

# Inner Goddess Retreat

Awaken to your feminine energy ,  
nurture your inner Goddess  
and flourish

Zanzibar, Africa

**SPIRAL  
BOMA**  
RETREATS

# Welcome ,

It is time... Time for you... It's time to step into your power and join this uniquely crafted retreat to the tantalizing island of Zanzibar, Tanzania. Unleash your inner mystic and dive deep into sacred ceremony with the Goddess within. Feel the warm embrace of the Indian Ocean while you swim with wild dolphins, immerse yourself in the vibrant Zanzibari culture, and let your feminine energy flow freely. Heal, restore and get back in touch with your feminine energy and embrace your inner Goddess like never before. This is your journey Home.

*Cindy*



# Retreat program

Embark on an Adventure of Self-Discovery with this  
8-Day Women-only Retreat to Zanzibar Island!

Are you ready for an unforgettable experience on the magical island of Zanzibar to free your inner goddess? Get ready to explore uncharted territories and new experiences to find your true feminine self. This program is designed to help you tap into your feminine energy and unleash your full potential.

Just surrender to this soul adventure...

## 8-day Inner Goddess Transformative Retreat

Inclusive of:

Boutique hotel & beach villa (full-board)

Cacao Ceremonies

Nusta Karpay Initiations

Zanzibar Beauty Experience

Massage

Snorkeling

Stonetown Visit

Private Room: € 3495,-

Shared Room: € 2.995,-

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

# Itinerary

Day 1: Travel to Zanzibar, Tanzania, and transfer to our Zanzibari beach accommodation.

Day 2: Wake up with the gentle ocean breeze and yummy breakfast. Explore the tropical surroundings, take a stroll on the beach or relax by the pool. At sunset, we will gather for our opening Cacao Ceremony.

Day 3: Rise and shine for a morning walk on the beach or a dive in the ocean. You will receive the powerful Nusta Karpay Initiations to heal and restore your feminine energy. Connect with the elements while you let the impressions of the day sink in.

Day 4: Dive deeper within with the next set of Nusta Karpay Initiations connecting you to a long lineage of wisdom keepers and divine feminine goddesses. Relax at night and let your body adjust to the received healing.

Day 5: Take a break and relax at the beach, sungazing, contemplation & journaling. We'll gather for an evening Cacao Ceremony to complete our initiations.

Day 6: Experience the playful side of your inner Goddess today as you go out snorkeling in the Indian Ocean. Connect yourself to the playful flow and beauty as you slide through the mystical ocean waters.

Day 7: Experience the vibrant Zanzibari culture in Stone Town as the Goddess that you are. We will indulge ourselves in a workshop to channel our creative beauty and receive nurturing beauty treatments. We have a nice evening dinner watching the sun set and spend the night at our boutique Zanzibar-style hotel.

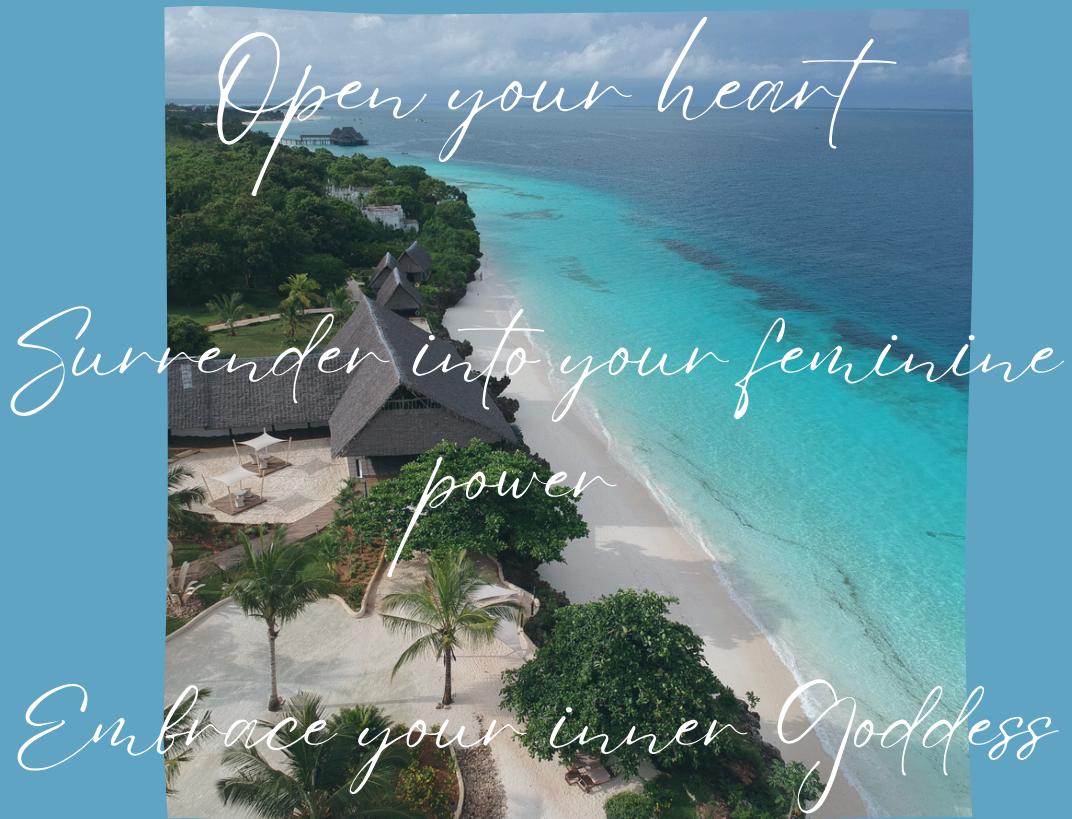
Day 8: Unwind and absorb all we've learned on our integration day in Stone Town, relax at the pool, go sightseeing in the historical town, enjoy the local cuisine and buy some souvenirs before departing for your outward flight.

