

Soul Nurturing 1-1 Retreat

Journey Home to Yourself:
A Tanzanian Soul Retreat

Arusha, Tanzania, Africa



CINDY LGBG
TRAILBLAZING LEADERSHIP

Welcome

Welcome to your Soul Nurturing Retreat—an 8-day immersive experience designed to reconnect you with your essence amid the breathtaking landscapes of Tanzania. This retreat is more than a pause from the everyday; it's a profound journey into the heart of self-discovery, designed for individuals seeking solitude, serenity, and a deep connection with their soul.

Nestled in the tranquil surroundings of Tanzania's pristine nature, this retreat offers a sanctuary away from your everyday life. The setting amplifies the experience, surrounding you with inspiring nature and majestic Mount Meru mountain.



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



Retreat Program

Join this unique 8-Day Soul Nurturing Retreat.

This week is dedicated to genuinely choosing yourself.

This retreat is perfect for anyone feeling disconnected, seeking clarity, or looking to rekindle their passion for life. Whether you're navigating a life transition, looking to deepen your spiritual practice, or simply in need of rest, your Soul Nurturing Retreat offers a supportive environment to explore and grow. By the end of your stay, expect to feel rejuvenated and realigned with your inner self. You'll carry home not just memories of Tanzania's stunning landscapes, but a renewed sense of peace and a deeper connection with your soul.

Join this transformative experience and come home to yourself in the heart of Tanzania. Rediscover peace, embrace clarity, and let your soul soar in the vastness of this magical land.

8-day Soul Nurturing Retreat

Inclusive of:

Full board Lodging

Coaching sessions

Soul Workshops & Ceremonies

Massage

Safari in National Park

Visit Community Projects

Transfers

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



Itinerary

Day 1: Arrival at Kilimanjaro Airport, followed by transfer to a boutique lodge in Arusha.

Day 2: After breakfast, you make your way to the Hillside Retreat on the slopes of Mount Meru. Arrival and lunch at the retreat. Settle into your accommodation and enjoy the afternoon at leisure. We have an opening cacao ceremony to sink into the body in the evening.

Day 3: Guided nature walk, followed by a morning Soul Session. After lunch free time to journal, swim in the pool, or simply relax and soak in the tranquility of the retreat.

Day 4: Start the day with a meditation session to center and calm the mind, followed by a soul workshop session focusing on deeper self-discovery and personal growth. Enjoy a relaxing massage to soothe and rejuvenate the body in the afternoon. In the evening we gather around the fire to share our stories and insights.

Day 5: Start with a morning meditation and continue with a soul workshop session to further explore personal challenges and growth pathways. In the afternoon there is free time for personal reflection or leisure activities. In the evening we have a closing cacao ceremony to reflect on the journey and share transformations made during the retreat.

Day 6: Choose to either visit local community projects to understand the cultural and social efforts in the area or spend the day relaxing at the cottage.

Day 7: Departure in the morning for a safari trip to Arusha National Park. You will have a picnic lunch in the park, followed by continued exploration. End of the day you drive back to Arusha for a nice dinner and night's sleep.

Day 8: After breakfast we do a final soul session to complete the week, focusing on integrating the retreat experience into everyday life and planning the journey forward. We share a farewell lunch, followed by your departure home or to extend your stay by visiting Zanzibar.



Your Stay

Hillside Retreat Option: A hidden gem at the slopes of Mt. Meru, your hillside retreat is located in a forest with wildlife around. Imagine nature walks and visits to the local communities in the area. Enjoy the shared pool and delicious meals while you are here.

Arusha Cottage Option: Stay in a cozy garden cottage, surrounded by beautiful flowers, plants, trees and organic farm. Enjoy the tranquility of the place, homecooked meals, a dip in the pool and the authenticity of your retreat place.





Important

The retreat is an individual retreat. The program is crafted to offer a balance of structured activities and personal time, ensuring that you leave with a rejuvenated body, a peaceful mind, and a nourished soul. The Soul Workshop Sessions will be tailored to your needs and wishes and can be mBIT or NLP coaching sessions, Akashic Reading & Healings, energy treatments, shamanic and/or systemic constellation sessions.

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.

