

Silent Retreat

Silence is the gateway. Nature is the medicine.

Nov 18th – Nov 23rd, 2025

Facilitated by Charlie Smith

Pause. Disconnect from the world to reconnect with yourself.

Let nature absorb into the fabric of your being.

On this retreat, our practice is kindness to self, deep rest,
immersive nature, and reconnecting to your best self.

To book contact via Whatsapp

+255 776 025 327

or email

charlie@kelewellbeing.com

Retreat Itinerary

**All sessions and wake times are optional.

Tuesday, Nov 18

- 4pm Arrive at Hillside Lodge (Carpooling Encouraged)
- 5pm Welcome Introduction/ Nature Walk around Hillside
- 7pm Dinner
- 8pm Sound Healing Journey and Satsang (Question and Answer)
- 9pm Evening Meditation and Vow of Silence

Wed-Friday Nov 19-22

- 545am- Wake
- 6am- Light Yoga & Morning Meditation
- 7am- Silent Breakfast
- 8am- Walking Meditation
- 9am- 11am- Refection Time
- 12pm- Silent Lunch
- 1pm- 4pm- Reflection time- One-on-one check in with Charlie
- 5pm- Walking Meditation
- 7pm- Silent Dinner
- 8pm- Group Meditation and Satsang (Question and Answer)

Saturday, Nov 23

- 545am Wake
- 6am- Light Yoga & Morning Meditation
- 7am- Silent Breakfast
- 800am- Walking Meditation
- 9am- Cacao Ceremony- Breaking Silence- Group Debrief
- 1130am- Checkout

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Your Facilitator

Charlie Smith



Charlie Smith, also known as "Charlie Smiles," is a world renowned meditation teacher, retreat facilitator, filmmaker, and musician who is crazy about Tanzania. Charlie spent his youth finding his voice in sweat lodges and medicine circles throughout the Carolinas and Colorado. He has over 20 years of experience in teaching meditation and energy healing and has trained with Meditation Masters in Thailand, Guatemala, and the USA. Charlie co-founded InScape Travel - A Retreat and Meditation training company in 2025. He leads retreats and ceremonies internationally and produces/directs community building and documentary film projects.

You can find his visual art at www.csmithpictures.com

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Accommodations

Africa Amini Life Hillside Lodge



We are blessed to hold the Silent Retreat on the edge of the Arusha National Park, offering breathtaking views of the park, Mt Meru, and the rainforest at Africa Amini Life Hillside Lodge. Nestled in the heart of Tanzania's breathtaking landscapes, perched atop the rolling hills, this retreat lodge offers a harmonious blend of serenity and earthly simplicity. The Hillside Retreat Lodge is a sanctuary where you can rehabilitate your mind, body, and soul while enjoying deep nature experiences. The rooms are comfortable and include private bathrooms with showers, kitchens, living rooms with sofas. Guests have access to an outdoor fireplace, and outdoor pool, and a sun terrace with sun loungers.

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What's Included

- 5 nights Accommodation*
- Daily Breakfast, Lunch, and Dinner (Farm to table, seasonal, Vegan/Vegetarian Options)
- Daily Sound Journeys with Live Instruments
- Daily Meditation Training/ Healing Circles
- Daily Silent Yoga Stretch/Morning Meditations
 - Guided Nature Walking Meditations
 - Tea Ceremony/Cacao Ceremony

What's Not Included

- Transport to/from Hillside Lodge
- Accommodation outside of retreat dates
 - Spa/Massage treatments
- Food/Drink purchased outside of the Full Board meals provided
 - Additional excursions

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Investment in Healing

Take the time to cause pause.

Retreat Dates:

- Full Retreat: November 8–13 (5 nights)

Rate Tiers & Options

We offer three tiered pricing options to support a more inclusive and sustainable retreat model. Choose the option that feels right for you:

- Community Rate – 2,517,500 TZS (Limited Spots Available) For returning guests, or those needing financial support. Limited spots available.
- Base Rate – 3,180,000 TZS Reflects the true cost of running the retreat including facilitation, meals, accommodations, and admin support.
- Supporter Rate – 3,710,000 TZS For those who are able to contribute more to help make these retreats accessible to others in the community.

Private Rooms:

A limited number of private rooms are available.

Please add 125,000 TZS per night to your selected rate as a single supplement.

To Book: WhatsApp: +255 776 025 327 or Email: charlie@kelewellbeing.com

If you'd like to inquire about a payment plan or whether the Community Rate is right for you, please reach out. We are happy to discuss what's possible and make sure you feel supported.