



Africa Amini Life
Operations
Africa Amini Life

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Maasai Retreat 2027, with Cornelia Wallner-Frisee, Laura-Isabel & Ruediger Dahlke

Feb 28, 2027 - Mar 9, 2027

Afrika erleben – die Bedeutung von Ritualen und die Aufrichtung der Weltachse

Price:

Double Room: USD 1,280 per person sharing

Single Room: USD 1,620 per person

(Price incl. transfers & activities as described, excl. flight, visa 50,-, drinks & personal expenses)

Seminar Price: Per Person: 1,350 Euro

Payment:

100 % cash on-site

Cancellation policy:

60-45 days before arrival: 35%

44-30 days before arrival: 50%

29-00 days before arrival: 100%

Prices - Additional nights before and after seminar:

1. Original Maasai Lodge (USD 185,- per person full board)
2. Hillside Retreat Momella (USD 105,- per person full board)
3. Maasai Sacred Site (USD160,- per person full board)

Extra airport transfer, if different arrival or departure:

USD 100 for the vehicle one way (approx. 1,5 hrs.)

Pick up at any time!

Tip:

Possibility to arrive 1-2 days before the start of the course in order to have time to arrive and slow down, we would love to offer again a connected breathing session.

Trip Summary

February 28 - Sunday

Arriving in the field of power
Sundowner with meru dancers
Welcome to the Hillside Retreat

March 1 - Monday

In the flow of life

March 2 - Tuesday

Encounter with Nature
Sacred Site of Mukuru

March 3 - Wednesday

Summit of New Beginnings

March 4 - Thursday

Silence from within

March 5 - Friday

Connect to the voice of mother earth
Welcome to the Original Maasai Lodge

March 6 - Saturday

Integration, reflexion and final blessing
Fire ceremony

March 7 - Sunday

Farewell and New Beginning
Check Out and Departure
Tarangire National Park Possible Extension for 2 nights
Drive to Tarangire National Park
Tarangire Safari Lodge

March 8 - Monday

Additional Game Drive Tarangire
Additional Night at Tarangire Safari Lodge

March 9 - Tuesday

Check Out and Departure

February 28 - Sunday



Arriving in the field of power

The history and deeper meaning of Africa Amini's magical setting opens the heart to the spiritual journey. Introduction by Dr. Cornelia followed by a Sundowner on the foot of Mount Meru



Sundowner with meru dancers

A breathtaking view of the Momella Lakes and Mount Kilimanjaro will appear close to Arusha National Park. You can observe wildlife and learn about various medicinal plants found here.

Sundowner drinks await you and the Meru dancers will provide an unforgettable authentic atmosphere with their ancient traditional songs and dances.

A shared dinner rounds off the first evening.



Welcome to the Hillside Retreat

Our nice and friendly team welcomes you at the Hillside Retreat! Lucas, Peace, Boniface, Violet, Meckson and Angela look forward to hosting you throughout the coming days.

The Hillside Retreat consists of vacation homes with a pool to relax and terraces overlooking Mount Meru, Mount Kilimanjaro, Mount Mukuru and a beautiful lush green garden. With a bit of luck even giraffes might pass by.

Our chefs prepare fresh meals daily and our driver/guide is available upon request for excursions in the vicinity.

(breakfast, lunch and dinner included)



March 1 - Monday



In the flow of life

Morning seminar on inner alignment and arrival with Ruediger and Laura

Walk to the AAA Tree and experience a heart-opener Meditation, followed by lunch together.

The power of medicinal plants will be experienced during a visit to the herb garden and the intuitive creation of a personalized healing tea (with Dr. Cornelia in the clinic).

A ritual at the Meru River offers purification and devotion (with Dr. Cornelia).



March 2 - Tuesday



Encounter with Nature

Breakfast with Our students of Africa Amini Tourism school and get inspiration of a young emerging students community.

Full-day exploration of Arusha National Park with a picnic at the waterfall (if accessible). Encountering the tropical rainforest, the sources of the Meru River, and native animals deepens your connection to nature.



Sacred Site of Mukuru

In the afternoon you will drive from the park to the Maasai Sacred Site.

Arrive at the Sacred Site to be welcomed by the chants of our Maasai warriors. dinner with them.

Sleep in a cave for possibly the first time in your life, accompanied by the sounds of silence and the African stars.



