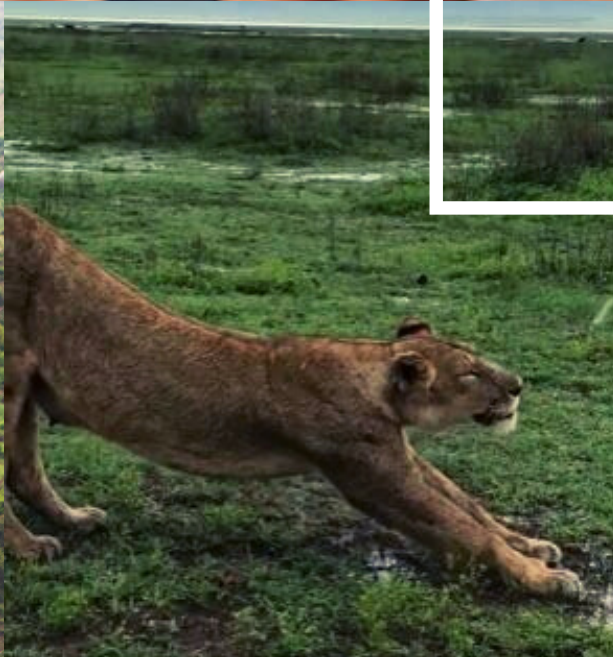




WOMEN IN THE WILD



TANZANIA, EAST AFRICA

Re-Charge Re-Balance Re-Imagine

HIGHLIGHTS

01

BESPOKE PRIVATELY GUIDED
TOUR OF EAST AFRICA WITH
10 ADVENTUROUS WOMEN.

02

8 UNIQUE DAYS OF YOGA WITH
OUR INTERNATIONAL EXPERT,
SARKA.

03

A MEANINGFUL TRAVEL
EXPERIENCE REJUVENATING THE
BODY AND SOUL.

04

PERSONAL COACHING AND
GUIDANCE SESSIONS.



HIGHLIGHTS

05

RECONNECT TO YOUR FEMININE ENERGY THROUGH DANCE.

06

GAME DRIVE SAFARI ACROSS THE FAMOUS SERENGETI WILDERNESS.

07

BE ADVENTUROUS OR SIMPLY RELAX AND UNWIND IN EXOTIC ZANZIBAR.

08

ENVIRONMENTALLY RESPONSIBLE, SINGLE USE PLASTIC FREE TOUR.



Jen

Host for

Women In The Wild Retreat

Hi everyone, My name is Jen and I will be your host for your Yoga inspired well-being tour of Tanzania.

I am passionate about travelling with purpose, making a difference in the world, well-being and sharing my knowledge with like minded souls. I have worked in the health and well-being industry for over 30 years.

My deep interest is in women's well-being, having first hand experience with energetic medicine and healing health issues through alternative health methods. I have a diploma in Mora Therapy, Holistic Healing and Holistic Counseling. I was a nurse for over 18 years, specialising in Paediatrics. I am very passionate about mindset and how it can transform your life. Bringing mind, body and soul into harmony leading to a flourishing life.

I am so looking forward to supporting you on your own personal journey.



WOMEN IN THE WILD ITINERARY

DAY 1

Arrive Arusha in the afternoon.

Accommodation at Meru House, nestled within a coffee estate with unrivaled views of majestic Mt Meru.

Our first gathering with your yoga instructor, gentle stretch yoga to unwind and relax into African time.



DAY 2

Early morning Vinyasa Flow while the birds sing. Following a delicious, fresh breakfast we jump aboard our safari vehicles and head out to Karatu. Arriving for Lunch at an award winning organic farm with breath taking views. The pace is gentle as we head to our overnight lodge, overlooking Lake Manyara National Park. Evening Hatha Yoga and meditation to finish the day.



DAY 3

Greet the African sunrise with a gentle flow yoga session, then depart for World Heritage site Ngorongoro Crater. Game driving, looking for Hippo's, Elephants and Lions. We enjoy a light lunch at a swamp, inhabited by Hippopotamus. We head for the famous Serengeti after lunch, unparalleled in natural beauty and wilderness. Our luxury camp awaits us, evening Vinyasa Yoga and after dinner, outdoors meditation and Pranayama (breath techniques.)

DAY 4

Sunrise Yinyasa Yoga on top of lion rock and a full day in central Serengeti, game driving, witnessing the greatest show on earth unfold before our eyes. Our luxury tented camp awaits, sipping delicious cocktails while observing the vast stillness of the Serengeti plains. In the evening, a campfire springs to life where tales of the day are shared. Finish the day with evening yoga and a workshop on how to activate our core.



DAY 5

Our final morning in the Serengeti, sunrise Vinyasa Yoga flow, breakfast in the bush then we drive to Seronera. Take a short 1 hour flight to Arusha, then onto exotic Zanzibar, transferring to our resort, looking out over the Indian Ocean. Evening Hatha Yoga, and advanced Pranayama.



DAY 6

Full day in Zanzibar, Sunrise Yoga, Slow flow. Activities during the day, paddle boarding, optional private classes. Consultations on lifestyle and how to integrate Yoga into your life. Connection with local women, learn about seaweed farming and the magnificent beauty products produced. Evening Vinyasa Flow and Dance Meditation.

DAY 7

Full day in Zanzibar
Morning Vinyasa Yoga flow.
Spa and body treatment
workshops.
Optional trip to Stonetown.
Evening 90 min Yoga class,
deep stretch.
Womens circle and dance
after dinner, discovering your
inner Goddess.



DAY 8

Our last day, sunrise Yoga,
and early morning breakfast.
Catch a morning flight back to
Arusha, and then transfer to
Kilimanjaro International
Airport for your flight home.

You will leave with a renewed
sense of self, perhaps greater
self confidence, a new
perspective, rejuvenated and
glowing from the inside out.





SERENGETI

Serengeti National Park is quite simply the most magnificent wildlife sanctuary in the world, unparalleled in natural beauty and wilderness.

It is the only remaining natural grazing ecosystem to be found on Earth. Famous for its annual migration of over 1.5 million white-bearded wildebeest and 250,000 zebra.





ZANZIBAR

Dip your toes into the warm waters of the Indian Ocean. Recline on colourful cushions while sampling mouthwatering seafood, jumping straight from the sea to the grill to your plate. Play in the sea view pool and hang out on lounge beds and forget you ever have to leave.



YOGA & MINDFULNESS

Africa is truly a magical place! You will get to see and feel the amazing wild nature, practice Yoga and rejuvenate your body and your mind.

Have the time and space to reconnect to yourself, and your feminine energy leaving you with sun-kissed skin, messy hair and sparkle in your eyes.

CONTACT

For further information about this transformational tour
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For inquiries call JEN (+61) 421 052 588
or email womeninthewild67@gmail.com

We Reserve The Right To Change Dates, Itinerary Or
Cost Of The Tour
Travel Dates Only Secured With A Min Of 10 People

WHAT'S INCLUDED

All accommodation
All meals (breakfast, lunch and dinner)
Coffee, tea, water
All transfers
All internal flights
All activities listed on itinerary
All national park fees, conservation fees,
cultural fees and taxes
Emergency Medical Evacuation Insurance

WHATS NOT INCLUDED

E-Visa purchased online
International flights to Kilimanjaro International Airport
Tanzania
Personal items
Tips