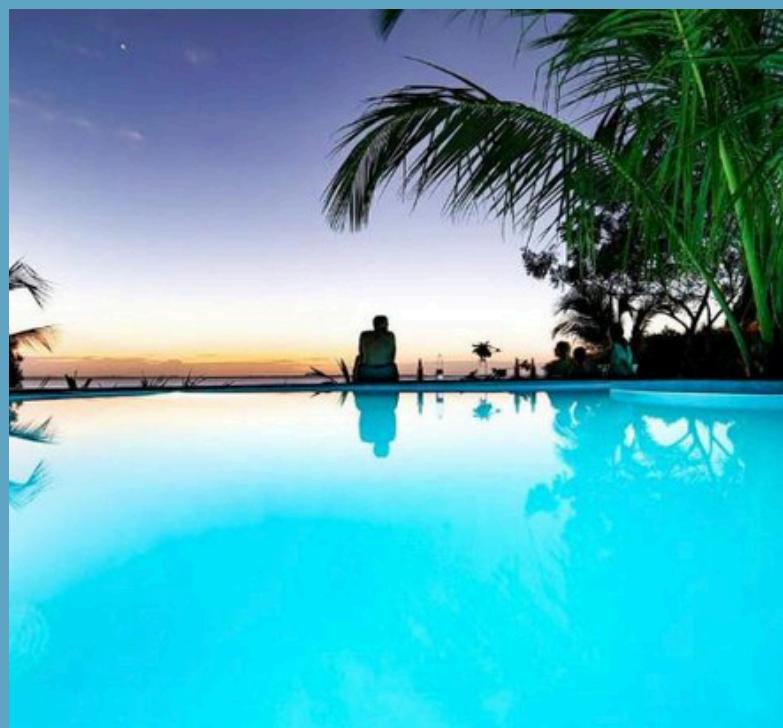
# Your Stay

During this retreat, you will be emerged into beautiful and mystical experiences with tropical Indian Ocean vibes, fresh Swahili food, handcrafted artworks & furniture, and warm African hospitality. You will stay at amazing locations. We will have our own private luxury eco-Beach Villa with private pool. A secluded retreat that is serviced by solar power, supporting local communities and protecting the environment. The boutique hotel in Stone Town will give you the authentic Zanzibar Swahili feel of Arab influenced luxury and style.

This retreat-experience is your gift to be received.

Pure nurturing of your feminine soul...





# Important



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 4 participants to take place.

To secure your place, a deposit of 30% is required of which €300,- is non-refundable.

## 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 little online communication for some days.

## Clothing

As Zanzibar is a country with a high Muslim population, therefore it is advised to also bring appropriate clothes that cover up to the knees and shoulders when visiting public areas.

## Travel regulations & vaccinations

All participants are responsible for their own visa, vaccinations and related matters to enter Tanzania. Check the latest with your local travel clinic.