

FEATURED EXPERIENCE

The Misogi Lab.

*Test your edge. Discover your patterns.
Design your Misogi for 2027.*

A premium half-day experience with Justin King: physical challenge, personal reflection and practical life design in one guided morning. Participants test an edge, watch how they respond to difficulty, and leave with a meaningful Misogi designed for 2027.

THE FORMAT

4.5 hours · 15 to 30 participants
07h00 to 11h30
Constantia Nek

TICKETED

One guided journey. Five stages.

1

The threshold

A welcome, safety briefing and introduction to Misogi, Smart Toughness and personal intention.

2

The physical experience

A guided mountain or forest movement experience with moments of effort, silence, uncertainty, support and choice.

3

The debrief

Facilitated reflection on internal dialogue, behaviour under pressure and the patterns that appeared.

4

The 2027 Misogi Map

A practical process to define a personally meaningful challenge and the capability it could build.

5

Commitment and close

A specific first action, connection with the group and pathways for continued preparation.



What participants leave with:



Misogi, made practical

A working understanding of Misogi and Smart Toughness.



Evidence, not theory

New proof of their own capability and behaviour under pressure.



A pattern surfaced

Insight that carries into work, leadership, relationships and wellbeing.



A draft 2027 Misogi

A personally meaningful challenge, tested against clear criteria.



One action in seven days

A specific first move, committed to before the group.



A participant workbook

Their reflections and Misogi Map, captured to take home.

Participants arrive at the Summit having already met the central question in their own bodies: how do I respond when life asks more of me?