

Womb Care International Training and Retreat 2024 Schedule

Tanzania & Ghana



Hosted By
Califa Consulting
Motherland Wellness
Universal Family Network

**Womb Care
International
Training & Retreat**

**Arusha
Tanzania**

**July
20th - 29th
2024**

**Hosted By
Califa Consulting
Motherland Wellness
Universal Family Network**

Womb Care International Training & Retreat

Ghana,
West Africa



November
21st-30th 2024

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Womb Care Training & Retreat

A hybrid experience specifically curated for birth workers and womb carriers. An intimate 10 day experience where participants learn and share traditional Pan African & Pan Indigenous womb care and birthing practices.





Over the course of the training participants will learn about the teas, foods, dances, stretches, birthing positions, massage techniques and wellness remedies to care for the womb throughout the stages of life.



Package Includes

- 3 meals a day, snacks & water
- wellness rituals
- housing
- daily womb circles
- all excursions and entry fees
- airport pick-up and drop-off
- transportation throughout the country
- travel consultation calls and emails



Sample Menu



breakfast

Plantain Porridge,
Papaya & Mango

lunch

Cabbage Stew & Salad

dinner

Palm Nut Stew



breakfast

Plantain Vegetable Omlet

lunch

Red Red (Black Eyed
Peas) w/ plantain &
avocado

dinner

Okro Soup & Banku



breakfast

oats or granola cereal w/
banana , and golden
raisins

lunch

fufu

dinner

grilled talapia, with kaykye,
salad, avocado and peppa

Sample Itinerary



DAY 3

9a
10:00-12p
12-1p
1-1:30p
1:30p

Womb Circle
Womb Ceremonies
Debrief over Lunch
Clean Up
Free Time

DAY 4

10:00a
1:00p
2p
4p

Travel 2 Volta
Arrive in Volta
Lunch
Meet Chief &
Queen Mother
Womb Soup Making

DAY 5

10:00a
1:00p
2p
4p

Womb Clinic w/ local women
Lunch
Market Shopping
Community Exploration in
village

DAY 6

10a
12p
3p
5p

Travel to Waterfall
Waterfall
Leave Waterfall
Dinner

DAY 7

10a-4pm

Day Trip to National Park

times are approximations

breakfast is @ 8am, Lunch @ 12p, dinner @ 6pm* respectively





Fresh Foods



Vegan, Vegetarian & Pescatarian





City & Village
Accommodations

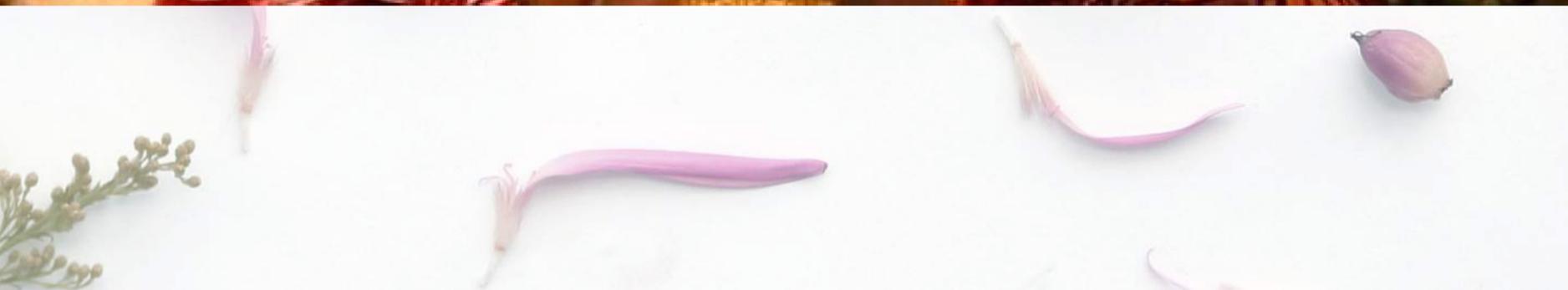


Food Preparation, Tea
Making, Hands on
healing, Belly Wrapping
& More !!!

