

A woman with curly hair, wearing a red robe, is sitting on a dark rock. She is looking off to the side, away from the camera. The background is a sunset sky with orange and yellow clouds. The overall mood is serene and contemplative.

THE GODDESS TRAIL

Experience

A Sacred Homecoming to the Goddess

Lake Eyasi, Tanzania

**SPIRAL
BOMA**
RETREATS



WELCOME

This is not just a retreat... It is a homecoming experience to the raw, untamed essence of the Goddess within you. For nine days, we immerse ourselves in the primal landscapes of Tanzania, where the land speaks in the language of sun, and ancient rhythms. Here, in these primordial and ancient lands, we reconnect with the wild, the free, the radiant, within and without.

This journey is an invitation to shed the layers, to meet the raw and tender spaces inside, to ignite the fire in your belly, and to awaken the the radiant, life-giving inner Sun. You will fill your cup, receive deeply, and stand fully in your power, embracing your magnetic, sensual, and sovereign essence.

CINDY



RETREAT PROGRAM



The Goddess Trail Experience at Lake Eyasi.

Throughout the week, you will be held in deep nourishment. Each experience is a portal to your own sacred remembering, woven through Goddess ceremonies, connection to nature, and the untamed beauty of the land.

Key Highlights:

- Explore your own radiance with Goddess Embodiment Workshops
- Experience Sacred Ceremonies
- Connect deeply with primal and ancient nature during a night in the wild
- Get in touch with your body, through a natural swimmingpool, massages and nature walks
- Enjoy a safari in the Ngorongoro Crater
- Let your radiance be captured in your own Goddess photoshoot
- Stay in beautiful luxury tents equipped with modern facilities
- Nourish yourself with organic, delicious cuisine
- Receive new vitality from connecting with our Solar Feminine side
- Discover new ways to live and thrive through alignment with the Goddess
- Connect & share with like-minded individuals on a similar journey, creating a community that extends beyond the retreat.





ITINERARY

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

Day 2: Leaving Arusha for our journey to Lake Eyasi. Upon arrival we get settled into our tents, and explore the surroundings. Later we will gather for our opening fire ceremony.

Day 3: We will have a morning walk to Lake Eyasi and receive our first Goddess Embodiment Practice. We will end the day watching the sunset from the rocks letting the impressions of the day sink in.

Day 4: Today we start with a morning Forest Ceremony and go out to the wild later in the day. We spend the night in the wild, watching the stars and feeling held by the great Goddess herself (fly-camping).

Day 5: Waking up with nature's embrace, you have the opportunity to meet the Hadzabe people if you'd wish to. This ancient tribe still lives in line with nature's pulse. We will have our dinner out in the bush this night.

Day 6: Today we meet early at the lakeshore and receive our next deepening Goddess Embodiment Workshop. Journal, contemplate, feel your body as you integrate the received wisdom.

Day 7: Today we celebrate our Goddess powers with our own photoshoot. We will gather at night around the fire for our sacred Fire Ceremony.

Day 8: This morning we will leave Lake Eyasi to go on safari to the Ngorongoro Crater, descending to the Crater floor, meeting the untamed. We make our way back to Arusha for a comfortable relaxing stay at Katambuga House.

Day 9: We end the Goddess Trail Experience after breakfast, full of radiance and feminine power. Ready for your onward journey as the Goddess that you are.

YOUR STAY

At Lake Eyasi, we will stay at Kisima Ngeda Luxury Tented Camp in beautiful luxury tents with ensuite bathrooms. They are all designed with a private terrace and great views of the Lake. This intimate camp offers a 'Garden-of-Eden-feel', deep in nature, with pleasant comforts like a swimmingpool lounge, viewdeck and fireplace. The lodge serves organically grown food, fresh baked bread and all groceries are sourced locally.

We start and end the experience with stay overs at Katambuga House, a stylish lodge at the outskirts of Arusha. This comfortable intimate place is the perfect spot to land in Tanzania.



LAKE EYASI: THE FORGOTTEN GARDEN OF THE GODDESS



Lake Eyasi is a primordial land, raw, ancient, and alive with memory. Nestled near the Ngorongoro Crater, where the oldest human remains have been found, this sacred region holds the pulse of our origins.

Home to the Hadzabe tribe, Tanzania's last hunter-gatherers, this landscape speaks of a time before time. Their way of life, untouched by modern time, mirrors the wild and free essence of the Goddess, still breathing beneath the surface, waiting to be remembered.

This is a lost paradise, where the Feminine was never erased. Here, we walk the land not to find something new, but to return, to the essence of who we are, to Her.

Lake Eyasi is the altar.
The Goddess Trail begins here.



RETREAT PROGRAM



9-day The Goddess Trail Experience

Price: €4.295,- (private room)

Included:

- Accommodation in Arusha (2 nights, fullboard)
- Accommodation at Lake Eyasi - Kisima Ngeda (5 nights, fullboard)
- Fly Camping - Lake Eyasi (1 night)
- Goddess Embodiment Workshops & Ceremonies
- Sundowner on the rocks & Bush Dinner
- Relaxing massages
- Goddess Photoshoot
- Safari to Ngorongoro Crater
- Transfers from Arusha/airport to/from Lake Eyasi



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



IMPORTANT

The Goddess Trail experience is a unique and immersive journey. Participants are encouraged to bring an open heart, willingness to engage deeply with themselves. 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 experience requires a minimum of 5 participants to take place. To secure your place, a non-refundable deposit of €300,- is required.

Medical Conditions, Form & Liability

This retreat applies techniques that lead to deep transformation and may trigger healing of the body-mind-soul system. Please inform me of any pre-existing conditions to be taken into account for your safety.

Connectivity

To support your journey within, distance yourself from internet/phone as much as possible. Please inform your family or loved ones that you will have no or little connection for the days of this experience.

Clothing

We are out in nature and at the lake where it is relatively hot and sunny. It is advised to bring appropriate clothes for being in nature, hiking and sun screen protection.

Travel regulations & vaccinations

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