

@sacredgrove.co.za

THE SACRED PATH

1:1 MENTORSHIP PROGRAM

Towards self-mastery.



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"Das has helped me tremendously on my journey - to find the courage within to challenge my self-limiting beliefs. I am immensely grateful for his help and feel that over the past year, the work we've done together has really empowered me." Ethan

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THE SACRED PATH 1:1 MENTORSHIP

A year-long Hero's Journey embodying meaningful, lasting transformation.

The **Sacred Path** 1:1 mentorship with mentor Das Lyon meets you where you are at right now - and guides you towards self-mastery.

The purpose of this mentorship is to give you tools and experiences to engage in a higher capacity with your life and ways to foster **CLARITY, WISDOM, POWER and COURAGE**.

Whether navigating family, work, relationships, purpose, health, grief or transition, the practices and teachings are designed to be **integrated** into daily life.

Working with the energy and time you have available, the mentor will walk beside you, guiding, teaching and sharing, holding you accountable to your commitment to change.



Walking the sacred way to authentic, grounded mastery - where real change is approached through truth, reflection, action and rite - is the key to living in harmony.

The mentorship is a *holistic system of practice*, a long-form developmental **process** that asks for a willingness to engage honestly with yourself and your relationship to life.

Over the course of your journey there may be periods of uncertainty, resistance, momentum, insight, challenge and renewal. This is all a natural part of your development and **healing**.

Your authentic, meaningful growth takes time, held in our safe, powerful container.

The path unfolds gradually, step by step, following an ancient healing wheel around the year, in rhythm with natural time. This way orientates you within each week, month, season - and the larger cycles from youth to elder hood.

We deal with your most **immediate** concerns first. From here the structure of the mentorship is intentional. The pace and the time between sessions is part of the process itself, allowing for reflection, implementation, integration and **embodiment** within day-to-day life.

This container is designed to support and provide:

- Honest inquiry;
- Grounded personal development;
- Behavioural and relational recalibration;
- Initiatory frameworks;
- Meaningful personal growth;
- A genuine rite of passage;
- Tools, techniques and methods to navigate the future;
- Direct, mutual accountability from mentor to mentee.

"Transformational from a business and personal perspective. It is unique for everyone with their own circumstances, dreams and goals as context. I stepped out of my comfort zone to a new level of growth personally and professionally." Francois

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WHAT YOU EXPERIENCE



The Sacred Path is a method of becoming more fully established in your truth. As the work unfolds through the elemental journey of **Air, Water, Earth** and **Fire**, students discover a greater sense of coherence between their inner world, Nature and the life they are creating.

Over the course of the year, you may experience:

Greater clarity

A clearer understanding of your values, direction, strengths and the patterns that have shaped your life. Learning to distinguish between reaction and response allows wiser decisions and a greater sense of purpose.

Increased emotional resilience

Developing the capacity to remain present with challenge, uncertainty, grief, fear and change without becoming overwhelmed by them. Emotional maturity becomes a lived practice rather than an ideal.

A regulated nervous system

Learning practical ways to calm the body and mind, reduce chronic stress, improve sleep, restore vitality and create a stronger foundation for physical, emotional, psychological and spiritual wellbeing.

More authentic relationships

As your relationship with yourself changes, so too can your relationships with partners, family, friends and colleagues. Clearer boundaries, healthier communication and greater compassion often emerge naturally.

Deeper purpose and meaning

Many people arrive feeling disconnected from meaningful work or uncertain about the next stage of life. Together we explore what calls you forward and how to bring that into practical daily living.

Profound embodied practices

Transformation is measured not by insight alone, but by lived experience. Through reflection, practice, accountability, movement, breath, nature connection, rite and disciplined action, the work forms character.

Courage and responsibility

The mentorship encourages a shift from avoiding difficulty to meeting life with greater steadiness, responsibility and confidence. Rather than seeking certainty, you learn to trust your capacity to respond well to whatever arises.

Creativity and expression

Whether through art, writing, leadership, or relationships, creativity is understood as an expression of a life lived more consciously awake. As limiting patterns soften, new possibilities often emerge.

Living in natural rhythm

The elemental framework invites you to live more consciously within natural cycles of growth - rest, action, reflection and renewal. Instead of constantly striving, you begin to work with life's rhythms, archetypes and seasons.

No two journeys are the same.

The mentorship is tailored to your circumstances and availability, your experience, your aspirations, and your readiness. Some participants seek clarity during a major life transition; others wish to deepen an already established path. The process honours both.

Throughout the year, the work is held within a structured yet adaptable container that combines thoughtful conversation, practical accountability, experiential exercises, initiatory rites of passage and ongoing integration. It is designed not simply to help you solve problems, but to cultivate the greatest qualities that *already exist* within your potential.

The aim is to become more complete in yourself.



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ABOUT YOUR MENTOR

DAS LYON, MA, BAHons, BTech, FREC3, CPO
Founder, Sacred Grove



"I love the breadth and depth of Das' teachings. He opened a whole new world of connecting with nature to me, beyond merely the physical - also touching on the mystery and magic of our interconnection." Lorianne

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Das Lyon's background is unconventional - a licensed hostile-environment close protection **bodyguard** and first response **medic**, wilderness **firefighter** and close-quarter **combat instructor**, holding black belt degrees in multiple martial arts.

