

# Sacred Medicine Retreat

The background image shows a person in a red poncho walking through a narrow, rocky canyon with tall, dark rock walls. The person is seen from behind, moving away from the viewer. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

Meet the Wisdomkeepers,  
remembering the wisdom within.  
Dive deep in nature & the elements

Maasai-land, Tanzania, Africa

**SPiRAL  
BOmA**  
RETREATS

# Welcome

It is time...

To immerse yourself in an 8-day retreat at the sacred lands of Mukuru in the heart of Maasai-land, Tanzania. This transformative experience will connect you deeply with the elements and nature, helping you rediscover your inner medicine and harmonize your soul with the planet. The new dawn of the Golden Era is here, a vibration that resonates within nature and the wisdom of our hearts. Together, we will honor ancient traditions and co-create a future rooted in harmony with the Web of Life.

Sacred Medicine is your journey Home.

# Cindy



**SPIRAL  
BOMA**  
RETREATS

# Retreat program

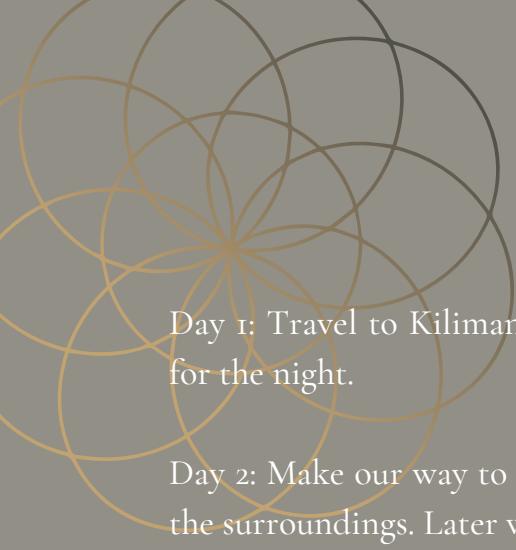
## Sacred Medicine Retreat in Mukuru

Escape to the raw nature of Maasai-land for a transformative 8-day elemental Retreat, where the ancient energy of these sacred lands meets the medicine that you are. This unique experience is designed to foster deep soul connection; to the Earth, harmonizing your inner self with the world around you, remembering your place in the Web of Life.

### Key Highlights:

- Work with the five elements: Earth, Water, Air, Fire, and Ether.
- Experience sacred ceremonies, including cacao and fire rituals. Meeting the wisdom of plants & nature. Breathwork.
- Stay in unique, comfortable cave lodges equipped with modern facilities.
- Nourish yourself with organic, locally-sourced Maasai cuisine.
- Connect with Maasai Wisdomkeepers who carry generations of ancient knowledge.
- Participate in nature walks, river meditations, and spiritual explorations.
- Hike to the top of the Sacred Mukuru Mountain to meet the New Dawn at sunrise.
- Discover new ways to experience being alive.
- Connect & Share with like-minded individuals on a similar journey, creating a community that extends beyond the retreat.





# Hierarchy

Day 1: Travel to Kilimanjaro, Tanzania, where we will stay at a nearby comfortable lodge for the night.

Day 2: Make our way to the Sacred Site of Mukuru, get settled into our caves, and explore the surroundings. Later we will gather for our opening cacao ceremony.

Day 3: We will have a morning walk in the surroundings of the Sacred Site. We will connect with Element Earth today by breathwork & grounding practices. We will end the day sitting around the fire letting the impressions of the day sink in.

Day 4: Today we start our day with a River Walk, connecting with Element Water. We also work with connecting to our emotional bodies and our ancestors. Relax at night and let your body adjust to the received healing.

Day 5: This day we will connect with Element Air. After our morning cacao gratitude practice, we will climb the mountain hill in the afternoon and visit the sacred Whistling Cave, the place to hear God's whisper. On these sacred mountain grounds, we honor the Wind, our Planet and the Stars. We will connect our hearts to the sacred heart of these lands.

Day 6: Today we work with Element Fire. This day you prepare yourself to fully step into your role as co-creator of this New Earth, lighting the fire in our hearts & bellies. There is an optional morning hike to the top of the Sacred Mukuru Mountain, where the New Dawn will greet you with a splendid sunrise. Kilimanjaro and Meru are ancient witnesses of your moment of serenity, inspiration and inner peace. The rest of the day is for you to contemplate, journal, and prepare yourself for the cleansing evening Fire Ceremony with the Wisdomkeepers.