March 3 - Wednesday



Summit of New Beginnings

Harness the power of the mountain's Apus for your own transformation.

Giving thanks to the mountains as you ascend to the top mount mukuru followed by a breakfast and time for a seminar and introduction in the maasai rituals. (with Dr. Cornelia)

After lunch you are invited to engage in a transformational experience in silence as you connect with the healing plants, make your own healing soup with the help of a maasai plant healer, and receive a special blessing by the maasai elders in our healing cave.



March 4 - Thursday



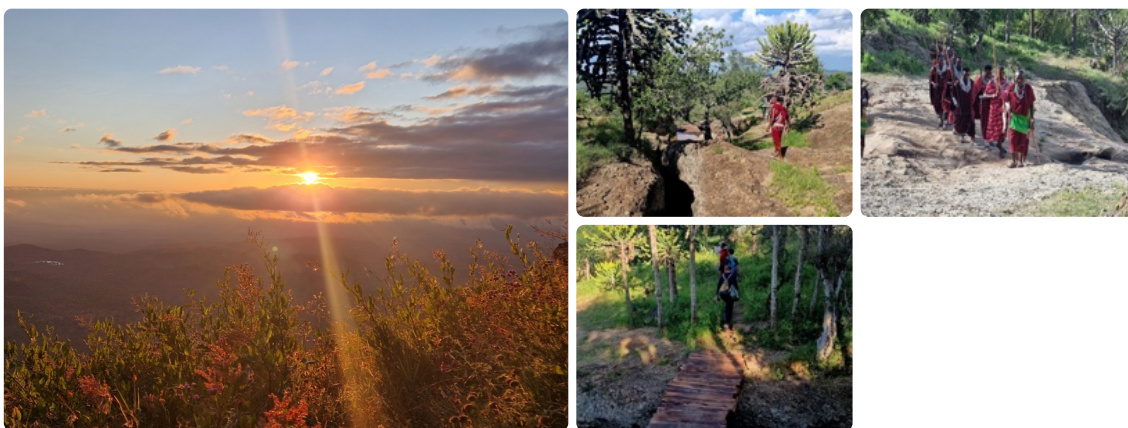
Silence from within

A large part of the day will lead us to self-awareness and reflection. We go into silence using guided meditations after a lecture about chronos Saturn, which appropriately embeds us as companions in these hours and in this Saturnine environment. The topic on this day will also be about the establishment of the world axis and sincerity, which Ruediger and Laura will introduce us to,

Laura-Isabel will start with the Atlas Therapie Treatment, Using electromagnetic pulses, the first cervical vertebra is straightened in order to activate the body's self-healing powers and experience straight statics.

For those who would like to understand the way of living of the maasai we could offer a boma visit to a traditional maasai family and /or visit of Mukuru primary and secondary Schools.

Evening seminar and reflection after dinner time.



March 5 - Friday



Connect to the voice of mother earth

Listen to the message of the earth and feel your inner voice (with Dr. Cornelia) at the Whispering caves.

Ascend to the whispering caves where the Maasai open space for you to communicate with their spirits. You will listen to the message of mother earth and connect with your inner voice. After a breakfast continue on to the Original Maasai Lodge. On the way you can still decide to visit our regenerative agricultural school.



Welcome to the Original Maasai Lodge

Built and run by the Maasai, the Original Maasai Lodge offers nature, culture and relaxation with views of Mount Kilimanjaro. Get to know the Maasai through campfire stories, spear throwing and traditional dances. The pool, massage rooms, sauna and rest areas are just right for relaxation. We guarantee exclusivity, individuality and authenticity.

Accommodation on full board basis (Dinner, breakfast and Lunch).



March 6 - Saturday



Integration, reflexion and final blessing

In early morning hours a guided medicinal plant walk for sundowner with an experienced Maasai guide, followed by the Atlastreats from Laura-Isabel and a seminar. For those who would like to visit our regenerative agricultural school you will have possibility once again to engage with the upcoming generation or take the time for self reflection at the lodge or spa area or join our maasai woman in a special maasai beats workshop.

This is a very quiet and authentic way of sharing space and time with maasai woman with their most beloved activity: beading.



Fire ceremony

Closing ceremony around the bonfire and special Bush Eagle Dinner (with Dr. Cornelia).



