

# Embodied Leadership Trail

9-Day Nature, Reflection  
& Walking Retreat

*Inner Alignment. Expansive Leadership*

Maasai-land, Tanzania, Africa  
Guided by Cindy Lobo & Marco de Graaff  
and the Maasai Wisdomkeepers

**SPIRAL**  
**BOMA**  
RETREATS

# The Invitation

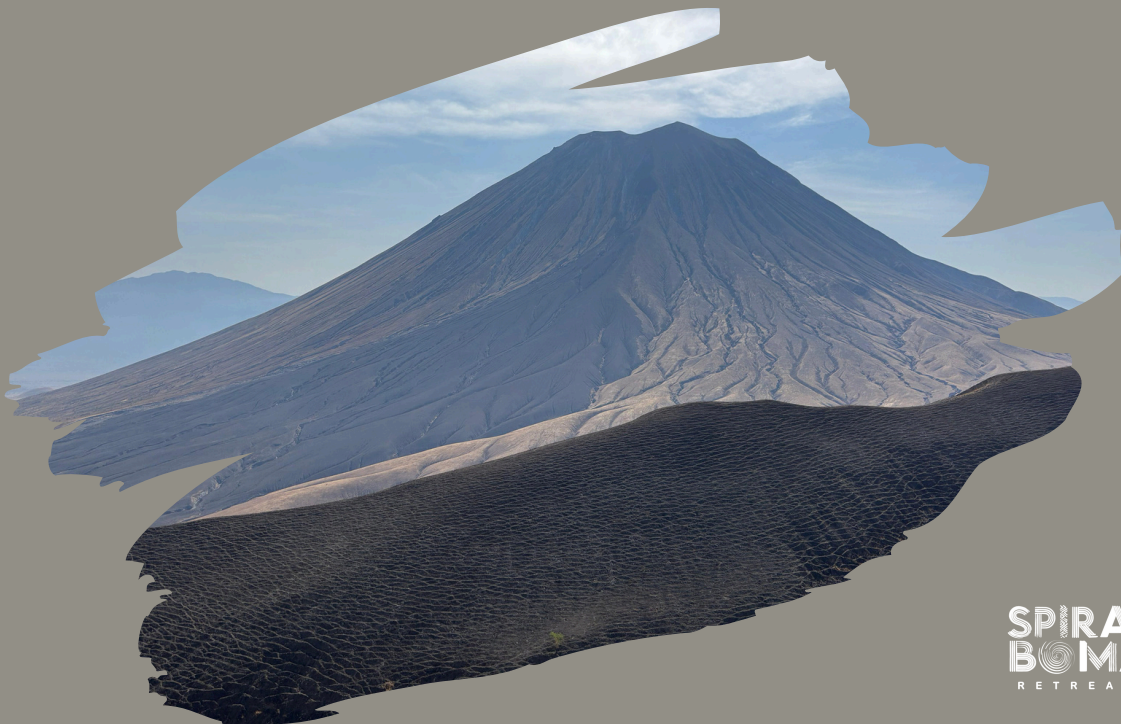
You carry responsibility. For decisions, for people, for direction. You care about what you do. You are ambitious and committed, and much of what you have built works well. At the same time, many leaders reach a point where thinking harder no longer brings clarity or direction.

This is where the Embodied Leadership Trail begins. Over nine days in Northern Tanzania, you step out of daily demands and enter a slower, more natural rhythm. The program combines time on trail with reflective and embodied practices that help you integrate thinking, feeling and intuition when you lead and make decisions.

There is nothing to perform here.

No role to uphold. No strategy to optimise.

Leadership is explored in practice, in moments where you have to navigate without a script, and your familiar ways of deciding and relating come into view. This is not a training in tools or techniques. It is a carefully guided context that supports clearer direction and a rhythm you can carry back into work and life.



# Inner alignment. Expansive leadership.

True leadership does not begin with status, pressure, or controlling outcomes. It begins within, through self-awareness, inner clarity, and a deep connection to your own body, values, intuition, and truth.

