



# GoodLife Retreat by AIM Tanzania

## *Itinerary, Pricing & Policies*

### Transformative Wellness Journey in Tanzania

Welcome to a unique fusion of Traditional Chinese Medicine (TCM) African healing traditions, cultural immersion, and nature-based therapies. This intimate 6-person retreat is designed to help you reset, restore, and reconnect in a serene surroundings.

#### Retreat Dates 2025

**September 23 – 29** (Early Bird If Booked & Paid in Full by May 15)

**November 10 – 16** (Early Bird If Booked & Paid in Full by July 1)

Limited to 6 guests per retreat for

#### Sample Daily Itinerary

**Day 1:** Arrival, Welcome Dinner & Guided Relaxation

**Day 2:** Cultural Immersion, Herbal Medicine Workshop & Fire Circle

**Day 3:** Safari Adventure, Reflexology & Sunset Journaling

**Day 4:** Chemka Hot Springs Water Therapy & Sound Bath

**Day 6:** Dance Therapy, Herbal Tincture Making & Drumming Under the Stars

**Day 7:** Departure or Optional Zanzibar Beach & Wellness Ex-

#### Reserve Your Spot

Spaces are limited — secure a transformative experience today!

#### What's included

- 6 nights accommodation at Arusha Sunset Lodge
- Daily wellness sessions (Yoga, Qi Gong, Meditation)
- Cultural tours & workshops
- Guided safari & Chemka Springs excursion
- All meals (nourishing, locally-inspired cuisine)
- Airport transfers
- Wellness therapies & personalized assessments

Optional spa treatments and Zanzibar extension available at

#### Pricing

**Standard Price:** \$2,500 USD

**Early Bird Price:** \$2,250 USD

**Deposit:** \$200 USD (non-refundable booked & Paid In Full by deadline.)

Flexible payment options available upon request.

**Contact:** [info@aimtanzaniagroup.com](mailto:info@aimtanzaniagroup.com)  
[www.aimtanzaniagroup.com](http://www.aimtanzaniagroup.com)