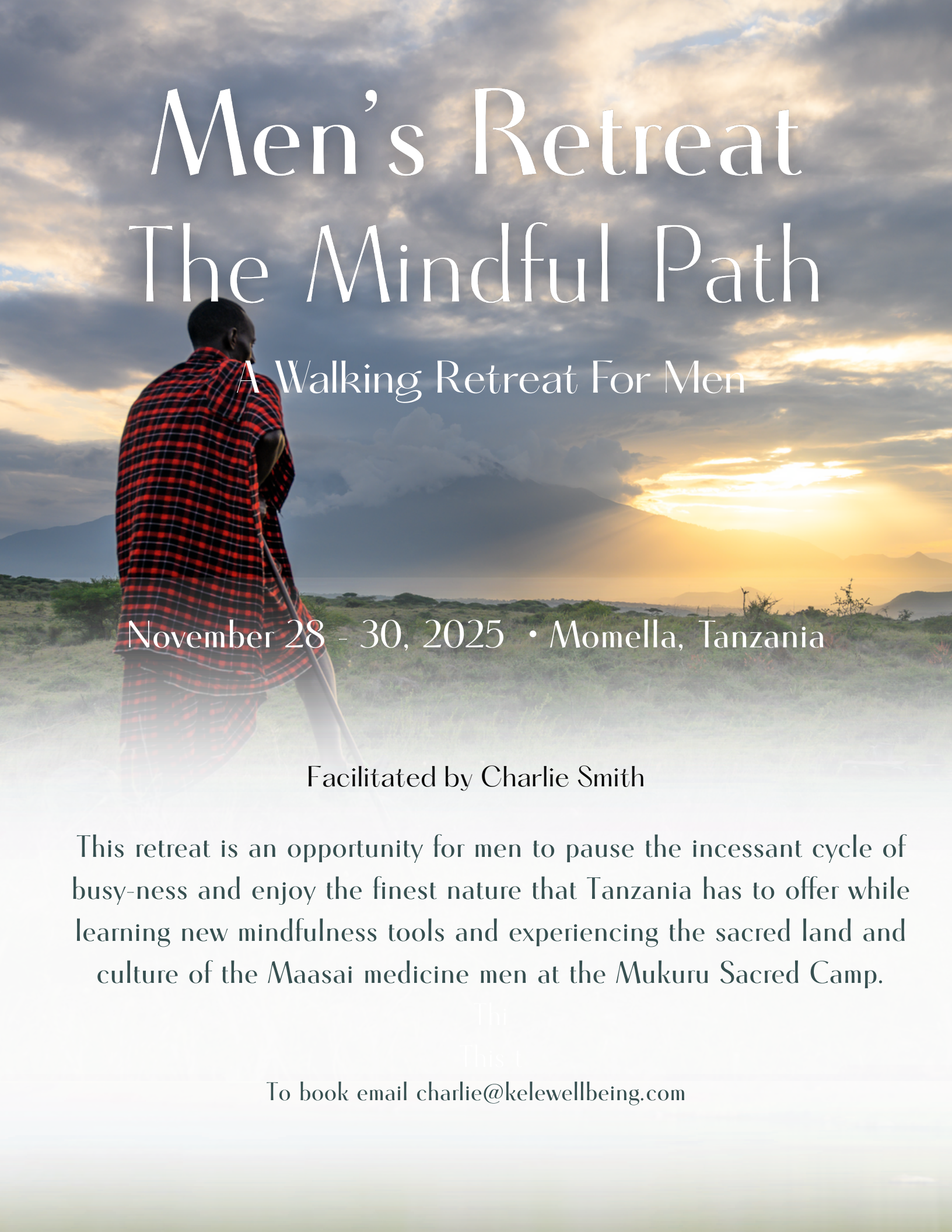


A man in a red and black checkered Maasai shuka stands in a savanna landscape at sunset. The sun is low on the horizon, casting a warm glow over the scene. The man is looking out over the landscape, which includes rolling hills and sparse vegetation. The sky is filled with soft, golden light and some clouds.

Men's Retreat The Mindful Path

A Walking Retreat For Men

November 28 - 30, 2025 • Momella, Tanzania

Facilitated by Charlie Smith

This retreat is an opportunity for men to pause the incessant cycle of busy-ness and enjoy the finest nature that Tanzania has to offer while learning new mindfulness tools and experiencing the sacred land and culture of the Maasai medicine men at the Mukuru Sacred Camp.

The
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To book email charlie@kelewellbeing.com

The Mindful Path

Stepping away for a few days without technology, the everyday noise and busy-ness, and giving yourself time to rest and restore is essential. Doing this with a group of like-minded men, in the pristine nature of Mukuru Sacred Site, is transformational.

This retreat is designed to calm your nervous system, clear your mind, and gently guide you back to your natural state of ease and clarity. The journey is led by Charlie Smith - an international meditation teacher, musician, and facilitator with over 20 years of experience in crafting healing spaces.

What You'll Experience:

- ✓ Digital Detox to take a break from screens and phones.
- ✓ Guided Nature Walks through the surrounding forest and hills.
- ✓ Hike to the peak of Mt. Mukuru
- ✓ Learn Mindfulness Tools for limiting stress and accessing joy and relaxation.
- ✓ Reflection Time for personal journaling, rest, or contemplation.
- ✓ Q&A Circles with your facilitator for deeper insight.
- ✓ Meet Like-Minded Men who are on the path of self-discovery

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Retreat Itinerary

**All sessions and wake times are optional.

Friday, Nov 28

- 4pm Arrive at Mukuru Sacred Camp/ Welcome Introduction
- 5pm Mindful walk to Whispering Cave with Maasai Blessing
- 7pm Dinner
- 8pm Sound Healing Journey and Mindfulness Instruction (Question and Answer)

Saturday, Nov 29

- 545am– Wake
- 6am– Silent Hike to Mukuru Peak
- 9am– Bush Breakfast
- 10am–12pm– Reflection Time and Rest
- 12pm– Silent Lunch
- 1pm– 4pm– Reflection time– One-on-one check in with Charlie
- 5pm– Walking Meditation
- 7pm– Silent Dinner
- 8pm– Group Meditation and Question and Answer Session

Sunday, Nov 30

- 545am Wake
- 6am– Guided Meditation
- 7am– Silent Breakfast
- 800am– Walking Meditation
- 9am– Group Debrief– Daily Mindfulness Practice and Coaching
- 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

Mukuru Sacred Site Lodge



We are blessed to hold the Men's Retreat at Mukuru Sacred Site, a place of deep grounding and strength for the Maasai people. Surrounded by ancient trees and sacred caves, this land has long been a gathering place for reflection, initiation, and renewal. Mukuru offers men a space to step away from daily pressures, reconnect with silence, and restore clarity of mind, body, and spirit. Accommodations are simple yet comfortable, built in harmony with the forest. Guests have access to meditation spaces within the caves, quiet forest paths, and fire circles where silence and presence become powerful allies.

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What's Included

- 2 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 Mukuru Sacred Site 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.

Same Sex Sharing Options:

We now offer three tiered pricing options to support a more inclusive and sustainable retreat model:

- Community Rate — 1,325,000 TZS For returning guests, Tanzanian residents, or those needing financial support. Limited spots available.
- Base Rate — 1,590,00 TZS Reflects the true cost of running the retreat including facilitation, meals, accommodations, and admin support.
- Supporter Rate — 2,120,000 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 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.

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