This retreat invites you to slow down, reconnect with yourself, and lead from alignment rather than performance. From that place, leadership becomes more grounded, authentic, and impactful. Your vision expands, your decisions become clearer, and the way you guide others begins to flow more naturally.

Rather than forcing leadership outwardly, you cultivate it from within, creating meaningful impact through presence, congruence, and self-knowing.

## WHY THIS MATTERS FOR LEADERSHIP NOW:

Many leadership challenges today are not solved by better strategies alone, but by how leaders sense and respond in real situations.

Leadership is explored through experience rather than theory. Here, embodied leadership means learning to lead and make decisions with access to thinking, feeling and intuition.

Walking, shared days in nature, moments of silence, and simple breath- and body-based practices make visible how you naturally respond, decide and take responsibility when situations are not predefined.

The journey is guided with practices, reflection and interventions offered when they support insight, clarity and real change.



# What to Expect?

The Embodied Leadership Trail is a rare and immersive journey through some of the most remote and untouched landscapes of Northern Tanzania, created for people who seek more clarity, alignment, vision, and depth in the way they lead their lives, their work and others.

The experience begins at Mukuru Sacred Site, a quiet valley cared for by Maasai Wisdomkeepers for generations. Here, life slows down naturally. Through time in nature, shared stories, walking, silence, and simple daily rhythms, you are invited to soften out of the constant noise and pressure of modern life. The days at Mukuru are designed to open something within: creating space for reflection, renewed perspective, creativity, and a deeper connection to yourself and what truly matters.

This is not a cultural performance or a retreat filled with constant techniques. It is a real encounter with people who still live closely connected to the land, community, and ancient ways of relating to life. That authenticity is part of what makes this experience so unique and impactful.

From Mukuru, you continue on a three-day trail through remote Maasai-land: walking through highlands, indigenous forests, volcanic terrain, crater landscapes, and ancient pathways rarely visited by travellers. Guided by Maasai who know this land intimately, the trail becomes a modern-day Vision Quest: a journey of integration, simplicity, and reconnecting with your own inner compass.

The steady rhythm of walking, the vastness of the landscapes, nights under star-filled skies, and the absence of distraction allow insights to settle more deeply. Many participants leave with greater clarity in their leadership, a stronger sense of self-trust, and a renewed vision for how they want to live, lead, and create impact.

The journey ends with a spectacular descent into the Great Rift Valley near Ol Doinyo Lengai volcano, a powerful closing to an experience that is both grounding and expansive, and that stays with people long after they return home.

# The Experience

Day 1: Arrival, travel to Mukuru Sacred Site

Day 2: Opening, grounding into land and presence

Day 3: Mountain of Life and night under the stars

Day 4: Mukuru Mountain Hike and meeting the ancient Wisdom Tree

Day 5: Transfer to Karatu: a gentle pause before the trail begins

Day 6–8: Three-day trail from Empakaai Crater to Lake Natron

Day 9: Return to Arusha, closure, onward travels

## WHAT IT BRINGS:

- Mental clarity and the opportunity to expand beyond limiting patterns, beliefs, and old perspectives
- A grounded nervous system and deeper sense of calm
- Renewed connection to yourself, your direction, and your vision
- Authentic encounters with Maasai wisdom, culture, and spirituality
- Walking through some of East Africa's most untouched landscapes
- A powerful reset away from constant input, screens, and pressure
- Greater self-trust and more aligned decision-making
- Nights under vast star-filled skies that stay with you for life
- A renewed appreciation for simplicity, presence, and what truly matters
- A leadership experience that is felt in the body, not just understood



# Your Stay

At Mukuru Sacred Site, you stay in comfortable cave rooms with private bathrooms and terraces overlooking the valley and mountains. Surrounded by Maasai Wisdomkeepers, the atmosphere is warm, grounded, and deeply connected to nature. Fresh meals, quiet spaces, a pool, sauna, and optional massages offer comfort without losing the simplicity of the experience.

