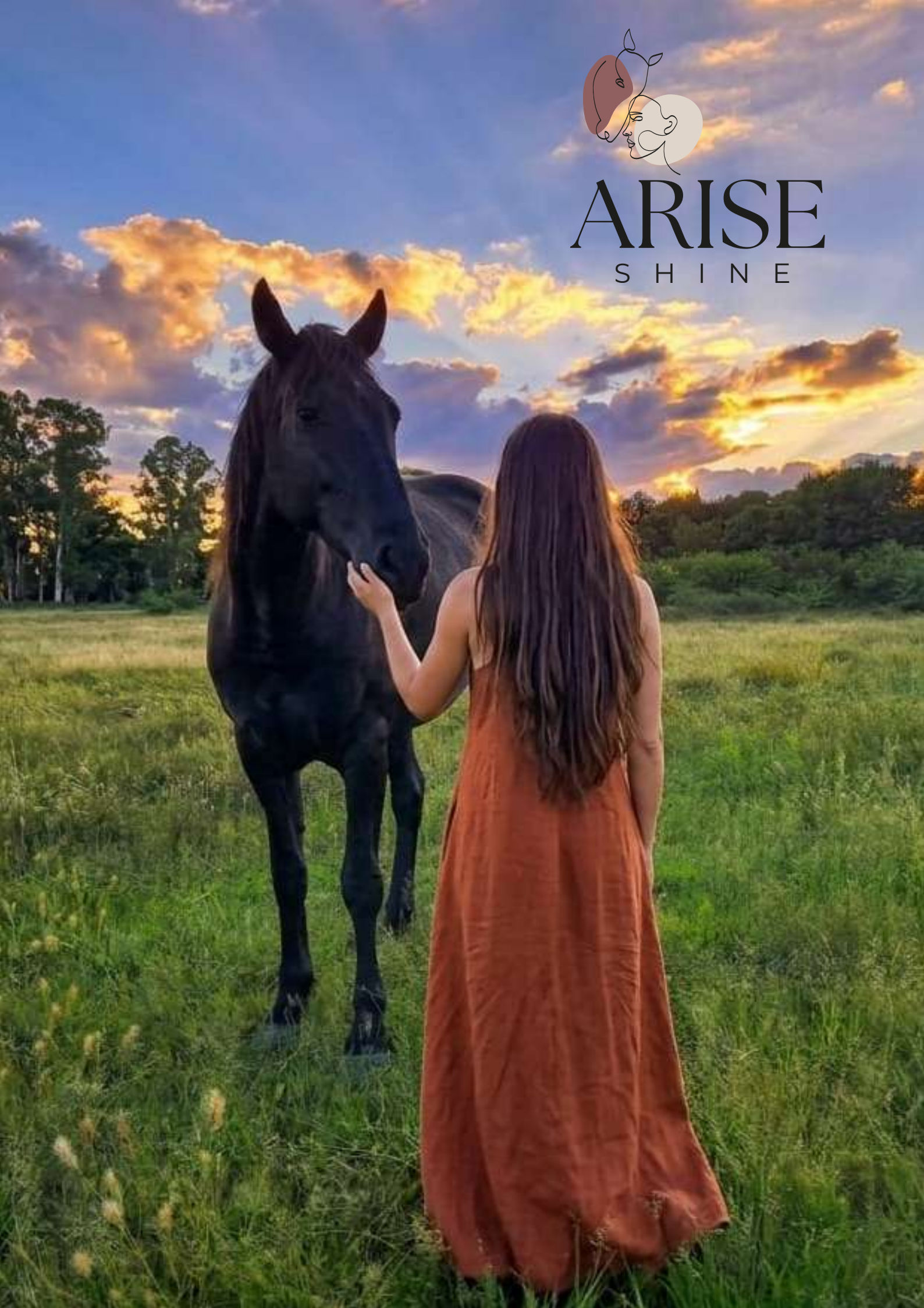




ARISE

S H I N E





ARISE SHINE PATHWAYS

An Invitation

Somewhere along the way, many of us drift from the life we were created to live.

The pace of life, past experiences, expectations, disappointment, and the constant pressure to keep going can leave us feeling disconnected—from God, from ourselves, and from what truly matters.

Arise Shine is an invitation to slow down.

To step away from the noise, embrace a gentler rhythm, and create space to hear God's voice again. It is a place to rest, reflect, heal, and return to the person He created you to be.