Womb Yoga & Womb Meditations



Womb Ceremonies





Building an
intergenerational
global Sisterhood



In service to
Community

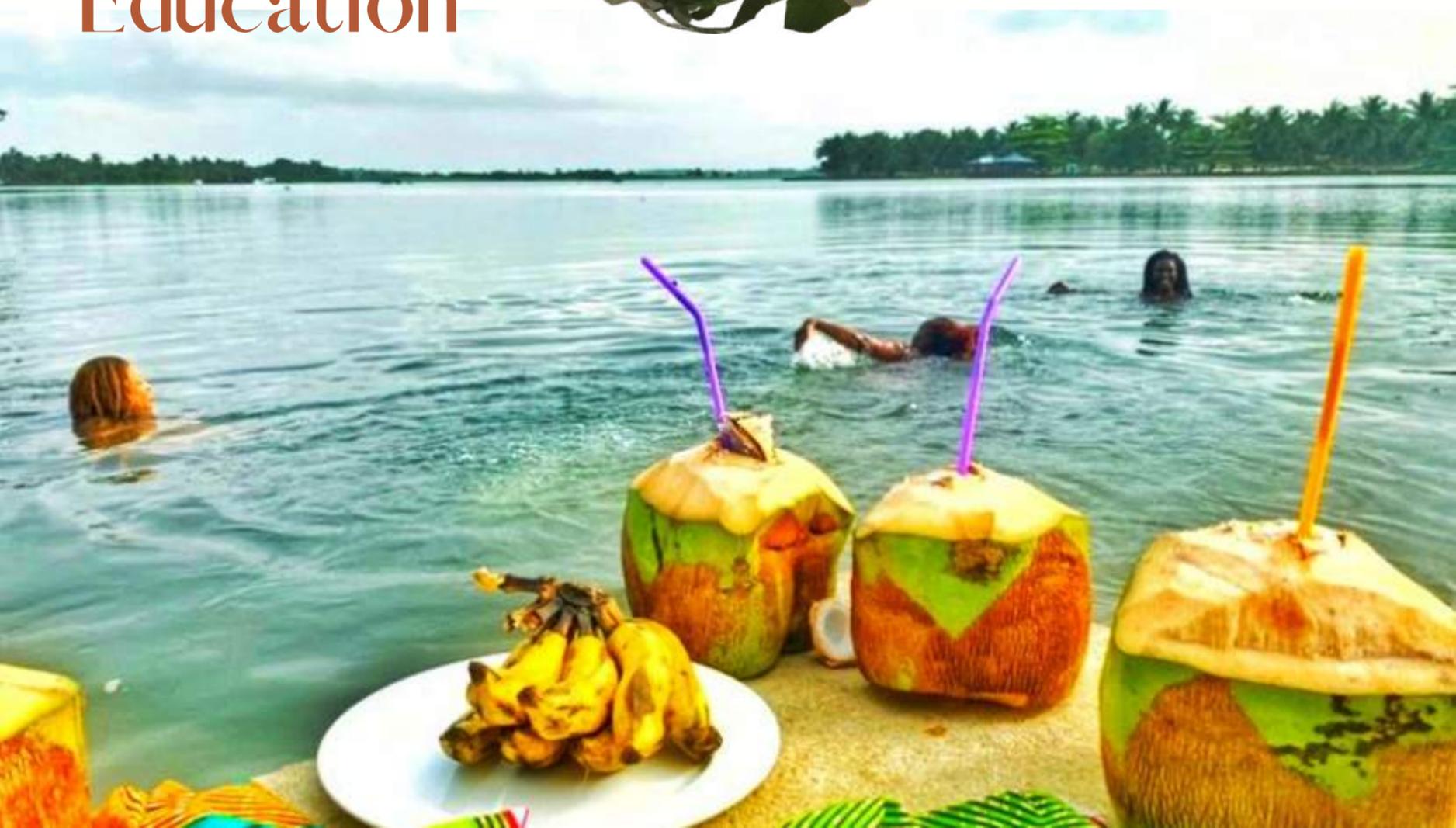


Restorative
time

Herbal
Education



Play
in
Nature



Investment \$3,555
double occupancy

A non-refundable down payment of \$555 is required to secure your space. In the event that you are unable to attend after sending payment, you can use your credit towards another trip.

Payments can be accepted
via

Paypal-CalifaConsulting@gmail.com

Zelle -CalifaConsulting@gmail.com

Venmo - @CalifaConsulting

Cash App- \$CalifaConsulting

PHONE

213-210-0413

EMAIL ADDRESS

califaconsulting@gmail.com





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Travel Preparation Checklist Tanzania



-  Apply for E-visa online
-  Roundtrip plane ticket to Kilimanjaro airport (7/20 arrival 7/31 departure)
-  Yellow Fever vaccine paperwork (yellow immunization card)
-  covid vaccine paperwork
-  NATURAL mosquito repellent
-  Activated charcoal (in case of upset stomach)
-  \$100 bills or ATM card (no need to bring small bills as it is difficult to exchange and gets a lower rate)





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Travel Preparation Checklist Ghana



Visa to enter the country; contact Gabriel Pomary

+1 -202-460-4959



Roundtrip plane ticket to Kotoka Int. (ACC) Accra ;

arrival 11/21 departure 12/1



Yellow Fever vaccine paperwork



(yellow immunization card)



covid vaccine paperwork



NATURAL mosquito repellent



activated charcoal (in case of upset stomach)



\$100 bills or ATM card (no need to bring small bills as it

difficult to exchange and gets a lower rate)



Suggested Packing List



- Comfortable clothing for hot, humid weather & potential rain
- Comfortable shoes with thick soles
- Mosquito/bug repellent
- Sun protection: glasses, hats, sunblock
- Your medicines, vitamins, EPI Pen, etc.
- Swimwear
- Bath towel, washcloth & face towel
- Toiletries



Hosted By



Motherland Wellness
EARTH MEDICINE