A **scholar** of mythology, anthropology and psychology, he works directly with individuals through one-to-one mentorship, embodied, progressive development and nature-based initiation.

A bronze **sculptor** with a Master's degree in Strategic & Industrial Design, Das led award-winning international design projects across the UK, Middle East and Africa as a **design director** and **architect** specialising in passive technologies. This period saw him become a **consultant** to the Dubai Ministry of Arts and Culture, directly influencing top-level discussions around fostering those industries within the UAE.

With over a decade **guiding** men and women through rites-of-passage work, Lyon has walked the Sacred Path for many years, training globally under numerous renowned teachers. A qualified *iQihar* - a **herbalist** and **traditional healer** - Das has worked extensively with nature-based practices and traditional knowledge systems, including writing a popular book on '50 South African medicinal plants'.

Holding vision quests, deep wilderness immersions and initiations, Lyon (pronounced 'Lion') operates in spaces where clarity, safety and decision-making truly matter.

“Thank you Das for creating the space for... an incredibly valuable experience - what a gift!
Highly recommended to anyone called to move into alignment with their soul purpose, and
deepening their connection to nature.
With Gratitude, Pierre.”

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INVESTMENT

Start here:

- **Step 1**- Contact Das to book a discovery call;
- **Step 2**- Read, sign & return the agreement on page 5;
- **Step 3**- Make payment and send POP;
- **Step 4**- We arrange our first mentorship meeting.

Over the course of the journey, the mentorship will explore:

- Reducing stress and anxiety
- Creating structure
- Improving clarity and focus
- Identity and future direction
- Discipline, structure and accountability
- Dreamtime and the subconscious
- Nature connection
- Ancestral patterns
- Emotional regulation
- Physical, psychic and emotional self-healing
- Shamanic journeying techniques
- Breathwork and martial exercises.

Your path towards self-mastery.

Each 3-month QUARTER includes:

- A personal **mentorship** video call or in-person meeting every two weeks;
- With **six 90-minute** mentorship meetings per quarter;
- Developmental guidance across the elemental, **rite-of-passage** pathway;
- Ongoing accountability and **support** via online chat;
- The **SACRED PATH Guidebook**;
- Lifetime access to video and audio **SACRED PATH** teaching files as available;
- Practices, exercises, reflections and guided **rituals**;
- A guided initiation process with **threshold ceremonies**.

Payment Option	Investment
Either: Per MONTH	\$220 (R3,600)
Or: Per QUARTER	\$660 (R10,800)
Or: Per FULL YEAR in advance	\$2,440 (R40,000) discounted fee

- Mentorship fees are payable in advance as per payment option.
- Up-front annual payment is discounted as shown.
- Mentorship fees are non-refundable.
- Continuation into each new quarter and each new year is by mutual agreement.
- Sessions take place online unless otherwise arranged.
- In-person initiation ceremonies are organised separate to the above.

The Sacred Path mentorship is structured as a year-long developmental journey unfolding across four elemental phases: Clarity, Wisdom, Power and Courage.

AGREEMENT OF GOOD FAITH

Participation in the Sacred Grove mentorship is entered into voluntarily and in good faith. The mentorship is designed as a developmental and educational process intended to support reflection, embodiment, integration and meaningful personal transformation over time.

By entering the mentorship container, participants acknowledge and agree that:

- The work is collaborative and participatory in nature.
- Meaningful transformation requires honesty, responsibility and sustained engagement.
- The mentorship does not constitute psychotherapy, psychiatric care, medical treatment, legal advice, or financial advice.
- All personal decisions and actions remain the responsibility of the participant alone.
- Confidentiality is respected within reasonable legal and ethical limits.
- Sessions may be recorded with consensual agreement.
- Sacred Grove materials and frameworks remain protected intellectual property and must not be distributed.
- Participation occurs within mutually agreed communication boundaries.
- The mentorship may involve emotional challenge, behavioural change and periods of uncertainty or transition as part of the developmental process.
- The Client should disclose any psychological and other medications, diagnoses, chronic ailments or disabilities.

The intention of these agreements is mutual clarity: to create a container that is grounded, respectful, sustainable and held with safety and integrity for both mentor and mentee.

- Personal information and onboarding materials are handled confidentially and in accordance with applicable privacy and data protection principles.
- Sacred Grove does not sell or distribute participant information to any third parties.
- While reasonable care is taken with digital communication and online platforms, absolute confidentiality across electronic systems cannot be guaranteed.
- The mentorship is not an emergency support or crisis intervention service.
- Sacred Grove reserves the right to decline or discontinue mentorship participation where the process is deemed unsuitable, unsafe, or outside appropriate scope.

Please sign and return an image of this page as our agreement to proceed:

Signatures of agreement:

Participant Name: _____

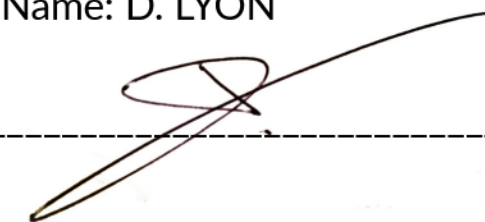
Signature: _____

Date: _____

Sacred Grove

Representative Name: D. LYON

Signature: _____



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A few students of the Sacred Grove.

Das Lyon
MA, BAHons, BTech, FREC3, CPO

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SACRED GROVE

The Sacred Path Mentorship

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