



RETREAT ZAMBIA 6-16 JULY 2020

A retreat with a difference, for busy (stressed) people looking to get more from life, including balance and purpose.

Where? The Lower Zambezi - the perfect place to disconnect from the busy-ness of life to reconnect with yourself and your purpose in life. The retreat incorporates a mix of quiet time mingled with lodge based activity, adventure, canoeing, wild camping, star gazing, campsite conversations, bush trek and a game drive.

A real adventure with the opportunity to have a total technology detox. (4 out of the 8 nights)

You will learn how to manage stress more effectively, how to meditate (guided), unravel your emotional triggers and how to recognise emotional trauma/issues, and how to get rid of it to remove any blocks which are preventing you from living your best life.

If you would like to write a book, or get clarity around a particular issue, or you want to re-evaluate your life, or reconnect with your 'why', or simply recharge in a magical place, then this is the retreat for you.

ITINERARY - there may be some slight adjustments to times of activities

6 July - Depart UK

7 July - Arrive Lusaka - overnight in Lusaka

8 July - am - Visit the elephant orphanage
pm - Pick up & depart for Gwabi lodge
Dinner and unwind

9 July - Sunrise with morning guided meditation
Breakfast
Morning session - outcomes
Visit to Baobab forest
Lunch
Siesta/journal time/pool time

- Afternoon session
- Meditation
- Dinner
- 10 July Sunrise/morning meditation
- Review of previous day
- Breakfast
- Visit to village/school
- Lunch
- Siesta/journal time/pool time
- Afternoon session
- Meditation
- Dinner
- 11 July Sunrise Meditation
- Breakfast
- Departure by canoe - full day with breaks for lunch
- Set up camp
- Discussions/journal time/reflection time
- Dinner
- Star gazing and campfire conversations
- 12 July Meditation
- Breakfast
- Departure island for next island
- All day canoeing with break for lunch and rest and meditation
- Set up camp
- Discussions/journal time/reflection time
- Dinner
- Star gazing and campfire conversations
- 13 July Early start - trek Chila Pila - bush walk
- PM - visit Conservation Lower Zambezi
- Return to camp
- Reflection/meditation
- Dinner
- Set up camp
- Discussions/journal time/reflection time
- Dinner
- Star gazing and campfire conversations
- 14 July Early start - all day game drive
- Return to Gwabi lodge by boat
- Dinner/campfire conversations
- 15 July Morning meditation
- Breakfast
- Morning session
- Depart lunchtime for Lusaka and airport

£1600 per person sharing accommodation. Single occupancy may be available on request and involves a supplement.

Includes all meals except dinner on the first night in Lusaka, activities, accommodation and drinking water on the days we are out on the river, 11, 12, 13 and 14 of July.

EXTRAS

International flights

Entry visas \$50

Park Fees \$25 per person x 2

Soft drinks, water and alcoholic drinks

Transfers from Lusaka airport to the hotel and to the elephant orphanage (roughly \$25 split between 4)

Spending money for incidentals

US dollars is the best currency to take with you. Most credit cards accepted with the exception of AMEX.

On the last day we will stop at a gift shop in Lusaka for you to be able to buy souvenirs

There are a maximum of 9 places available.

To book your place, please email me jane@janekeogh.co.uk.

To secure your place there is a non refundable deposit of £600 payable.

Balance is due 8 weeks before departure.