

Relax & Rewire *Retreat*

Reset your life by tapping
into the intelligences of your
heart, head & gut for
deep transformation &
empowerment

Arusha, Tanzania, Africa



CINDY LGBG
TRAILBLAZING LEADERSHIP

Welcome

Are you looking to take a break, reconnect with yourself, and invest in a profound personal reset? Then this retreat is the perfect solution for you! Set in the stunning landscape of Tanzania, this program teaches you how to work with your body and mindset. You will explore the world of 'mBIT' - multiple brains integration techniques. This cutting-edge fusion of the latest neuroscience and ancient wisdom traditions will introduce you to the realm of your multiple intelligences: your head, heart, and gut.

During this retreat, you will learn powerful techniques to achieve true transformations - to rewire yourself. You will embark on a journey from your head to your heart, shifting from thinking to feeling. You will also learn to work with your gut brain, discovering the power to truly get into action and step beyond your limiting beliefs.



"The longest journey a man will travel is from head to heart"



Retreat Program

Join this unique 8-Day Retreat to deeply relax and reset. This week is dedicated to genuinely choosing yourself. Immersed in a different environment, with new perspectives and insights, you will return home stronger and more connected with yourself, ready to integrate and apply all your newfound insights into your life.

8-day Relax & Rewire Retreat

Inclusive of:

Boutique Lodge (full board)

4 day group mBIT Coach Training
with certification

Transfers

Options to be added at additional
cost:

Safari to National Park

Visit to a Maasai-village

Massages

Other excursions on request

**Rates of this retreat excludes flights, visa, travel insurance, drinks, personal expenses, tips.*



Itinerary

Day 1: Travel to Kilimanjaro, Tanzania, and arrive at your home for the week, the charming and comfortable boutique lodge.

Day 2: After a delicious breakfast, you are ready to start the 4-day mBIT group program. There will be an a-la carte dinner waiting for you in the evening.

Day 3: Rise and shine for a morning dip in the pool and your breakfast, we continue today with the deep dive to awaken our three centers of intelligence: heart, head, and gut.

Day 4: Waking up with nature's sounds around you and the tall Mount Meru overlooking the Lodge, you continue with your rewiring program by tapping into the power of our multiple intelligences.

Day 5: Today is the grand finale of your mBIT group program. You have started to reset and are experiencing this in your body. You start today with some breathwork to feel centered and balanced. You celebrate your journey with gratitude around a cozy fire at the end of the day.

Day 6 - 7: Do what you wish... Wake up late, read a book at the pool, go for a massage, meet the local Maasai-tribe or venture on a safari to a nearby park. And while you do what feels right in your body, you nurture your new rewired self.

Day 8: Unwind and absorb all you have experienced, discovered, learned on our integration day at the lodge before departing for your outward flight home or extension to the beaches of Zanzibar.



Your Stay

A hidden gem, your boutique hotel is located in an old Acacia and Migunga forest. The garden is full of beautiful flowers, plants and colours. Imagine waking up with the sound of birds, monkeys, and the sight of butterflies around. The lodge holds a beautiful pond for easing your thoughts. Food is fresh, homecooked and delicious. This is a place holds you close, nurtures you and let's you be rejuvenated.

www.tumbili-lodge.com.



Important

The retreat requires a minimum of 4 participants to take place.

Medical Conditions, Form & Liability

This retreat applies techniques that lead to deep transformation. To guarantee personal safety all participants are required to provide information about their medical history, and sign forms related to liability.

Connectivity

As you take time to retreat and recharge, it may be that you will not have internet and phone connection at all times. To support your journey within, distance yourself from internet/phone as much as possible. Please be aware to inform your family and/or work that you will be having some days 'off-line'.

Travel regulations, vaccinations & COVID-19

All participants are responsible for their own visa, vaccinations and COVID-19 related matters to enter Tanzania.

This retreat is executed by our local partner & destination management company Kipenzi Safari.