This is not about becoming someone new or striving to be better. It is about coming home—to your identity, your purpose, and a way of living marked by peace, presence, and authentic connection.

Because every story is unique, every pathway is thoughtfully designed around your individual journey, creating a safe, Spirit-led space for healing, growth, and lasting transformation.





IDENTITY COACHING

- **ONE ON ONE SESSION ON FARM** **R550**
- **ONE ON ONE SESSION WITH HORSES** **R750**
- **ZOOM SESSION** **R450**

- **4 SESSIONS (ONE MONTH WEEKLY) -** **R1870**
ONE ON ONE - NO HORSES
- **4 SESSIONS (ONE MONTH WEEKLY) -** **R2550**
ONE ON ONE - WITH HORSES



CONTACT: 071 685 1858



HORSE ENCOUNTERS

- **ONE ON ONE GUIDED SESSION WITH HORSES** **R750**
- **FREE TIME TO SPEND WITH HORSES ON FARM WITH JOURNAL PROMPTS & ART TABLE** **R550**
- **OUTRIDES ON FARM (COMING SOON)**



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QUANTUM HEALT ANALYZER TEST

- **QUICK TEST - VITAMINS, MINERALS
& GUT** **R450**
- **FULL TEST WITH RECOMMENDATION
& EATING PLAN** **R950**
- **CUSTOMIZED EATING PLAN FOR
YOUR BODY & LIFESTYLE** **R350**



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RETREATS

- **SILENT RETREAT (10 PEOPLE MAX)** **R750PP**
- **SILENT RETREAT WITH HORSE SESSIONS** **R1150PP**
- **NO PROGRAM WEEKEND RETREAT WITH SLEEP OVER @ SELAH COTTAGE (HORSE SESSION, ART, GUIDED JOURNAL PROMPTS & PICNIC BASKET)** **R2500 PP**



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GUIDED JOURNEYS (ON WHATSAPP)

IDENTITY & PURPOSE JOURNEY

RETURNING HOME JOURNEY

TREE OF LIFE JOURNEY

NERVOUS SYSTEM JOURNEY

EXODUS JOURNEY

THE GOLDEN MIDWAY JOURNEY

RECLAIM JOURNEY

BREAKING ADDICTION JOURNEY

HABIT CHANGE JOURNEY

49 DAYS OF CREATING

FEAR OF MAN JOURNEY

• **R150 - R550 EACH**

***ADDING NEW JOURNEYS REGULARLY - JOIN OUR WHATSAPP
GROUP TO RECEIVE INVITATIONS TO NEW JOURNEYS***



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SAFE PASTURES (KIDS)

RETREAT (INCLUDES)

R850

- EQUINE SESSION
- ART THERAPY
- PICNIC BOX
- PHOTOSHOOT WITH HORSES
- MINISTRY & PRAYER

FOLLOW UP SESSIONS

R450

HORSE GROUNDWORK SESSIONS

R250



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About Emain

Emain is the founder of Arise Shine—a Holy Spirit-led space that grew out of her own journey of healing, restoration, and returning to the person God created her to be.

Rather than simply offering coaching or horse-guided experiences, Emain invites people into a different way of living—one that embraces slowing down, reconnecting with God, finding rest, and rediscovering their authentic identity beyond trauma, striving, and the expectations of others.

Her work weaves together horse-guided encounters, life coaching, retreats, and custom healing journeys, creating spaces where people feel safe to be fully seen, to ask honest questions, and to take gentle steps toward lasting transformation.

Everything she offers flows from the life she is learning to live herself. Together with her family on their farm, she is pursuing a slower, more intentional lifestyle centred on faith, healing, meaningful connection, creativity, and living in harmony with God's design. It is from this place that Arise Shine was born.

Emain believes that true healing is not about becoming someone new, but about returning to who you were created to be. Her heart is to walk alongside each person with compassion, authenticity, and the gentle leading of the Holy Spirit, trusting that lasting transformation begins when we learn to live from a place of rest rather than striving.



“I am not walking ahead of you as someone who has all the answers. I am walking with you—still learning, still growing, still becoming too.”



If you feel the pull—even if you cannot explain it
— that is your invitation.

For more information on our different services
and pathways, please contact:

071 685 1858

arise@samekhgroup.co.za

www.ariseshine.co.za

Bainsvlei Bloemfontein