Before entering the remote highlands, we spend one night in a comfortable lodge in Karatu. During the three-day trail, you sleep in professional expedition tents with comfortable mattresses and warm sleeping bags, fully supported by an experienced local crew and chef. At Lake Natron, comfortable lodge accommodation and hot showers allow you to rest and recover after the trek.

## Impact Travel

This retreat is designed as a form of conscious and impactful travel. By joining, you directly contribute to local Maasai communities through employment, fair partnerships, education opportunities, water access projects, and health support initiatives.

Everything is organized together with local communities, guides, and Wisdomkeepers, creating genuine cultural exchange while ensuring the experience benefits the people and places that make this journey possible.



# Your Guides

Cindy has spent many years living and working in Northern Tanzania, building deep relationships with Maasai communities and Wisdomkeepers. With a background in Cultural Anthropology, Development Studies, and business studies at MBA level, she brings a unique understanding of how people, culture, leadership, and land shape one another. Fluent in Swahili, she works closely with the Maasai who care for Mukuru Sacred Site, making this retreat possible through long-standing trust and collaboration.

Before founding Spiral Boma, Cindy held international leadership and management roles across Europe and Africa, leading multicultural teams in corporate environments. Today, she combines practical leadership experience with transformational and embodied work in a grounded and accessible way.

As a facilitator, entrepreneur, certified mBIT Master Coach & Trainer, and author of *The Medicine: Personal Tales of Awakening and Inner Transformation*, she helps people slow down, reconnect with themselves, and lead with greater clarity, alignment, and authenticity. Her approach is calm, intuitive, human, and deeply shaped by years spent in nature, sacred landscapes, and close connection with indigenous wisdom.



**Cindy Lobo**

Inner Alignment & Embodiment  
Guide

Marco has over two decades of experience leading hiking expeditions and transformational journeys around the world. A seasoned entrepreneur, leadership mentor, and facilitator, his work bridges outer adventure with deep inner development.

For more than twelve years, Marco has lived and worked in Maasailand, Kenya, where he led water and sanitation projects for an international foundation while building long-standing relationships with local Maasai communities and Wisdomkeepers. With a background in biology and environmental science, he brings a grounded understanding of both natural and human systems.

His facilitation work combines systemic coaching, leadership development, post-traumatic growth, breathwork, and experiential practices that help people reconnect with themselves beyond stress, conditioning, and limitation. Marco is also an experienced psychedelic retreat facilitator, bringing a calm, safe, and deeply embodied presence to transformational spaces.

His approach is practical, spacious, and experience-based rather than overly theoretical. Through walking, reflection, breath, nature, and honest conversation, he helps people reconnect to clarity, resilience, inner leadership, and a more authentic way of living and leading.