March 7 - Sunday



Farewell and New Beginning

Your wake-up call today will be a bit earlier than usual in order to start the day together with the animals living in the Maasai savannah. Our open land rover will bring you to the midst of the awakening nature, where you will enjoy your bush breakfast. Whilst you are having your morning coffee, you will have time to feel the African sun slowly increasing in its strength and colour. Spot antelopes, giraffes and their zebra fellows, or hear them grazing around you.

Return back to the lodge in the mid morning.



Check Out and Departure

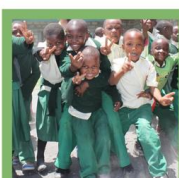
Farewell and new beginning. The journey back together, the memories of our experiences echoing through our minds.

Asante sana for staying with us!



HEALTH CARE

In our Health Centre and our Nature Healing Centre in the North of Tanzania we treat about 30.000 people per year.



EDUCATION

Development and sustainability in educational projects such as English speaking elementary, secondary and vocational schools for more than 1000 children.



SOCIAL SUPPORT

We support women groups, families & children in need and offer a loving home.



With your stay/experience you make an impact!



Tarangire National Park Possible Extension for 2 nights

Additional Information:

Price:

Based on 2 people

Double Room: USD 1,210 per person sharing

Single Room: USD 1,410 per person

Based on 4 people

Double Room: USD 985 per person sharing

Single Room: USD 1,185 per person

Based on 6 people

Double Room: USD 910 per person sharing

Single Room: USD 1,110 per person

Included in above price:

- Safari vehicle with professional driver guide
- All park entry fees, concession fees and crater fees
- 2 nights accommodation in lodge inside Tarangire National Park
- Meals during safari – breakfast, lunch box and dinner.

- Drinking water during safari and meals
- Game drives in the park mentioned
- Drop off at airport on departure day

Excludes in above price:

- Items of personal nature, soft drinks and/or alcohol
- Tips
- Souvenirs



Drive to Tarangire National Park

You will leave the lodge in the morning with your lunch boxes and proceed to Tarangire National Park which takes 4 hours' drive till the entrance gate.

Tarangire National Park is located in the Tanzania's Manyara Region. The name originates from the Tarangire River that crosses the park. The river is the primary source of water for the animals during the dry season. The Tarangire Ecosystem is defined by the long-distance migration of wildebeest. It is especially famous for the big population of elephants, but also a lot of animals, such as giraffes, zebras, buffalos, antilopes, lions and much more can be seen.

(Park entry fees, concession fees, driver/guide and vehicle, and water)



Tarangire Safari Lodge

Tarangire Safari Lodge has been well known for its location and panoramic views. We have catered to wildlife enthusiasts and those seeking rest and relaxation among one of Tanzania's most popular national parks.

Each tent has a comfortable verandah, ideal for bird and game viewing or reading your favorite book after a dusty safari. All are equipped with en-suite bathrooms with solar-heated showers, ample cupboard space for your gear, and a cultural touch of local textiles.

Accommodation on full board basis (dinner, breakfast and Lunch).

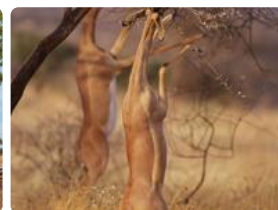
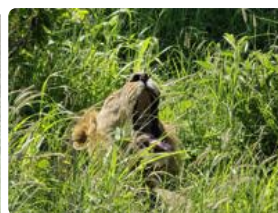




Additional Game Drive Tarangire

Did you know that...

- the baobab trees are famous for Tarangire National Park as they do not grow in Ngorongoro or the Serengeti National Park
- the oldest known elephant to give birth to twins is found here
- in 2015 a white giraffe was sighted in Tarangire. She is not albino but white due to leucism
- there are more breeding species of birds found in Tarangire National Park than anywhere else in the world
- the park is believed to have the largest elephant concentration on the planet
- it is the only place in Tanzania to spot the gerenuk, also known as the giraffe gazelle



Additional Night at Tarangire Safari Lodge

Accommodation on full board basis (dinner, breakfast and Lunch).

March 9 - Tuesday



Check Out and Departure

After breakfast you will checkout and prepare for departure. You will be dropped off at Kilimanjaro airport for your onward flight or destination.

Asante sana for staying with us!