Day 7: On this day we connect to Element Ether, the element of Spirit and integration. We will connect deeply with the wisdom of plants and the Web of Life, remembering and celebrating our beings and vision of the New Earth, bringing it from the future into the now-moment. It is a day to deeply connect heaven and earth where we anchor our light into the planet. We will celebrate at night around the fire.

Day 8: This morning we will close our retreat after breakfast with a sharing circle. We make our way back to the airport for onward travel.



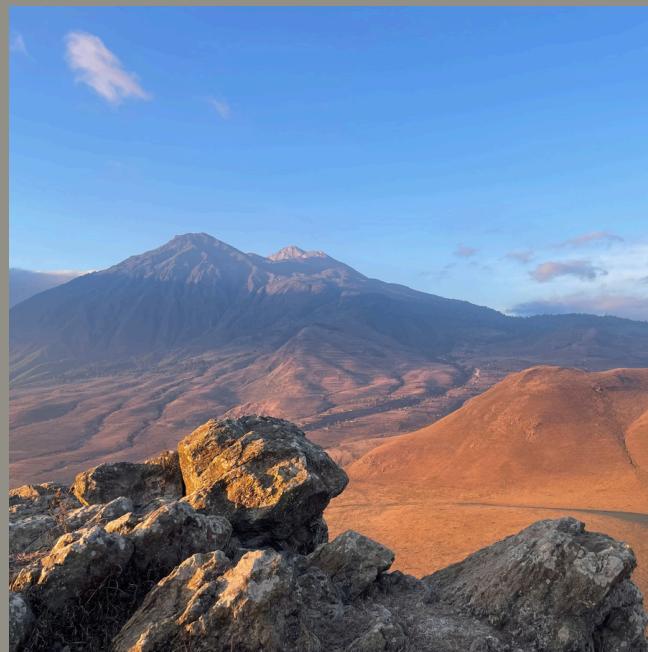
At Mukuru Sacred Site, you will stay in cozy caves, each designed with modern amenities like private bathroom, private terrace and great views to ensure comfort while keeping you close to nature. The intimate lodge offers a nurturing environment surrounded by Maasai wisdomkeepers who will share their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

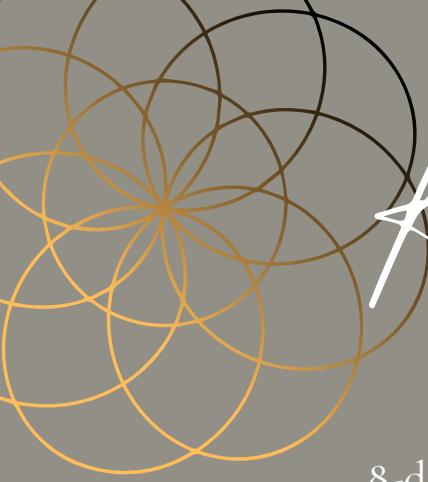
Your stay will contribute to different projects in the fields of education, health, entrepreneurship, agriculture and reforestation to improve the lives of the local Maasai people.



# The Location

Mukuru Sacred Site lies within Northern Maasai-land, a place steeped in tradition and spirituality. This serene environment offers a chance to connect with the Earth in a powerful way, surrounded by ancient wisdom and pristine nature. The majestic mountains of Kilimanjaro, Meru, Longido and Mukuru stand strong in these lands as ancient guardians. The sacred caves, river paths, and mountaintop vistas invite you to explore, reflect, and find deeper alignment with your true self and the New Earth. These sacred lands await your visit. Welcome home.





# Retreat program

8-day Transformative Sacred Medicine Retreat

Price: €4.295,- (private cave)

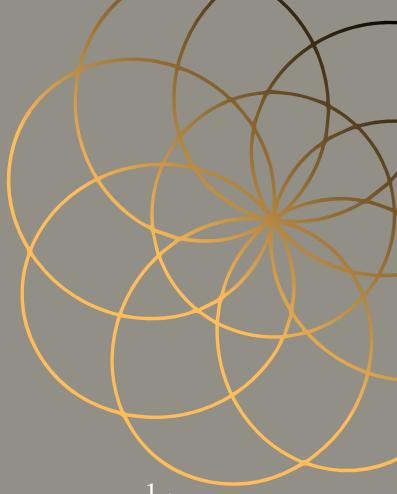
## Included:

- Accommodation in Arusha (1 night)
- Accommodation in the Mukuru cave lodges (6 nights)
- All meals (organic, local cuisine)
- Ceremonies and guided elemental practices
- Breathwork & Wisdom of plants
- Mukuru Mountain Hike
- 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 3 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.