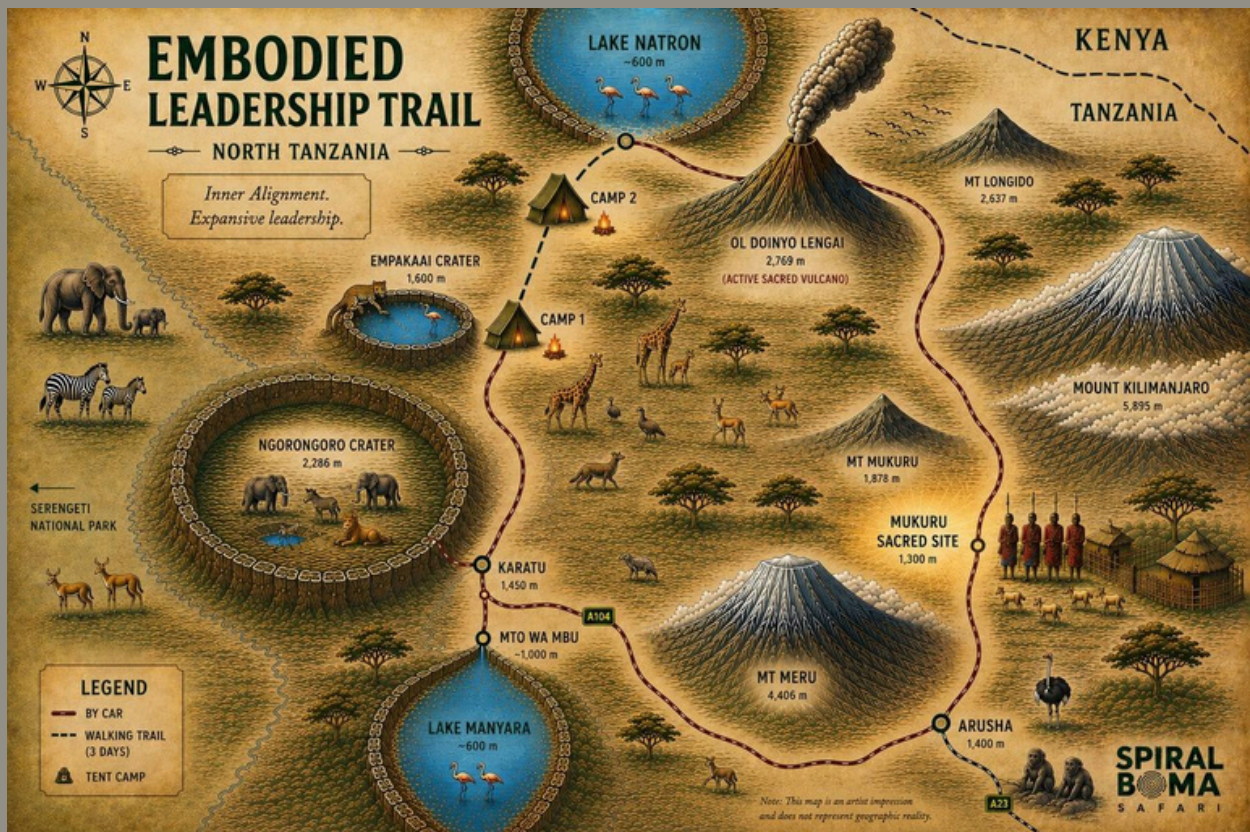
**Marco de Graaff**

Transformational Guide & Expedition  
Leader

# The Location

Mukuru Sacred Site lies within Northern Maasai-land, a serene environment that offers a chance to connect with nature in a powerful way. The mountains of Kilimanjaro, Meru, Longido and Mukuru stand strong in these lands, and the sacred caves, river paths and mountaintop vistas invite you to explore, reflect and find deeper alignment within.

From the wide, quiet expanses of the Ngorongoro Highlands to the raw, elemental beauty of Lake Natron, this trail moves through some of Tanzania's most untouched landscapes. These powerful terrains naturally deepen presence, clarity and inner connection.



# Embodied Leadership Trail

*Exchange: €4.950,- (shared) / €5.450,- (private)*

## Included:

- Accommodation at Mukuru cave lodges (4 nights)
- Lodge in Karatu (1 night)
- Three-day trail with camping (2 nights, shared tents - also for private)
- Lodge in Lake Natron (1 night)
- All meals (local cuisine)
- Facilitation of retreat program
- Guides & trekking crew
- Transfers from/to Kilimanjaro Airport
- Group size: max. 16 participants

Book your spot via [info@spiralboma-safari.com](mailto:info@spiralboma-safari.com) - we will schedule an intake to get acquainted and ensure this trail is the right fit for you.



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

# Important

This trail is a unique and immersive experience. Participants are encouraged to bring an open heart, a willingness to engage with nature, and respect for the sacred traditions of the Maasai. A personal Zoom introduction will be scheduled before confirming your participation. A minimum of 6 participants is required. A 30% deposit secures your place with a 300 euro non-refundable deposit.

## Medical Conditions, Form & Liability

This trail requires a healthy condition, as we engage with different physical activities and being outdoors.

## Connectivity

Expect little to no phone signal. Let your loved ones know you will be offline for several days.

## Clothing

Bring appropriate clothing for wind, sun, mountains and hiking in varying conditions.

## Travel regulations & vaccinations

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

