

# Meet the Wisdomkeepers

## Retreat

*Come home to the wisdom  
already living inside you*

An 8-day journey through nature, Maasai  
wisdom, silence and the elements to reconnect  
with yourself, restore inner balance and align  
with the Web of Life

**SPIRAL  
BOMA**  
RETREATS

# The Invitation

Come journey with us into the sacred landscapes of Northern Tanzania, where nature becomes a mirror and the wisdom of the Maasai gently invites you back to yourself.

Over eight days, we slow down and step out of the noise of everyday life to reconnect with what truly matters. Through silence, nature, elemental experiences, meaningful encounters with Maasai Wisdomkeepers and the guided use of sacred plant medicine, this journey offers space to reflect, restore balance and remember your place within the Web of Life.

This is not about escaping life.  
It is about returning more deeply into it.



# What to Expect

This is not a traditional retreat with a fixed program or rigid structure.

Over the course of eight days, we invite you into a deeper relationship with yourself, with life and with the natural world around you. You can expect a carefully held balance between deep inner work, sacred experiences, rest, reflection and genuine human connection.

During the journey we work with:

- Sacred plant medicine journeys in a safe and intentional setting
- Breathwork and guided meditations
- Bodywork and grounding practices
- Reflection and integration sessions
- Silence and spaciousness
- Walks and hikes through sacred landscapes alongside Maasai Wisdomkeepers

Participation in Maasai rituals and ceremonies connected to:

- forgiveness
- life-force and vitality
- healing
- visioning and clarity
- the elements of fire, air, earth and water
- togetherness, belonging and the Web of Life

Rather than teaching through concepts alone, the retreat invites direct experience. This journey may move you emotionally, physically and spiritually. It may challenge old patterns, open new perspectives and reconnect you with parts of yourself that have long been waiting to be felt again.

There will also be moments of joy, laughter, simplicity, stillness and deep human connection around the fire, under the stars and within the vast beauty of Tanzania.

You do not need to arrive with experience or answers. Only with openness, respect and a willingness to listen deeply to yourself, to nature and to life itself.





# Your Stay

At Mukuru Sacred Site, you will stay in cozy caves, each designed with modern amenities like private bathroom, private terrace and great views to ensure comfort while keeping you close to nature. The intimate lodge offers a nurturing environment surrounded by Maasai wisdomkeepers who will share their knowledge and traditions throughout the retreat. The lodge serves organically grown food, fresh baked bread and all groceries are sourced locally.

## Impact Travel

Your stay will contribute to different projects in the fields of education, health, entrepreneurship, agriculture and reforestation to improve the lives of the local Maasai people.



# The Location

Mukuru Sacred Site lies within the vast landscapes of Northern Maasailand in Tanzania, a place where nature, tradition and spirituality are deeply woven together. Surrounded by the ancient presence of Mount Kilimanjaro, Meru, Longido and Mukuru, these lands invite you to slow down, listen and reconnect with what truly matters.

The sacred caves, open plains, river paths and mountain views create a powerful setting for reflection, healing and inner stillness. Guided by the wisdom of the Maasai and the rhythm of nature itself, you are invited to experience a deeper sense of connection, to yourself, to others and to the Web of Life.





# Retreat program

8-day Transformative Meet the Wisdomkeepers

Price: €4.295,- (private cave)

## Included:

- Accommodation in Arusha (1 night)
- Accommodation in the Mukuru cave lodges (6 nights)
- All meals (organic, local cuisine)
- Ceremonies and guided practices
- Breathwork, Plant Medicine & Bodywork
- Mukuru Mountain Hike & walks in the surroundings
- Massage (1x)
- Transfers from Arusha/airport to/from Mukuru Sacred Site



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

# Important



This retreat is a unique and immersive experience. Participants are encouraged to bring an open heart, willingness to engage deeply with the elements, and respect for the sacred traditions of the Maasai. A personal introduction by Zoom will be scheduled to get acquainted and to see if this retreat is the right fit for you before your participation is confirmed. The retreat requires a minimum of 6 participants to take place. To secure your place, a 30% deposit is required with a non-refundable deposit of €300,-.

## Medical Conditions, Form & Liability

This retreat applies techniques that lead to deep transformation. We will make use of the cacao plant during ceremonies, which is not advised when using antidepressant medication.

## Connectivity

To support your journey within, distance yourself from internet/phone as much as possible. Please be aware and inform your family or loved ones that you will have no or little connection for some days.

## Clothing

We are up in the mountains with wind and bright sun, therefore it is advised to bring appropriate clothes for being in nature, hiking and protection.

## Travel regulations & vaccinations

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

