

# Digital Detox Quiet Retreat

A transformational pause. Designed just for you.

Facilitated by Charlie Smith

October 10 - 12 or 14, 2025 • Momella, Tanzania

Ease into moments of stillness and deep nature.  
Enjoy mindfulness meditation, nature walks, meaningful conversation,  
and natural healing. 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](mailto:charlie@kelewellbeing.com)

# A Digital Detox Immersion

This retreat is for those who feel called to step away from the noise of the world and recalibrate in nature's stillness. Whether you're new to wellness or a seasoned practitioner needing a strong energetic container, this small group retreat is thoughtfully designed to support deep rest, gentle healing, and inner clarity. All retreats offer the opportunity to fully disconnect from all electronic devices (ie. cellphone, laptop, etc.)

Quiet Retreats offer a softer approach—ideal for beginners or those craving balance between silence and connection. In these retreats, silence is held during meals, meditations, and nature walks, while space is offered for intentional dialogue, guided reflection, and group sharing.

Silent Retreats are fully immersive, with extended periods of noble silence, daily mindfulness practices, and minimal spoken interaction. These are best suited for those seeking a deep inward dive or in need of profound stillness and restoration.

We invite you to experience the benefits of this Quiet Retreat, however, you will have the option to maintain a vow of Noble Silence for the duration of the retreat if you feel called to fully immerse in the Silent Retreat experience.

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# Retreat Itinerary

\*\*All sessions and wake times are optional.

## Friday, Sept 5th

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

## Saturday, Sept 6th

- 545am– Wake
- 6am– Light Yoga & Morning Meditation
- 7am– Silent Breakfast
- 8am– Walking Meditation– River Walk/Water Ceremony/Naturopathic Garden Tour
- 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)

## Sunday, Sept 7th

- 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](http://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

- 2 nights or 4 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

## Retreat Dates:

- Weekend Retreat: October 11–13 (2 nights)
- Extended Retreat: October 10–14 (4 nights) – optional deeper immersion

## 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:

### Weekend Retreat (2 nights)

- Community Rate – 1,060,000 TZS (Limited Spots Available)
- Base Rate – 1,460,000 TZS
- Supporter Rate – 1,855,000 TZS

### Extended Retreat (4 nights: Oct 10–14)

For those ready to go deeper, we offer a longer version of the retreat with even more spacious rest, integration time, and added sessions.

- Community Rate – 2,520,000 TZS (Limited Spots Available)
- Base Rate – 2,920,000 TZS
- Supporter Rate – 3,320,000 TZS

## 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](mailto: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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